

Background / Purpose

There is robust evidence in the utilization of aromatherapy for nausea, anxiety, pain and other symptoms reported post anesthesia (Stanley et al., 2020; Zamenjani et al., 2020; Trandel-Korenchuk et al., 2021; Matos et al., 2024; Penoyer et al., 2024). This project aims to support the use of aromatherapy as a standard of care in the treatment of nausea, anxiety and/or discomfort (pain).

Objectives:

- Offer patients multimodal therapy for the treatment of nausea, pain and anxiety
- Measure effectiveness of aromatherapy tabs when used for nausea, pain and/or anxiety in patients
- Measure perception when using aromatherapy in the peri-operative area for nausea, pain and/or anxiety.
- Utilize data to inform policy creation based on evidence-based practice and clinical experience

Discussion / Conclusion

Strengths

- Engaging bedside staff nurses and patient care technicians as data collectors has increased use of QR code for evaluation, therefore increasing amount of data collected
- Use of aromatherapy had positive results on decreasing quality improvement metrics (pain, anxiety, nausea) overall

Limitations

- QR code was not used for every time aromatherapy was used as an intervention leading missing data
- Low response numbers can undermine generalizability of this evidence-based project

Future Recommendations

- Increasing visibility of QR codes by placing one in each pre-op and PACU bay
- Conducting chart audits for intervention and symptom response along with QR code use may increase amount of data collected

Methods/Data Analysis

Process of Implementation:

A Microsoft Forms survey was created. It assessed:

- patient and MRN
- what aromatherapy scent was used. We currently offer Lavendar and Orange-Ginger
- what symptom was aromatherapy used to address (anxiety, nausea, and/or low energy)
- effect of therapy (increase, decrease or no change); e) perception of use, Positive or Negative

A policy template was created using this data and current evidence-based practice guidelines

Data Analysis:

45 responses have been collected. 43% used for anxiety, 33% for nausea, 18% for other symptoms, and 6% for pain. 73% of the time used, a decrease in symptoms was reported. When used for patients 67% of the time, no medication interventions were needed. 100% of respondents reported a positive experience with aromatherapy use.

Implications For Practice

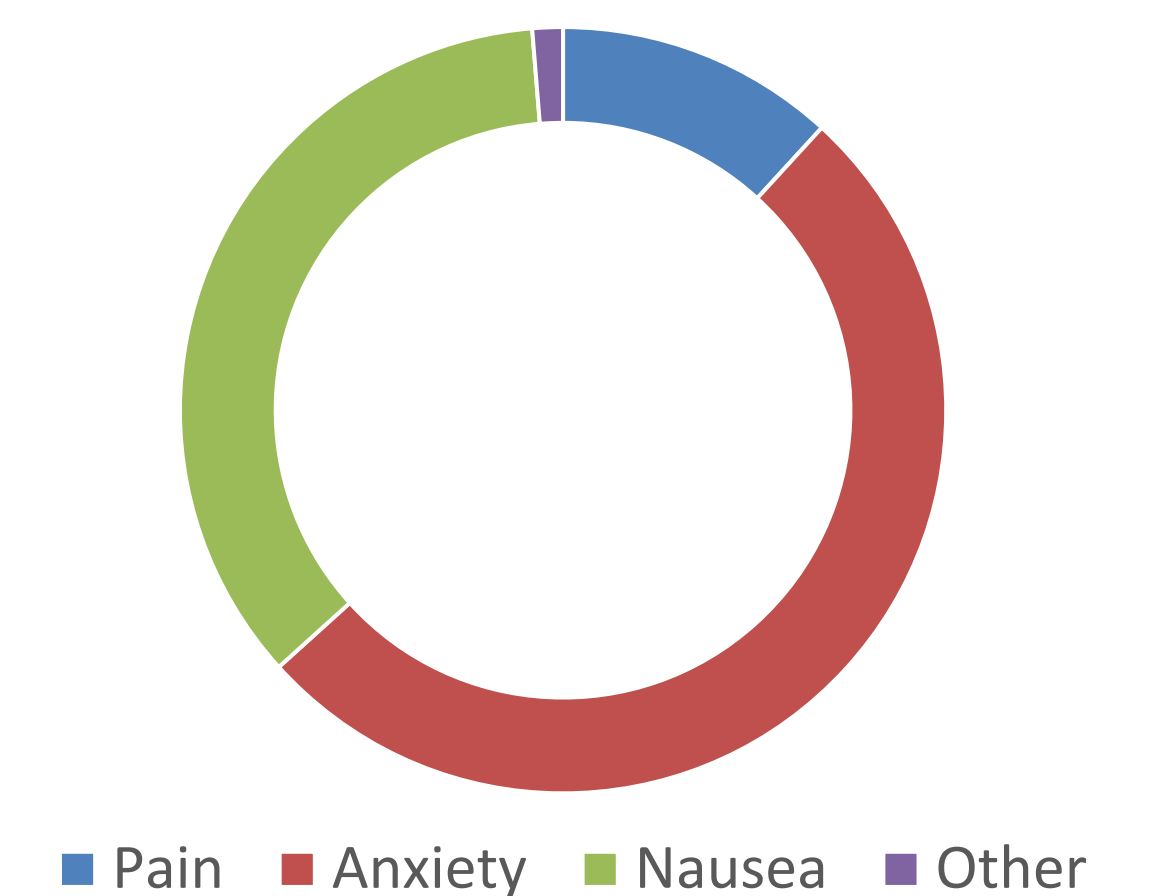
- This project empowered nurses and patient care techs to use multimodal therapies for nausea, pain, and anxiety in patients
- Peri-operative staff was engaged in data collection and policy creation to guide practice and initiate standards for new initiatives
- This is an ongoing project that shows continued sustainability when continuous project improvement strategies are implemented

