




AROMATHERAPY IN NURSING CARE

PRESENTATION BY:

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TODAY'S PRESENTATION

- DESCRIBE COMPLEMENTARY THERAPIES AND USE IN THE UNITED STATES
 - DESCRIBE THE INTEGRATION OF AROMATHERAPY INTO THE HOSPITAL SETTING
 - DISCUSS AROMATHERAPY AND USE OF ESSENTIAL OILS BY NURSES IN THE HOSPITAL SETTING
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COMPLEMENTARY AND ALTERNATIVE THERAPIES

- COMPLEMENTARY AND ALTERNATIVE MEDICINE (CAM) IS A GROUP OF DIVERSE MEDICAL AND HEALTH PRACTICES AND PRODUCTS THAT ARE NOT CONSIDERED TO BE PART OF CONVENTIONAL MEDICINE.
 - 36% OF THE POPULATION USES COMPLEMENTARY THERAPIES
 - STRESS AND PAIN MANAGEMENT ARE THE MAIN CONCERNS
 - MORE LIKELY TO BE USED BY WOMEN THAN MEN
 - PEOPLE WITH HIGHER EDUCATION
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INTEGRATIVE THERAPY CATEGORIES

- *MIND AND BODY MEDICINE*
 - MIND AND BODY PRACTICES FOCUS ON THE INTERACTIONS AMONG THE BRAIN, MIND, BODY, AND BEHAVIOR
 - THE INTENT TO USE THE MIND TO AFFECT PHYSICAL FUNCTIONING AND PROMOTE HEALTH
 - YOGA, MEDITATION, GUIDED IMAGERY, PRAYER, TAI CHI, ETC...



INTEGRATIVE THERAPY CATEGORIES

- *NATURAL PRODUCTS*
 - HERBAL MEDICINES (ALSO KNOWN AS BOTANICALS), VITAMINS, MINERALS, PHYTOCHEMICALS, FUNCTIONAL FOODS, PRE AND PROBIOTICS, AND OTHER “NATURAL PRODUCTS”



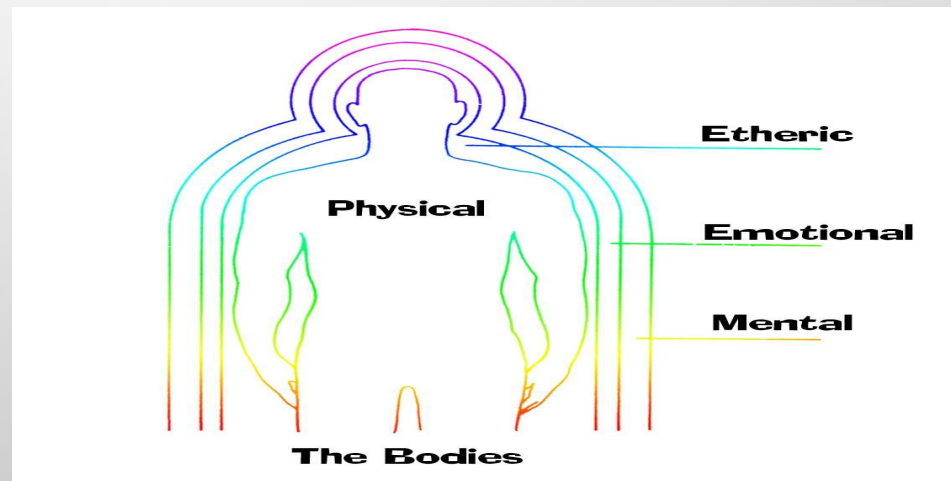
INTEGRATIVE THERAPY CATEGORIES

- *MANIPULATIVE AND BODY-BASED PRACTICES (CHIROPRACTIC)*
 - MANIPULATIVE AND BODY-BASED PRACTICES FOCUS PRIMARILY ON THE STRUCTURES AND SYSTEMS OF THE BODY
 - BONES AND JOINTS
 - SOFT TISSUES
 - CIRCULATORY AND LYMPHATIC SYSTEMS



INTEGRATIVE THERAPY CATEGORIES

- *ENERGY MEDICINE (DR. RICHARD GERBER)*
 - THERAPY IN WHICH PRACTITIONERS SEEK TO TRANSMIT A UNIVERSAL ENERGY TO A PERSON
 - HEAL THE ENERGY FIELDS AND THUS THE BODY
 - HEALING TOUCH, REIKI, ACUPUNCTURE



INTEGRATIVE THERAPY CATEGORIES

- *WHOLE MEDICINE SYSTEMS (MIND, BODY, SPIRIT)*
 - WHOLE MEDICAL SYSTEMS
 - AYURVEDIC MEDICINE
 - TRADITIONAL CHINESE MEDICINE



