Breast cancer is the most common form of cancer and a common cause of death among women worldwide (Bray, McCarron, & Parkin, 2004; Shih, Wan, & Chan, 2009). In Sweden, the median age at diagnosis is 64 years and less than five percent of those diagnosed are younger than 40 years (Bergman, Jaresand, & Johansson, 2010). Common treatments include surgery, endocrine treatment, antibodies, chemotherapy, and radiation therapy (Abeloff et al., 2008). Chemotherapy and radiotherapy often are associated with varying degrees of side effects. The most common acute side effects related to chemotherapy are nausea, vomiting, and decreased production of white blood cells (Hassan & Yusoff, 2010). On occasion, those side effects interrupt the implementation of the treatment and can be triggered by underlying symptoms of anxiety, depression, and poor adherence to prescribed antiemetics, which may have cumulative effects on the incidence and severity of nausea and vomiting. That also can negatively affect the social perspective and, therefore, women’s well-being. Women receiving chemotherapy can experience stress if their personal economy is affected, and the whole family often is involved in the treatment. In addition, nausea and vomiting related to chemotherapy can lead to anorexia, metabolic problems, gastritis, and problems with the esophagus. Those effects can, in turn, impair cognitive and physical status and lead to isolation; in addition, they are particularly harmful to the patient’s quality of life during treatment (Hesketh, 2005; Hilarius et al., 2012; Molassiotis, Stricker, Eaby, Velders, & Coventry, 2008).

Different degrees of nausea and vomiting can be triggered depending on which type of chemotherapy is being used (Hesketh, 2005). Nausea and vomiting can be acute, delayed, or conditioned (Hilarius et al., 2012; Molassiotis et al., 2008). The intensity and frequency of chemotherapy-related nausea and vomiting are helpful signs to determine how serious these side effects are (Badger, Braden, & Mishel, 2001). The absence of disease is important for health-related quality of life, but the feeling...