



# Aromatherapy for Pediatric Patient Use

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## Background

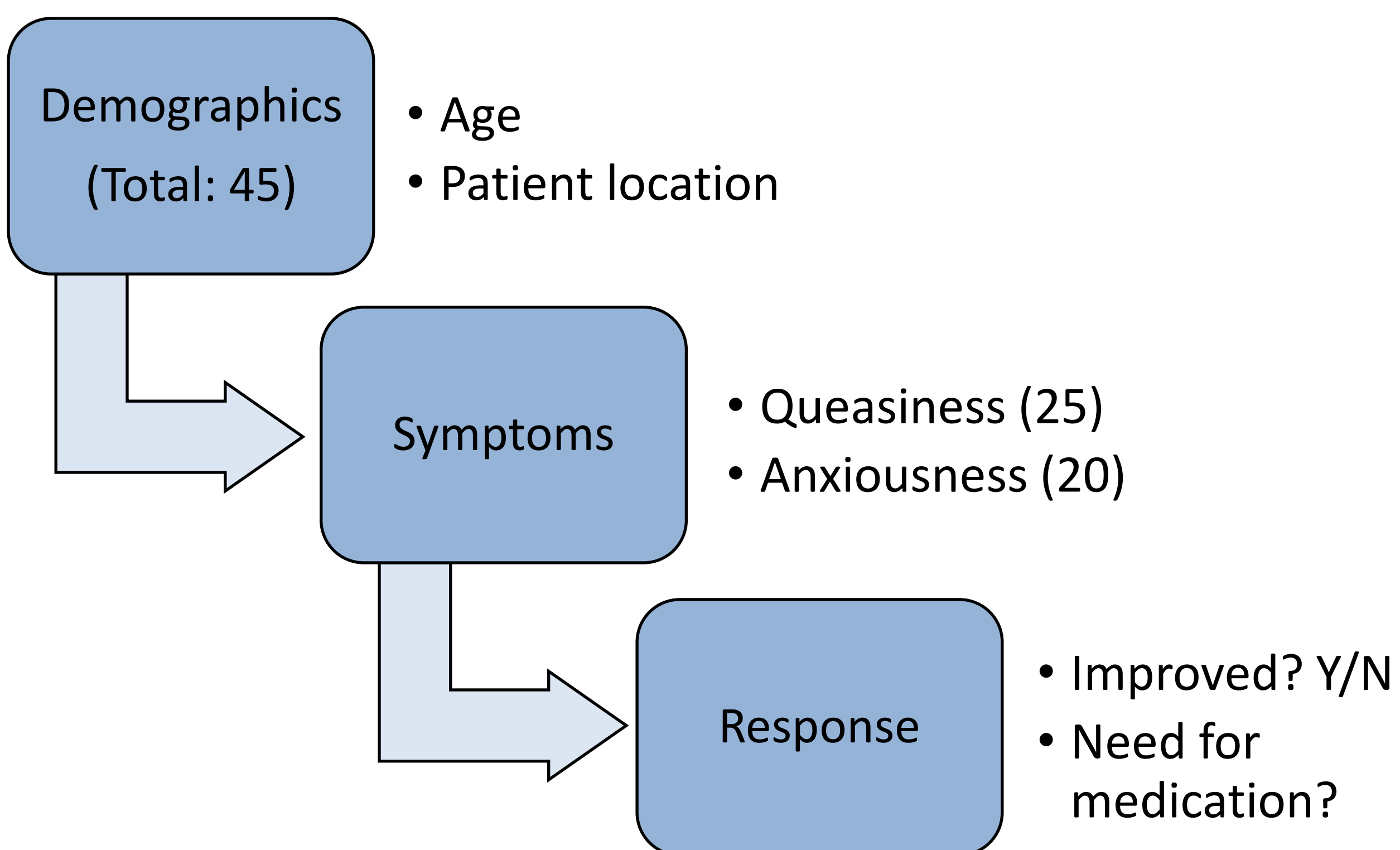
- Currently, there is no policy or procedure for the use of aromatherapy, or aromatherapy products as complimentary therapies at JHACH
- Multiple requests have been made by patients, families, and staff to use aromatherapy as part of the plan of care
- There is ample literature containing clinical data that supports the safe and effective use of aromatherapy in the pediatric healthcare setting
- Aromatherapy can be a **nurse-driven, non-pharmacological intervention** for anxiousness and queasiness
- Need for bridging the gap between the expressed desires of our patients and families with our current practice

## Aim of the Project

- Determine the effectiveness of aromatherapy products for queasiness and anxiousness in pediatric patients
- Provide a simple, non-pharmacological, nurse-driven intervention to address queasiness and anxiousness
- Create a policy for use regarding aromatherapy
- Determine the best aromatherapy product for patient use

