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Prevention of chemotherapy-induced nausea and vomiting — standards versus clinical practice

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ABSTRACT

In patients' perception, chemotherapy-induced nausea and vomiting (CINV) are the main treatment-related adverse events of anti-cancer treatment. The probability of CINV incidence depends on the treatment regimen, dose, administration route, and patient-dependent factors. According to the current guidelines, a combination of setrons, neurokinin-1 receptor antagonists, and glucocorticoids results in control of acute emesis in 80–90% of patients and delayed emesis in 80–80%. Despite the availability of recommendations for prophylaxis CINV, the level of adherence to the guidelines in clinical practice is lower than observed in trials. Only half of the patients with highly and moderately emetogenic chemotherapy receive prophylaxis consistent with recommendations. Overuse of 5-hydroxytryptamine-3 receptor antagonists, incorrect dosing of corticosteroids, and overuse of metoclopramide in prophylaxis of delayed emesis are the main issues of non-adherence. Possible reasons for non-adherence are: insufficient knowledge of the guidelines, inappropriate CINV risk assessment, underestimation of symptoms reported by the patients, and difficulties in communication between a patient, medical personnel, and physician. To improve adequate control of CINV and adherence to the guidelines repetitive educational, administrative, and scientific actions need to be taken.

Key words: nausea, vomiting, chemotherapy, guidelines

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Introduction

Chemotherapy-induced nausea and vomiting (CINV) are among the most frequent side effects of anticancer therapy. Patients consider CINV as the main complication of planned chemotherapy. CINV have a negative impact on the quality of life (QoL) during the treatment and remain the main cause of stress, discomfort, and limited social, professional, and personal activity. The estimated rate of CINV in chemotherapy patients amounts to 70% [1]. Persisting CINV may: cause hydroelectrolytic imbalance, modify the primary treatment schedule, reduce the optimal doses of the drugs, and consequently decrease the efficacy of the anticancer therapy. The probability of the occurrence of CINV depends on the treatment scheme, the drug dose and administration route, and on patient-related factors.

Despite the easy accessibility of the antiemetic prophylaxis recommendations during chemotherapy,

the rates of CINV control and of adherence to supportive care standards remains unsatisfactory in clinical practice. This article reviews the process of introducing the antiemetic standards and analyses the difficulties in the use of the CINV prophylaxis recommendations in clinical practice.

The standards of the antiemetic treatment — presentation

Drugs used in the prophylaxis of chemotherapy-induced nausea and vomiting (CINV)

Until the mid 1990s, pronounced CINV were one of the reasons to terminate chemotherapy. The introduction of the antagonists of the serotonin (5-hydroxytryptamine) binding to its type 3 receptors (5-HT₃, 5-hydroxytryptamine receptor type-3) to the routine use

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Lei Huang



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