

EVALUATING THE EFFECTIVENESS OF AROMATHERAPY TO DECREASE THE AMOUNT OF ANTI-EMETIC USED IN THE TREATMENT OF PONV IN PACU

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Background Information: Despite the use of conventional pharmaceutical treatment modalities prophylactically, post op nausea and vomiting (PONV) continues to be a problem in the PACU. Mission Hospital's RN staff was introduced to an aromatherapy product specifically meant to decrease PONV at a recent conference. Moreover, staff was interested in using treatment modalities that did not require a physician's order. Since stewardship is a priority and the introduction of new products in practice is highly scrutinized, we were interested in evaluating if there was a decrease in the use of anti-emetics when the aromatherapy was utilized in our own PACU.

Objectives of Project: To evaluate the use of aromatherapy to decrease use of anti-emetic medications and decrease our patients experience of PONV and to determine the financial impact of aromatherapy.

Process of Implementation: The literature review indicated that aromatherapy has had positive effect on decreasing PONV. The policy for use of aromatherapy was updated. The use of QuesaeEase (QE) was discussed at our unit based shared governance meeting in March 2017. A poster presentation describing the use of QE was provided in our break room. The questionnaire about the use of QE for patients was stapled to each QE quick pack dispenser. Our nurses were encouraged to use the QE for patients experiencing PONV and fill out the questionnaire provided to collect data about the effectiveness of QE in reducing the use of anti-emetic and the patient's experience. The QE is in our bedside cart next to the alcohol swabs.

Statement of Successful Practice: The results indicate that in a sample of 52 patients, 15 patients did not require the use of additional anti-emetics. This is a \$750 savings in this sample of patients. In total, 86% of our patients felt that the QE was beneficial.

Implications for Advancing the Practice of Perianesthesia Nursing: QE is an effective alternative to anti-emetics for almost half of the post op patients who used it. Plan to get administration support to be able to offer aromatherapy after the trial is completed.