

# "Stop telling us to take Ginger for Hyperemesis Gravidarum"

## Women's voices on the use of ginger for HG

### DETAILS

514 women responded to an online survey. Recruitment predominantly by social media. Survey Monkey used to collect data. Survey was open from Monday to Thursday of one week.

### BACKGROUND

Ginger as an antiemetic is common knowledge.

Women are told repeatedly by almost everyone in their lives to try ginger – only 3 women had not been told. Most women (60%) were told more than 20 times. 439 (88%) of respondents had tried ginger.

Many different categories of person advised them to try ginger.

Thinking about the people who suggested ginger to you while you were experiencing hyperemesis gravidarum, please tick all the people who suggested it:

FRIENDS		91.8%	447
CLOSE RELATIVES		79.1%	385
DISTANT RELATIVES		46.2%	225
WORK COLLEAGUES		69.0%	336
STRANGERS (ie. at the shops, school, social events)		62.4%	304
DOCTORS		60.6%	295
NURSES		53.0%	258
MIDWIVES		59.3%	289
SONOGRAPHERS (who do ultrasounds)		16.0%	78
PHARMACISTS		26.9%	131
OTHER (please specify)		26.9%	22

Answered question 487 - Skipped question 27

Response Percent Response Count

### EMERGENT THEMES

how women feel when they are recommended to try ginger:

#### ANGRY

"It upset me everytime as do people honestly think that I wouldn't have tried something that simple to cure my constant vomiting! I felt people thought I was being dramatic and exaggerating it!! Felt like shoving ginger down their throats!"

#### DEMORALISED

"But when the senior consultant, head midwife and nurses suggest ginger it just made me want to give up. I was alone. No one would be able to help me. I considered termination a hundred times or more."

#### LOSS OF TRUST

"I now have no trust in my midwife, nor do I feel I can confide in her or discuss any issues or fears I have with her. If she couldn't show compassion & knowledge about HG, what else doesn't she know about!?"

#### ISOLATED

"...it adds to our isolating experience when someone suggests ginger. I recognised that people were trying to be helpful but it was so upsetting that people didn't appreciate how ill I was."

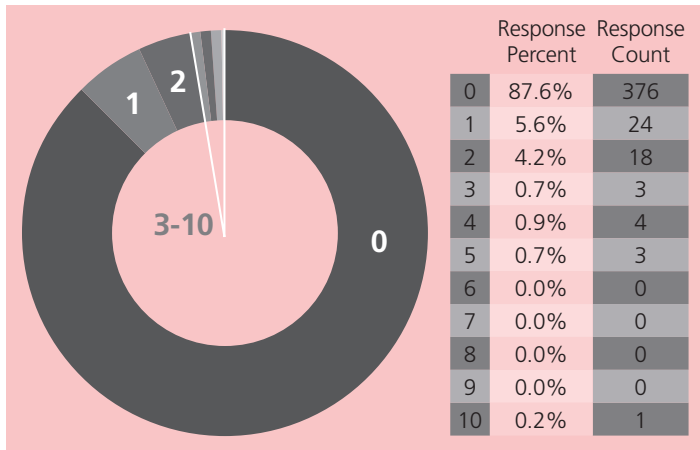
#### DISBELIEVED

"It completely undermines what that person is going through and makes you feel like they think you are making it up."

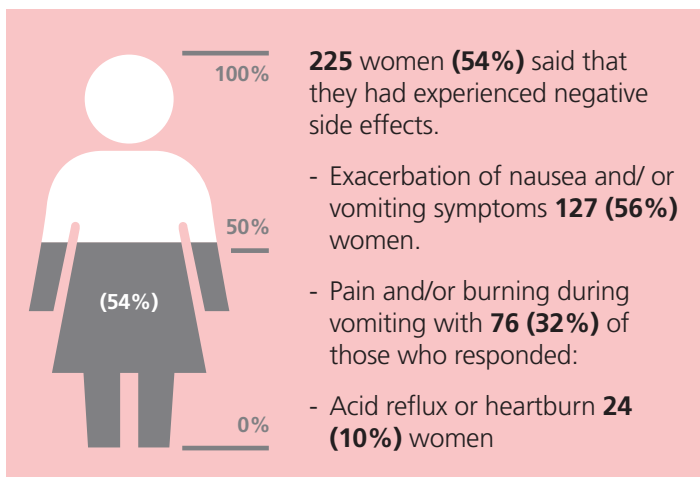
## IS IT EFFECTIVE FOR HG?

If you did try ginger, on a scale of 0-10 how helpful was it for reducing symptoms?

