WHAT IS CLINICAL AROMATHERAPY?

The use of essential oils to improve physical, mental or emotional health and comfort. Does not treat or cure disease—eases symptoms and promotes well being.

Can relieve pain, anxiety, agitation, headaches and nausea, improve mood, aid relaxation and sleep.

Adjunct to standard treatments and other complementary treatments, e.g. massage therapy.

METHOD

- Upon admission assessment, patient and family are provided Aromatherapy Menu
- Explanation of oils available and benefits of aromatherapy as an adjunct to traditional medications in managing nausea, pain, and sleep
- Qualitative assessment of Pain Scale and patient description of relief in aromatherapy collected over a 2 month period

OBJECTIVES

- Discuss the history and evidence based research conducted in the use of aromatherapy within the healthcare setting.
- Illustrate how aromatherapy is introduced, administered and evaluated on the 5th floor.
- Explore the strategy and protocol necessary for safe administration and handling of aromatherapy products used.
- Promote the actions and mindset supportive of holistic care and practices.

MATERIALS

- Peppermint
  - Decreases nausea
  - Use inhalation method only

- Lavender
  - Decreases anxiety

- Lemon
  - Decreases pain

RESULTS

<table>
<thead>
<tr>
<th>AROMATHERAPY</th>
<th>Patient Preferred Use Chart 1 Month Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patient</td>
<td>Use %</td>
</tr>
<tr>
<td>Lavender</td>
<td>71%</td>
</tr>
<tr>
<td>Lemon</td>
<td>21%</td>
</tr>
<tr>
<td>Peppermint</td>
<td>8%</td>
</tr>
</tbody>
</table>

AROMATHERAPY Oils Chosen for Specific Symptoms 2 Month Period

- Nausea: 40%
- Pain: 27%
- Relaxation: 10%

The Do’s of Essential Oils

- Explain procedure and rationale for use
- Always determine the patient’s ability status
- Use dilution method only
- Store essential oils in a cool, dry, locked area (best to refrigerate) and away from flammable and water (volatile and flammable)
- Close container immediately after use
- Read the label and anything available

The Don’ts of Essential Oils

- Don’t take by mouth
- Don’t place around eyes
- Don’t place directly on skin
- Don’t spill on clothing
- Don’t use with pulmonary patients esp. Asthma
- Don’t offer to patients with a history of seizures

AROMATHERAPY... Cultivates presence

Enhances comfort measures and experiences

Develop a model that can be used in other units

Develops leadership opportunities for staff

Increases patient satisfaction

REFERENCES