

Auriculotherapy in pregnant women up to 20 weeks of gestation

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I) Abstract / Résumé

Pregnancy is a natural physiological event, which causes several body changes, bringing a series of discomforts arising from signs and symptoms, with varying tolerances and intensities. Among the most common symptoms are nausea and vomiting, which represent one of the major discomforts of pregnancy, causing a decrease in the quality of life and well-being of the mother-child binomial. The objective of the study was to evaluate the safety and feasibility of an auriculotherapy protocol in the treatment of nausea and vomiting in pregnant women up to 20 weeks of gestation. This is a series of four cases on an Auriculotherapy protocol in pregnant women up to 20 weeks of gestation, the points were used: Shen Men, Stomach and Cardia. The PUQE SCORE (Pregnancy Unique Quantification of Emesis) was performed before the auriculotherapy sessions. As a result, an improvement in the symptoms of nausea and vomiting was identified, which led one pregnant woman to continue the sessions for 6 weeks and three pregnant women for 8 weeks. Also, auriculotherapy contributed to the improvement of anxiety and stress. It is concluded that Auriculotherapy has the potential to be a viable and safe option during pregnancy.