• INTEGRATION INTO HOSPITAL

- INTEGRATIVE MEDICINE
AT POCONO MEDICAL
CENTER


- ART THERAPY
- MUSIC
- PET THERAPY
- YOGA
- REIKI
- GUIDED IMAGERY





AROMATHERAPY

- **AROMATHERAPY:**

- AROMATHERAPY IS THE SYSTEMATIC USE OF VOLATILE PLANT OILS KNOWN AS ESSENTIAL OILS FOR THE TREATMENT OR PREVENTION OF DISEASE
 - FORM OF COMPLEMENTARY THERAPY DESIGNED TO TREAT THE WHOLE BODY
 - REGULATE EMOTIONS
 - HEAL
 - PAIN RELIEF
 - IMPROVE DIGESTION
 - SKIN CONDITIONS
 - RELAXATION AND SLEEP
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What are essential oils

- Aromatic volatile liquids found in shrubs, flowers, trees, roots, bushes, and seeds
- Extracted via steam distillation and cold pressed (citrus oils)
- Highly concentrated and far more potent than dry herbs
- Very complex molecules

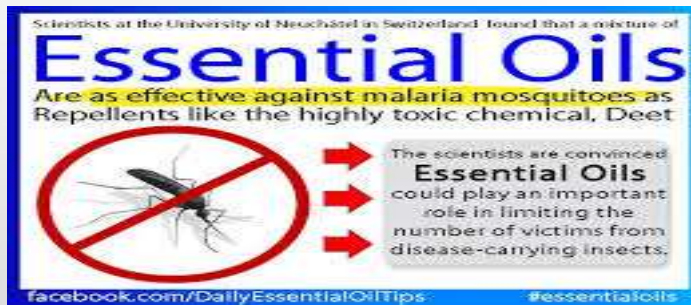


PLANTS AND ESSENTIAL OILS FUNCTION

- Attract animals and insects for pollination
- Protection from bacteria, fungi, and other micro organisms
- Act as an powerful antioxidant
- Repellent of predators (safe DEET)



How-to Make Homemade Essential Oil Insect Repellent Spray




- 2 ounces distilled or boiled water
- 1.5 ounces vodka
- 30 drops citronella essential oil
- 25 drops peppermint essential oil
- 15 drops tea tree essential oil

FUNCTIONAL COMPOUNDS OF ESSENTIAL OILS

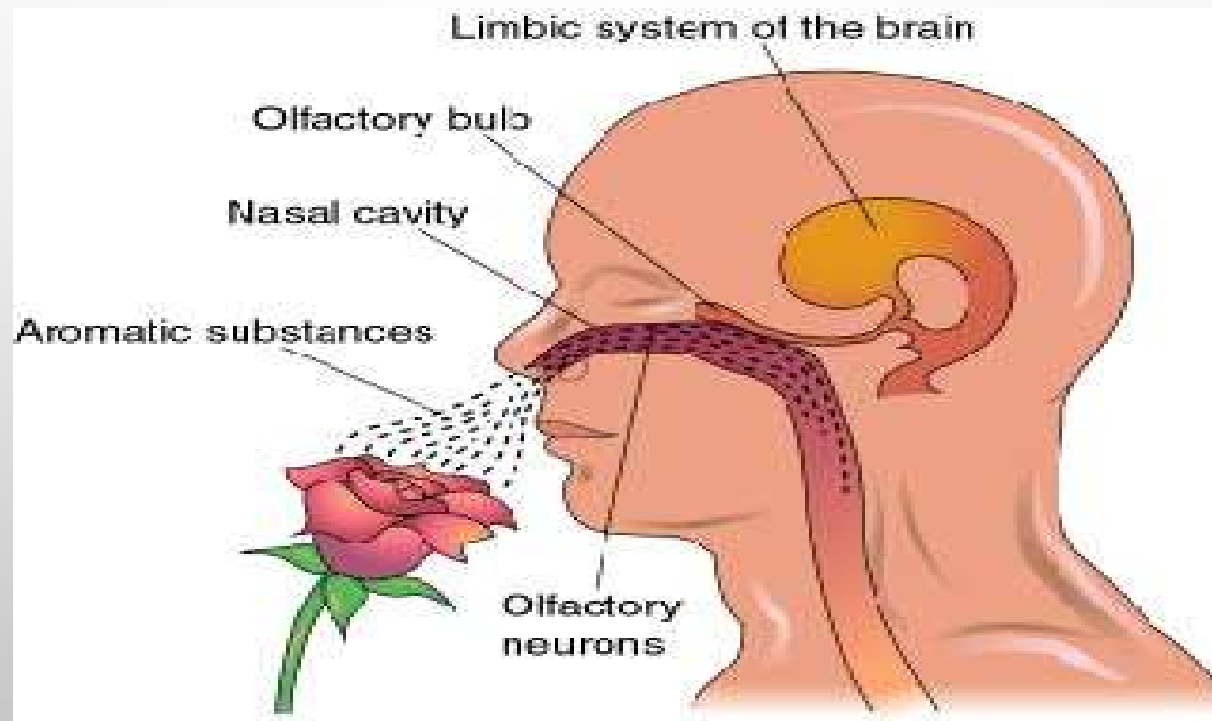
- **TERPENES:**
 - ANTIVIRAL: LEMON AND GINGER
- **SESQUITERPENES:**
 - ANTI-INFLAMMATORY: PINE, CHAMOMILE, AND CYPRESS
- **ALCOHOLS:**
 - ENERGIZING: ANTISEPTIC: PEPPERMINT, NEROLI, AND TEA-TREE OIL
- **KETONES:**
 - MUCOLYTIC: EUCALYPTUS, CAMPHOR
- **ALDEHYDES:**
 - SEDATIVE: ANTI-FUNGAL: MELISSA OIL
- **ESTERS:**
 - SOOTHING AND BALANCING : GERANIUM, YLANG-YLANG, LAVENDAR
- **PHENOLS:**
 - ANTIBACTERIAL: OREGANO, CLOVE



