

Sea-Band Trial in Motion Sickness

Hospital San Carlo Borromeo, Milan, Italy by Professor G. Canova 1990

INTRODUCTION

The methods normally used to cure motion sickness in children have proved to be only partially efficacious, and not without side effects. This has led us to look for an alternative method to improve efficacy and suppress side effects.

METHOD

Acupressure, found useful in the suppression of nausea in the first three months of pregnancy. The means is a bracelet called Sea-Band, in a stretch fabric, with a pressure button. There is no doubt that this method can only be tried in paediatrics because there are no risks of harmful side effects.

We distributed 106 pairs of bracelets with instructions and a questionnaire. The patients were chosen from the paediatric unit of San Carlo Borromeo Hospital in Milan, they were between 2 and 15 years of age and all had a history of violent travel sickness. The trial took place between Jan. 31 1990 and March 31 1990. 62 questionnaires were returned.

RESULTS

The answers concerned travel exclusively in cars, except for one by ship. 55 cases (88.7%) had excellent results. All the parents had had previous experience of the child being sick.

In 7 cases the results had to be analysed:

In 4 cases (6.4%) vomiting was experienced during the first and second journeys out of a total of five. For the remaining three journeys only nausea was experienced.

Out of those 4:

One boy of 10 years had gastric illness

One girl of 11 had a head problem

One girl of 13 an ovary dysfunction

The parents in those cases mentioned that their children always suffered from serious travel sickness and that they would normally have been sick on every trip.

The other 3 cases (4.8%) suffered from nausea but the parents still reported an improvement on previous experience.

CONCLUSION

In some cases the bands might have been positioned incorrectly but the overall results, in spite of this possibility, are very good. The chosen subjects were very difficult ones who normally suffered intense vomiting even on short journeys.

Considering the very positive results and the obvious absence of harmful side effects, Sea-Bands can be a very useful method of preventing motion sickness in children.

Conducted under the direction of Professor G. Canova.