## Data Collection and Analysis

### Plan-Do-Study-Act (PDSA)



## Description of the Intervention

- Infusion Center and Dialysis included
- Nurses were educated on the appropriate use of the product
- Patients included in participation:
  - Indicated for queasiness or anxiousness
  - Ages 5 to 21 years
  - Patient and family expressed willingness and interest in participation
- Exclusion criteria:
  - Patients with G6PD deficiency
  - Active fibrillation
  - Cytochrome P450 deficiency
- Education provided to patient and family
- Lavender/peppermint passive aromatherapy diffuser
  - RN would apply a passive aromatherapy diffuser to the patient's garment
  - Initiated with "minimum" scent strength (increase strength as needed)
  - Patients assessed within 15 minutes after initiation (YES or NO)

## Implications for Practice

- Policy for use of passive aromatherapy diffuser created
- Education and training developed for nurses
- Plan to go hospital-wide with product

## Lessons Learned

- The use of aromatherapy as an adjunct for queasiness and anxiousness may be beneficial
- Increased patient and family satisfaction
- A demonstrated reduction in antiemetic administration
- Aromatherapy is safe for therapy dogs

## References

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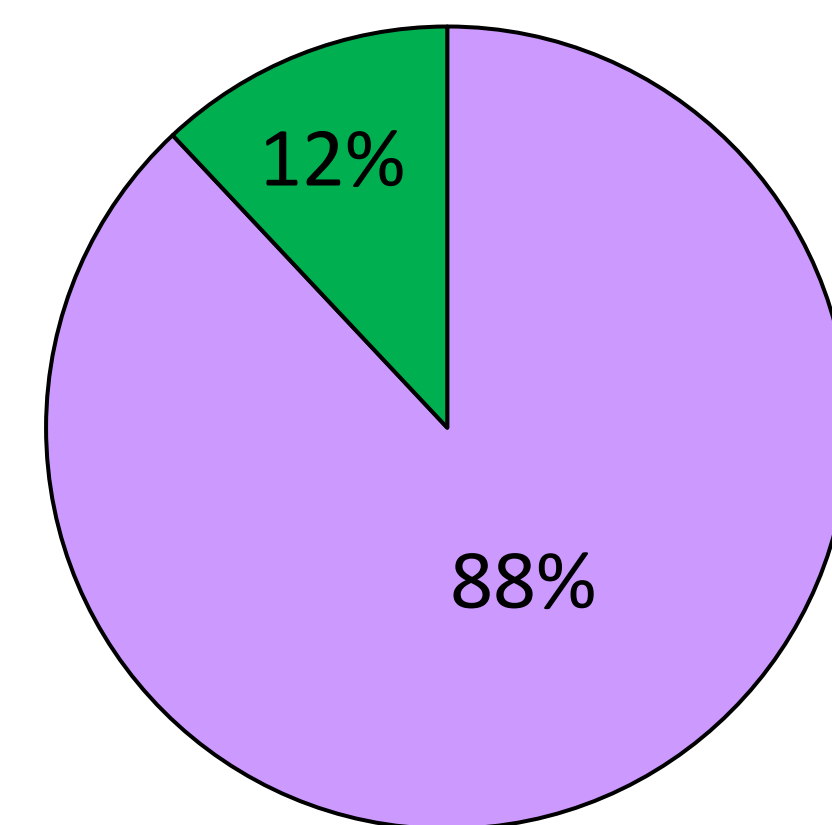
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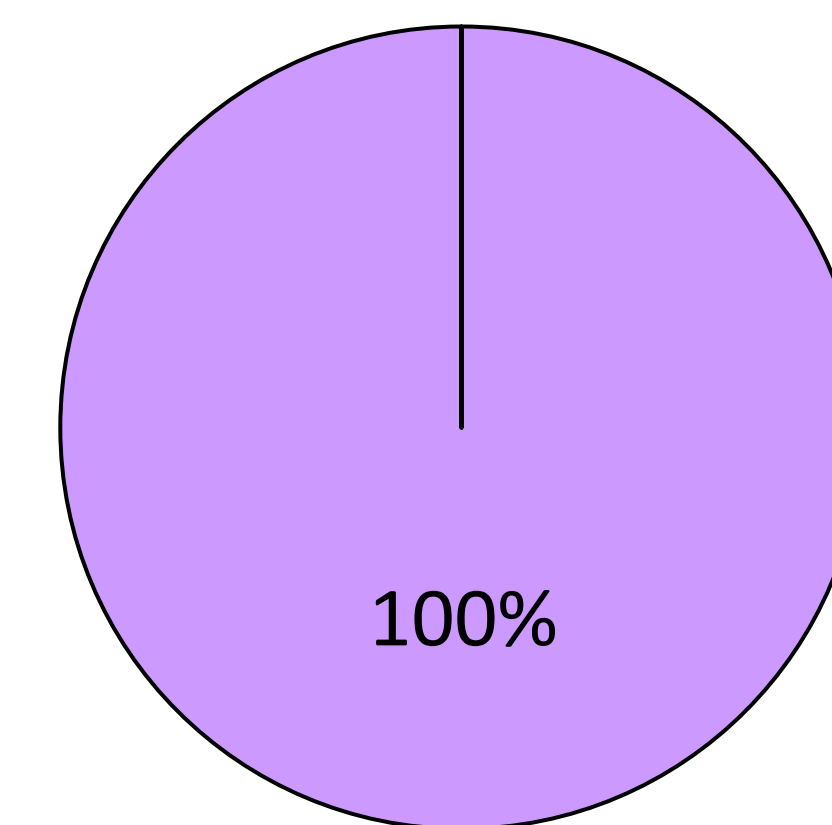
## Outcomes Measures or Results