• HOW AROMATHERAPY WORKS...

- ABSORPTION
 - SUPPOSITORIES
 - TRANSDERMAL
 - INHALATION
 - INHALED INTO THE LUNGS CROSSING ALVEOLAR CAPILLARY MEMBRANE
 - OLFACTION
 - VIA LIMBIC SYSTEM
 - INGESTION
 - DONE EXTENSIVELY IN EUROPE (FRANCE)
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SMELL BRAIN CONNECTION





EMOTIONAL RESPONSE

- PROXIMITY OF OLFACTORY BULB TO LIMBIC SYSTEM: THE SEAT OF EMOTION
 - AMYGDALA PLAYS A MAJOR ROLE IN ANGER/FEAR/HYPERSEXUALITY/DISINHIBITED BEHAVIOR
 - STIMULATE THIS GLAND IS WITH FRAGRANCE OR THROUGH THE SENSE OF SMELL.
 - EMOTIONAL BRAIN(LIMBIC SYSTEM) RESPONDS ONLY TO SMELL
 - OUR SENSE OF SMELL LINKS DIRECTLY TO EMOTIONAL STATES AND BEHAVIORS OFTEN STORED SINCE CHILDHOOD.

“SMELL IS A POTENT WIZARD THAT TRANSPORTS US THOUSANDS OF MILES AND ALL THE YEARS WE HAVE LIVED.”

HELEN KELLER



USING ESSENTIAL OILS

- QUALITY:
 - AFNOR AND ISO
- NOTES: BLENDING VARIABLES
 - TOP: BRIGHT
 - MIDDLE: LINGERING
 - BASE: GROUNDING
- CARRIER: DILUENTS FOR APPLICATION
- NEAT: DIRECT, UNDILUTED APPLICATION
 - TEA TREE AND LAVENDER ONLY
- DISTILLATION/HYDROSOLS: THE PROCESS OF OIL EXTRACTION
 - STEAM AND WATER.
 - HYDROSOL: SCENTED WATER REMAINING AFTER EXTRACTION.
NOT AS POWERFUL
- COSTS: VARY WITH SUPPLY/DEMAND



APPLICATION: INHALATION

- ATOMIZERS
- DIFFUSERS
 - PASSIVE SOLAR
 - HEATED
 - ELECTRIC
- COTTON BALL/HANDKERCHIEFS



SOAKS AND STEAMS

- STEAMS ALLOW FOR A COMFORT INHALATION THAT CAN IMPROVE RESPIRATORY PATHWAYS
- GREAT EXAMPLE IS EUCALYPTUS GLOBULUS
- SOAKS ARE THE DIRECT APPLICATION OF ESS OIL WITHOUT MASSAGE



EVIDENCE BASED AROMATHERAPY ANTIBACTERIAL

AROMATOGRAMME

- PRIMARY EFFECTS OF EO IS ON BACTERIAL CELL MEMBRANE
- LAVENDER OIL (FRENCH CHEMIST RENE MAURICE GATTEFOSSE)– BURNS AND MRSA
- LEMONGRASS, OREGANO, SAVORY, RED THYME, AND CINNAMON ARE RANKED AMONGST THE BEST



