Table

Acupoint stimulation for nausea and vomiting of pregnancy

Reference	Study Design/ Subjects/Duration	Intervention	Results
Smith[11]	Single-blind RCT, n = 593 women with nausea and vomiting, < 14 weeks pregnant Duration: 4 weeks	Traditional acupuncture (n = 148) P6 (pericardium) acupuncture (n = 148) Sham acupuncture (n = 148) No acupuncture control (n = 149) Treatments were given twice the first week and once weekly for the remaining three weeks.	Compared to no-acupuncture controls: Traditional acupuncture: less nausea and shorter periods of nausea throughout ($P < 0.01$); less dry retching from 2nd week ($P < 0.01$). P6 acupuncture: less nausea from 2nd week on ($P < 0.05$); less dry retching ($P < 0.001$) from 3rd week. Sham acupuncture: less nausea and dry retching from 3rd week on. No differences in vomiting were reported among the groups at any time. Women in the traditional acupuncture group reported improved vitality, physical function, and mental health ($P < 0.05$).
Knight[12]	Double-blind RCT, n = 55 women, 6-10 weeks pregnant (50 completed ≥ 3 treatments Duration: 3 weeks	Traditional acupuncture (semi-individualized) Sham acupuncture Three to four treatments were given over three weeks.	No significant difference was reported between groups (nausea scores by visual analogue scale [VAS] decreased in both groups).
Norheim[13]	RCT, n = 97 women, 8-12 weeks pregnant	Acupressure bands vs. placebo bands	Proportion reporting less intensity (71% vs. 59%) and shorter duration of symptoms (71% vs. 63%) similar between groups; duration of symptoms reduced significantly more in active acupressure group (2.74 hours) vs. placebo group (0.85 hours) ($P = 0.0018$).
Slotnick[14]	Prospective, post-treatment design trial, n = 41 women in early pregnancy with nausea and vomiting Duration: 5 weeks	Electrical Acustimulation Acupressure (Relief Band™) used on average 8.3 ± 1.7 weeks Frequency of treatment was not reported.	Mean post-treatment device effectiveness was 4.2 ± 0.99 (1-5 scale). Nausea severity was reduced significantly (P value not reported). Three patients reported minimal effectiveness. Most reported immediate and continuous nausea control. No congenital abnormalities observed in babies.
Steele[15]	Single-blind, controlled trial, n = 138 (110 completed data collection) pregnant women in the first trimester Duration: 7 days (3 days follow-up)	Acupressure (Sea Bands) (n = 68) Placebo bands (no buttons) (n = 42) Bands were used continuously in both wrists for 4 days, then removed for 3 days.	Treatment group had significantly less frequency and severity of nausea and vomiting compared with the placebo group ($P < 0.0005$). Women in the treatment group also reported improved symptoms while wearing the sea bands than when not wearing it ($P < 0.05$).
Wentorft[16]	RCT, n = 60 women with one episode of nausea and vomiting, 9-11 weeks pregnant Duration: 14 days	P6 acupressure with a wrist band Placebo acupressure (bands applying pressure in another place) No treatment (control group) Bands were used on one wrist continuously for two weeks.	Compared to placebo and control, P6 acupressure reduced both nausea and vomiting throughout the duration of the study ($P < 0.05$). The placebo acupressure group experienced reduced nausea between days 1 and 6 ($P < 0.05$); between days 6 and 14 there was no difference between the placebo group and control. Duration of relief was significantly longer in the real acupuncture group.
Carlsson[10]	Crossover, single-blind RCT, n = 33 women with hyperemesis gravidarum Duration: 6 days (2-day phases, 2-day washout)	P6 acupuncture Superficial acupuncture Treatments were given three times daily.	After first phase, fewer women were vomiting in the active treatment group (7/17) than placebo (12/16) ($P \leq 0.05$). Active acupuncture caused faster decrease in nausea.