% Improved in queasiness



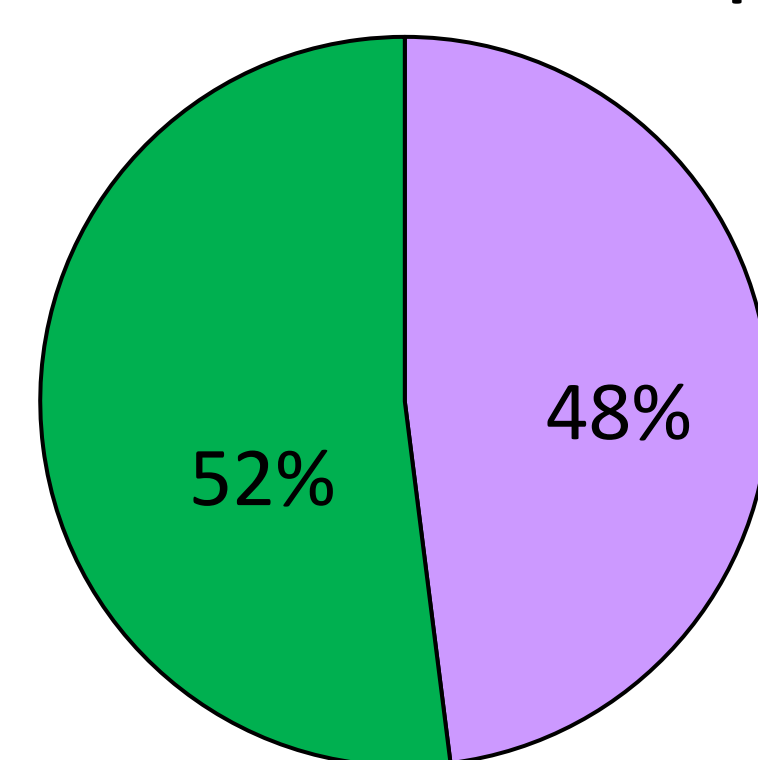
■ % Improvement ■ % not improved

% Improvement in anxiousness



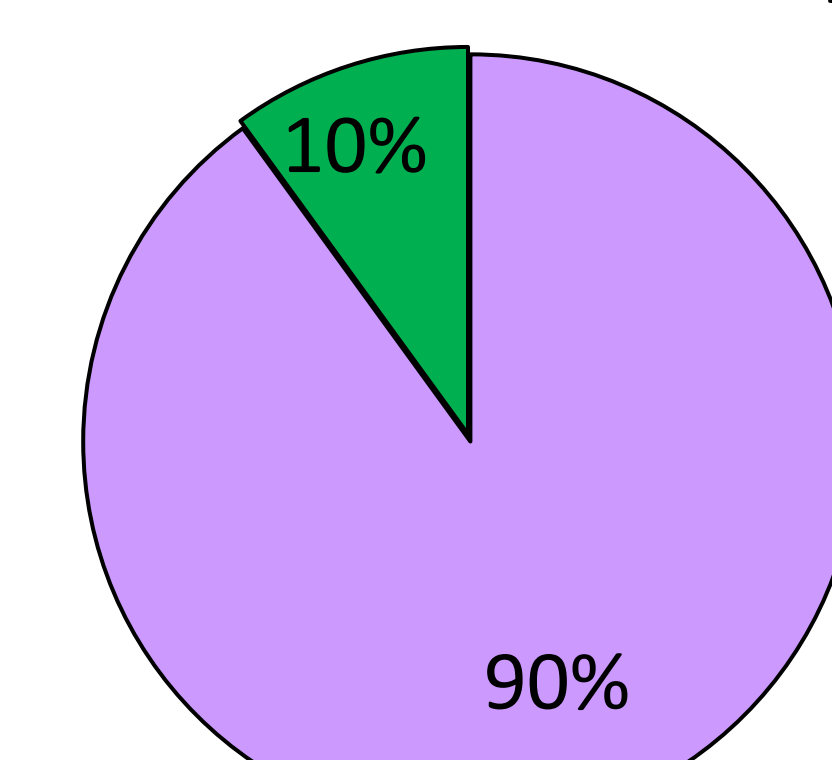
■ % Improvement ■ % not improved

Patients requiring anti-emetic after aromatherapy



■ No Anti-Emetic Use ■ Anti-Emetic Use

Patients requiring anxiolytic after aromatherapy



■ No anxiolytic ■ anxiolytic