

## **THE EFFECT OF ESSENTIAL OILS ON PERCEIVED STRESS OF NURSING STAFF IN THE HOLDING ROOM**

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**Identification of the problem – Overview:** Work stress and burnout remain significant concerns in nursing, affecting both individuals and organizations. A literature search was completed and findings synthesized revealing inhaling citrus and lavender essential oils may possibly help lift the mood, calm the senses, increase alertness, or decrease anxiety in such a chaotic environment. Found evidence supports a need for a more rigorous study involving the impact of essential oils on stress in the workplace.

**EP Question/Purpose:** In the Holding Room Nursing Staff, what is the effect of diffusing essential oils on perceived stress levels compared with the time prior to exposure to essential oils by diffusion within a thirty day time period?

The purpose of this study is to investigate the Effect of Essential Oils on Perceived Stress of Nursing Staff in the Holding Room.

**Methods/Evidence:** Nurses in the Holding Room will participate in a non-mandatory, anonymous survey using the valid and reliable state-trait anxiety questionnaire, prior to intervention (aromatherapy) and then again after intervention. All personal information will be kept confidential. Only the studies data analyst will know identifying information. Following the completion of the pre-intervention survey, Citrus essential oils – Certified Pure Therapeutic Grade Orange, Grapefruit, Lime and Lemon essential oil – will be diffused at the nurse's station for 30 days.

**Significance of Findings/Outcomes:** IRB approval is pending, to proceed with proposed study. Funding was obtained for supplies and implementation of the study is pending. Utilizing natural solutions for health care is safe and cost effective. With minimal risk, exploring options that have potential for increasing staff and patient satisfaction is valuable. Along with the proposed outcome of reduced stress in the workplace, there are additional health benefits to exposure to essential oils.

**Implications for perianesthesia nurses and future research:** Along with patient safety, organizations are impacted as absenteeism and work performance is affected. It is imperative that workplace stressors be addressed and minimized. Support for the workforce in the reduction of stress is crucial to nurse wellness as well as patient outcomes.