

Vomiting

- Infection control procedures apply
- Wear suitable protective equipment, especially gloves
- Ensure the person's privacy and dignity

- We all know how horrible the experience of vomiting is, be sensitive
- If the client wears dentures, aim to remove them before vomiting
- Encourage and/or help them sit forwards - or at least upright
- Support their forehead
- Comfort them, it will be alright
- Encourage them to breathe slowly and deeply
- Make sure you have a disposable vomit bowl instantly at the ready
- Make very sure you do your best to help them catch the vomit in the vomit bowl
- Having vomited, cover the bowl and have it disposed of in the clinical waste
- Before disposal, someone must check they type of vomit and quantity
- Note: under medical instruction, it might be required to keep the vomit for later inspection and/or testing
- Meanwhile, ensure the next clean disposable bowl is at the ready before the used one is taken away
- Do not allow the client to be without the vomit bowl, even after they are feeling better - you never know!
- Encourage and/or help the client wipe their face after each episode
- Mouthwash, maybe teeth cleaning as well, should freshen the client after the episode has passed