MASSAGE AND COMPRESSES “M” TECHNIQUE BY DR. JANE BUCKLE

- DERMAL ABSORPTION
- KEY AREAS:
 - PALMS
 - SOLES OF FEET
 - FOREHEAD
 - UNDERARMS
 - WRISTS



LAVENDER



- LAVENDULA ANGUSTIFOLIA
- ACTIVE CONSTITUENT IS PREDOMINATELY ESTERS AND ALCOHOLS BENEFITS
 - SLEEP
 - ANXIETY
 - ACNE
 - PAIN RELIEF

PEPPERMINT

- MENTHA PIPERITA
- ACTIVE CONSTITUENT IS MENTHOL
- BENEFITS
 - STOMACH ISSUES
 - HEADACHE
 - EXPECTORANT AND DECONGESTANT
 - HERPES INFECTION



LEMON OIL



- CITRUS LIMON
- ACTIVE CONSTITUENTS ARE:
 - LIMONENE UP TO 70%, TERPINENE, PINENE, SABINENE, MYRECENE, CITRAL, LINALOOL.
- BENEFITS
 - COLD AND FLU'S
 - ATHLETES FOOT
 - OILY SKIN
 - NAUSEA AND VOMITING FOR PATIENTS

GINGER OIL



- ZINGIBERACEAE OFFICINALE
- ACTIVE CONSTITUENTS ARE:
 - A-PINENE, CAMPHENE, B-PINENE, 1,8-CINEOLE, LINALOOL, BORNEOL, Y-TERPINEOL , NEROL , NERAL , GERANIOL, GERANIAL, GERANYL ACETATE, B- BISABOLENE AND ZINGIBERENE
- BENEFITS
 - NAUSEA
 - OSTEOARTHRITIS
 - COLDS AND FLU
 - COUGHS
 - APHRODISIAC

BLENDING

- *BLEND*: COMBINING DIFFERENT OILS TO ACHIEVE A THERAPEUTIC EFFECT
- *CARRIER OILS*
- *DILUTION PERCENTAGES*:
 - DEPEND ON TREATMENT
 - APPLICATION TYPE
- *SYNERGIES*: THE END PRODUCT OF MIXING OILS AND CARRIERS



BLENDING

- LAVENDER AND PEPPERMINT

- DILUTION

- 1%=6 DROPS/OUNCE

- PALM BLENDS

- SPRITZERS

- BATHS

- COTTON BALL/ 2X2




SAFETY RULES

- NEVER CONSUME UNLESS IN FRANCE
- ALWAYS DILUTE
- KEEP OUT OF REACH OF CHILDREN
- KNOW CAUTIONS AND CONTRAINDICATIONS
 - PHOTSENSITIVITY, MINIMAL USE, DANGEROUS, CARCINOGENIC
- VENTILATION
- SPECIAL PRECAUTIONS WITH CHILDREN, ELDERLY AND PETS
- USE COMMON SENSE: OVERUSE
- RECOGNIZE BOTANICAL NAMES: GENUS AND SPECIES.
- CONTRAINDICATIONS: INSOMNIA AVOID PEPPERMINT, ROSEMARY, BASIL






IMPORTANT POINTS

- QUALITY OF OIL
 - LESS IS BEST
 - NEVER CONSUME
 - ONLY LAVENDER AND TEA TREE CAN BE APPLIED 'NEAT'
 - KEEP OUT OF REACH OF CHILDREN
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USE OF AROMATHERAPY FOR NURSES

- COMPETENCY BASED TRAINING
 - CONSIDER CERTIFICATION
 - USE OF LAVENDER AND PEPPERMINT WITH NURSING POLICIES/PROCEDURES THAT DEFINE STANDARD OF CARE.
 - TEACH HAND MASSAGE (M TECHNIQUE)
 - SUPPLY ESSENTIAL OILS
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THE HEALING ROOM



DILUTION AND MEASUREMENT CHART

- FOR ONE FLUID OUNCE (600 DROPS) OF CARRIER OIL:
 - 1% DILUTION = 6 DROPS
 - 2% DILUTION = 12 DROPS
 - 2.5% DILUTION = 15 DROPS
 - 5% DILUTION = 30 DROPS OR 1.5 ML
 - 10% DILUTION = 60 DROPS OR 3 ML
- MEASUREMENTS / CONVERSIONS (VOLUME)
 - 1 FL OZ = 600 DROPS = 30 ML = 2 TABLESPOONS
 - 1/2 FL OZ = 300 DROPS = 15 ML = 1 TABLESPOON
 - 1/6 FL OZ = 100 DROPS = 5 ML = 1 TEASPOON
 - 1/30 FL OZ = 20 DROPS = 1 ML = 1/5 TEASPOON
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