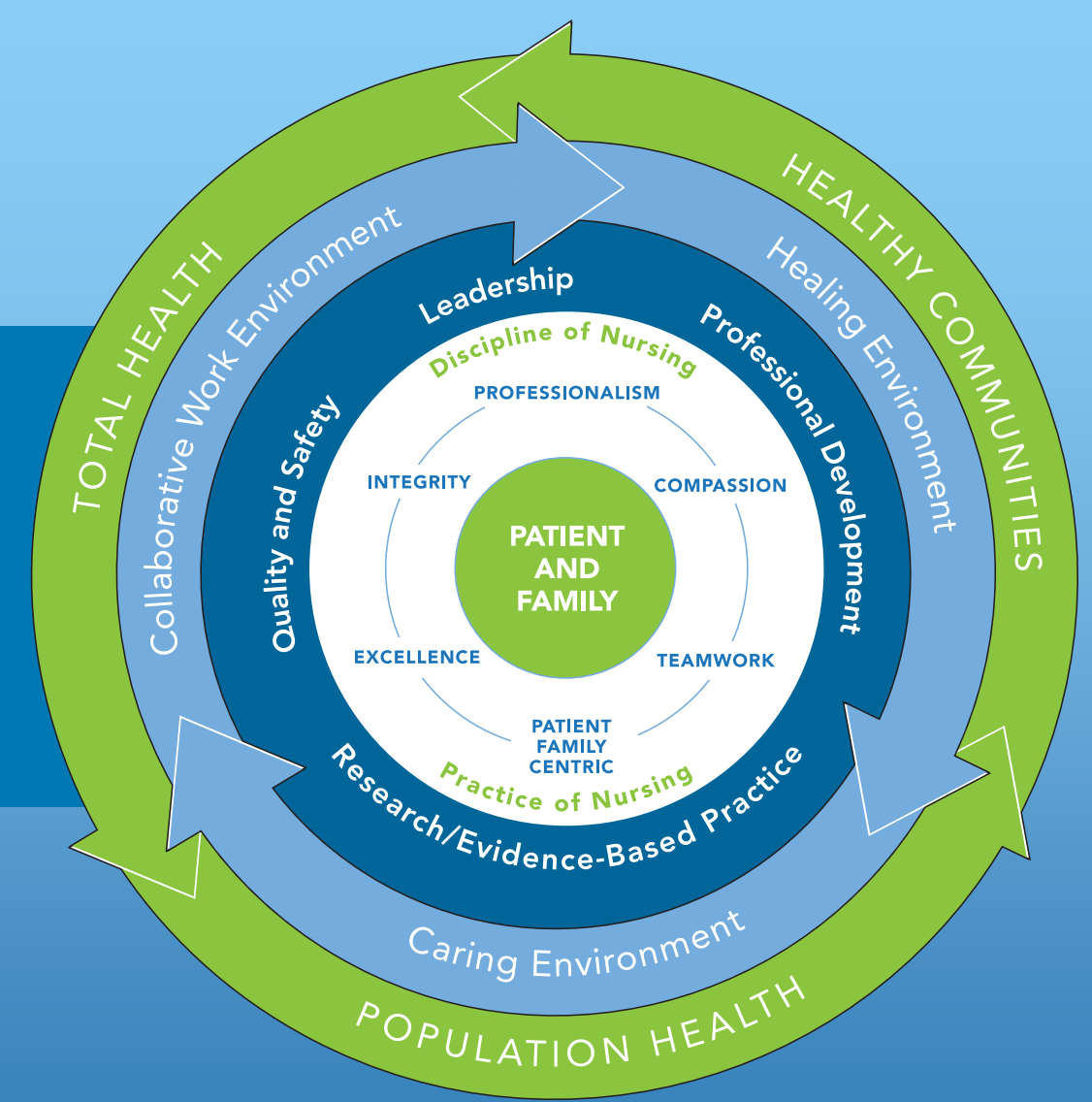


Aromatherapy Lavender Patch Intervention for Anxiety Trial

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INTRODUCTION

Background

Patients waiting for surgery often experience heightened levels of anxiety and stress. These emotional responses can negatively affect both the patient's overall experience and the outcome of the procedure (Wotman et al., 2017). Traditional pharmacological interventions, while effective, may not always be desirable or accessible. Therefore, incorporating non-pharmacological approaches like aromatherapy has gained interest in recent years. The care experience toolkit, which includes comfort items and diversionary tools, is designed to alleviate patient stress. Among these tools, lavender patches have shown promise in promoting relaxation and reducing anxiety.

Aim

The aim of this study is to evaluate the clinical impact of lavender patches on anxiety levels and relaxation scores in preoperative eye surgery patients. The purpose of this study is to evaluate the effectiveness of lavender patches in reducing anxiety and promoting relaxation in the pre-operative setting. Lavender has been historically associated with relaxation, and its topical application in the form of patches may offer a simple and non-invasive intervention for anxiety management.