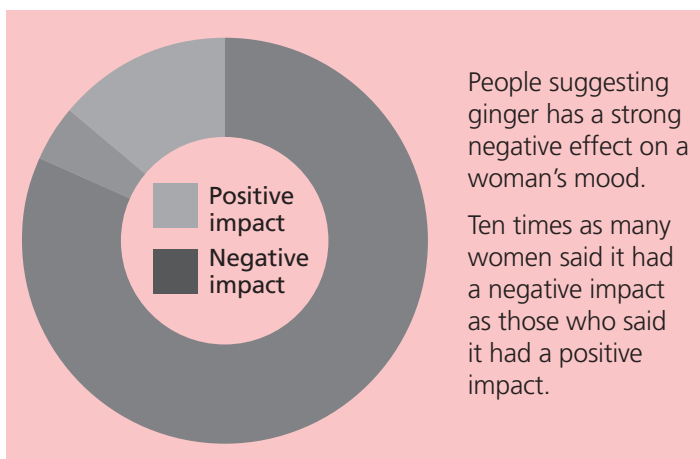
0 = not at all helpful, 10 = helped significantly



## ARE THERE ANY PHYSICAL SIDE EFFECTS?

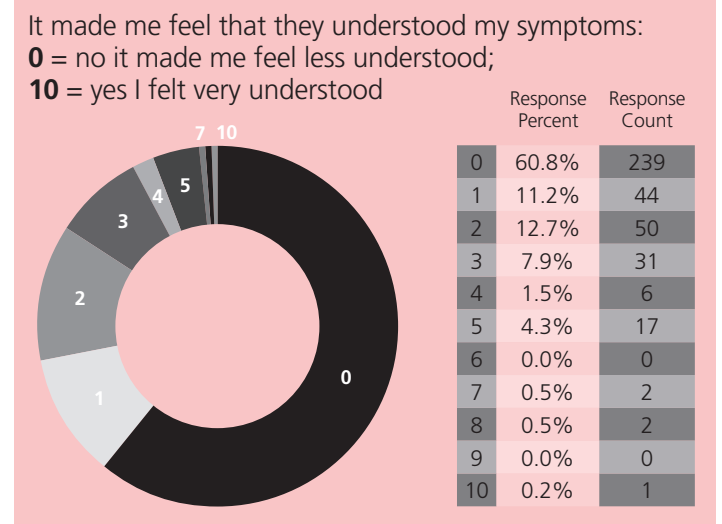
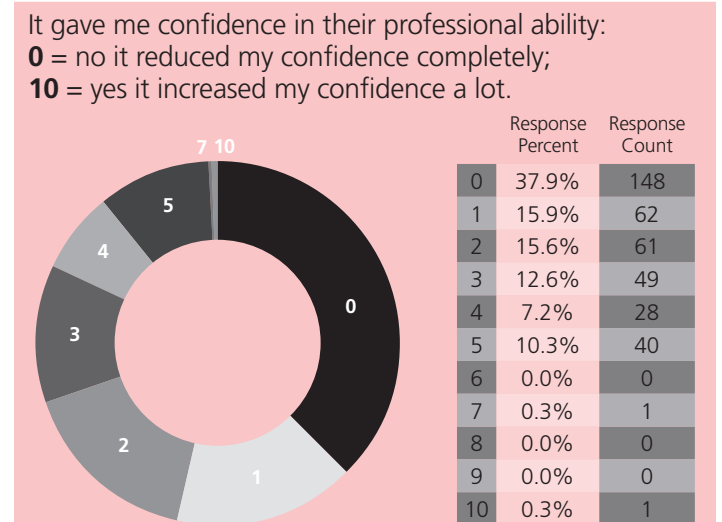
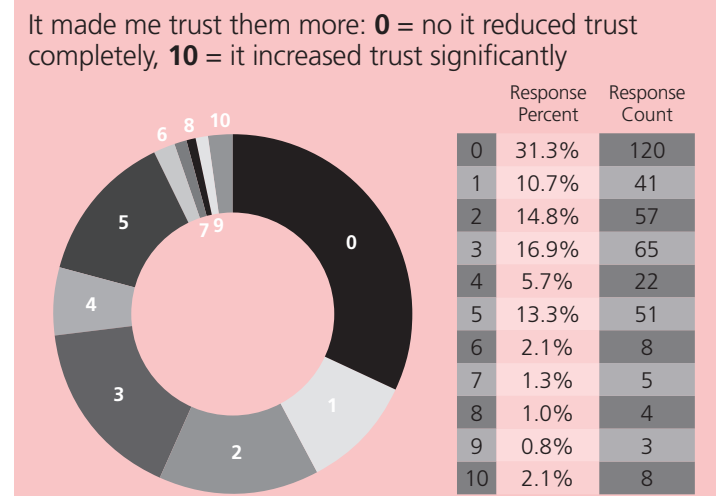


## EFFECT ON MOOD



## EFFECT ON FEELINGS TOWARDS HEALTHCARE PROFESSIONAL (HCPs)

When an HCP recommends ginger for HG, women feel that the HCP doesn't understand them, their confidence in the HCP is undermined and they no longer trust the HCP.



## CONCLUSIONS

By the time a woman sees an HCP, she will almost certainly already know about ginger and it's highly likely that she has already tried it. Ginger doesn't work as an antiemetic for HG. It causes unpleasant physical side effects in around half of women. Suggestions to try it are thoroughly demoralising.