

Post-Operative Nausea and Vomiting (PONV) Aromatherapy Project

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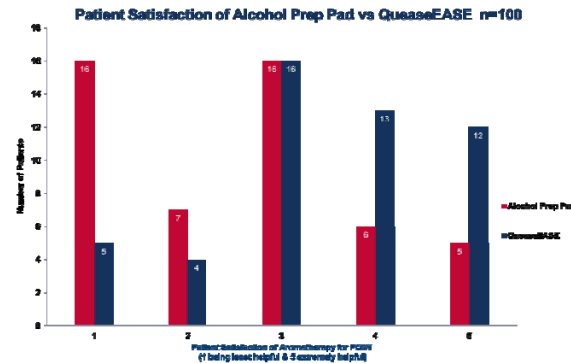
Background

- PONV causes considerable distress for patients and healthcare professionals.
- PONV is associated with decreased patient satisfaction.
- Increased patient complications.
- Increased work load.
- Multiple studies have found aromatherapy to be an effective intervention for PONV.

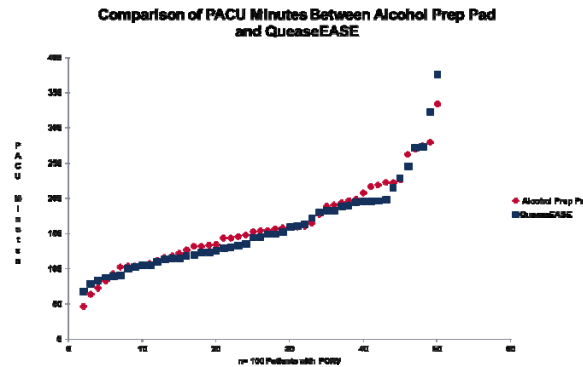
Purpose

- Evaluate the effectiveness in reducing PONV of isopropyl alcohol versus a commercially available aromatherapy product containing peppermint, ginger, spearmint, and lavender, in a package designed to prevent contact with skin.
- Compare isopropyl alcohol versus the essential oil blend in affecting patient and provider satisfaction.
- Evaluate differences in PACU stay times between the two groups.

Outcomes



Outcomes



Method

- N=100 patients experiencing PONV.
- All patients were treated with traditional treatment modalities.
- All patients received aromatherapy as a complimentary therapy modality.
- 50 patients received isopropyl alcohol to inhale, and 50 patients received the essential oil blend to inhale.
- Post-operative patient phone call assessing PONV intervention using 1-5 Likert scale.

Implications for Practice

- Consider using aromatherapy alone or in conjunction with anti-emetics to decrease PONV among patients.
- Consider using aromatherapy to increase patient satisfaction and provider satisfaction.

This project was carried out as quality improvement and did not meet the definition of research per United States Department of Health and Human Services regulations.