Supporting Evidence/References

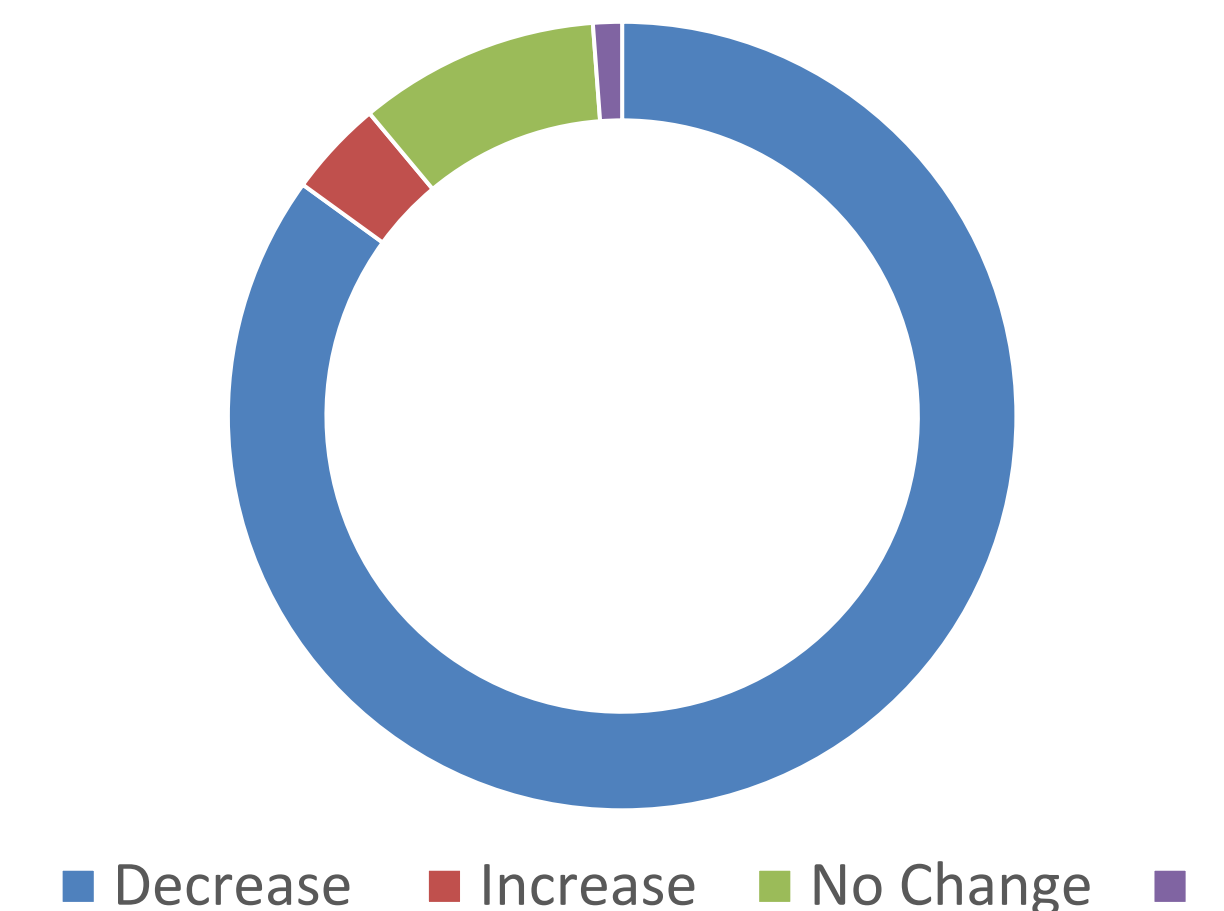


Results

% of Symptoms



Change in Symptoms



Were additional medications used?