METHODS AND INTERVENTION

Methodology:

The study includes adult patients who are scheduled for elective eye surgery. Verbal consent will be obtained from participants, and inclusion criteria will be based on general patient eligibility for surgery.

Inclusion Criteria:

- Scheduled for eye surgery under local anesthesia
- Experiencing mild to moderate preoperative anxiety
- Ability to provide informed consent

Exclusion Criteria:

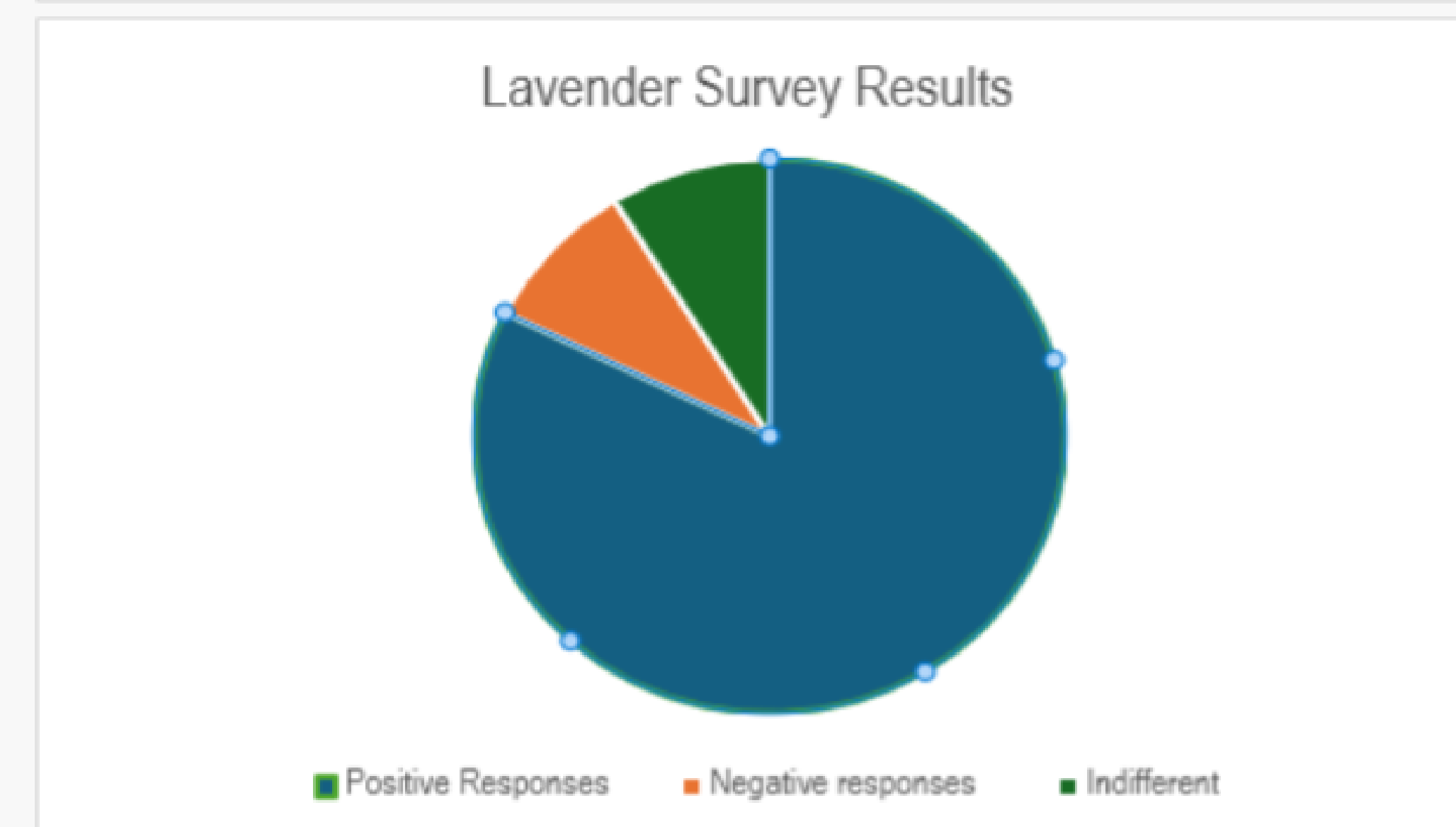
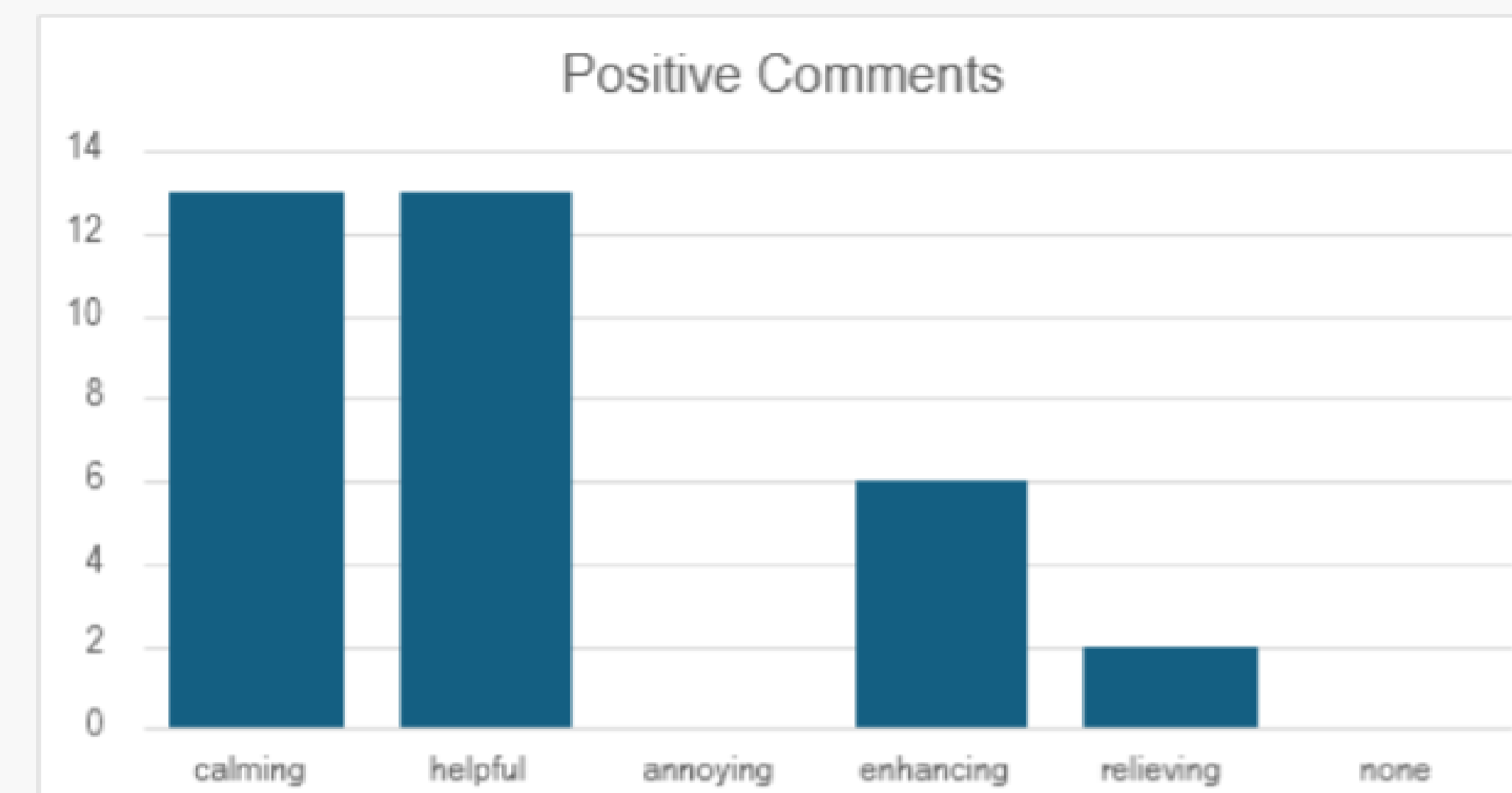
- Patients with known allergies to lavender or other essential oils
- Patients with respiratory conditions that might be exacerbated by aromatherapy
- Patients with a history of skin sensitivities or reactions to topical products

