

Efficacy of crude marijuana and synthetic delta-9-tetrahydrocannabinol (THC) for chemotherapy-induced nausea and vomiting: a systematic review. *Journal of Clinical Oncology* 36(3).

Objectives: To synthesize the research to determine if delta-9-tetrahydrocannabinol (THC) and marijuana are effective treatments for chemotherapy-induced nausea and vomiting (CINV) and to evaluate side effects and patient preference of these treatments.

Original research, review articles, and other articles in CINAHL®, MEDLINE®, and Cochrane databases.

Results: Cannabinoids are effective in controlling nausea and vomiting. Oral THC and smoked marijuana have similar efficacy. However, smoked marijuana may not be accessible for all patients with cancer. Also, these drugs have a side-effect profile that may include alterations in appetite, dizziness, dysphoria, and decreased

This synthesis shows that cannabinoids are more effective than placebo and comparable to antiemetics like prochlorperazine and ondansetron for CINV.

For Nursing: Nurses should feel supported by research to recommend oral synthetic THC as a treatment