Lavender Patch Application: Participants will have a lavender patch placed on their chest or wrist, depending on patient preference.

Monitoring: Patients will be monitored for any immediate reactions (e.g., skin irritation, allergic reactions). The patch will remain for a specified period, usually up until the patient enters the operating room or as specified in the protocol.

Post-Application Assessment: Anxiety levels will be reassessed. An **assessment** will be conducted just prior to surgery.

RESULTS



In this study, lavender patches were associated with reduced anxiety, with **60% of patients reporting calming and helpful effects**. Lavender aromatherapy provided a simple, non-invasive method to promote relaxation prior to surgery. The intervention was **well tolerated**, required minimal time and resources, and was easy to integrate into preoperative workflows. Allowing patients to choose patch placement supported comfort and autonomy, reinforcing person-centered care.

Limitations

The study lacked a control or placebo group, making it difficult to attribute anxiety reduction solely to the lavender patch. Mask use may have reduced scent exposure, and gender differences were not evaluated. Additionally, reliance on subjective self-report measures and a limited sample size restricts generalizability.

CONCLUSION

Lavender patches offer a low-risk, cost-effective, non-pharmacological option for reducing mild to moderate preoperative anxiety in eye surgery patients. This intervention supports holistic, patient-centered nursing care while requiring minimal additional workload. For nursing practice, lavender patches provide an easy-to-implement comfort measure that enhances the preoperative experience and promotes patient autonomy. For surgeons, reduced anxiety may improve patient cooperation during procedures performed under local anesthesia, supporting procedural safety and efficiency. While further controlled research is recommended, lavender patches may be considered a valuable adjunct to standard preoperative care.

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