

POST-OPERATIVE NAUSEA VOMITING AROMATHERAPY PROJECT

Primary Investigator: Debra Malone RN BSN CAPA
University of Colorado Health, Denver, Colorado

Identification of the Problem-Overview: Post-operative nausea and vomiting (PONV) causes considerable distress for patients who experience it and PONV increases staff workload. It is associated with decreased patient satisfaction, increased health care costs due to prolonged post anesthesia care unit (PACU) times and unanticipated hospital admissions. The effectiveness of aromatherapy as a complimentary therapy for PONV has been supported in multiple studies.

EP Question/Purpose: This project aims to compare patient and clinician satisfaction with isopropyl alcohol verses the QueaseEASE aromatherapy product in reducing PONV. A secondary aim was to evaluate PACU stay times between patients given isopropyl alcohol to inhale verses patients inhaling the QueaseEASE aromatherapy.

Method/Evidence: 100 post-operative outpatients with PONV in the PACU from November 2014 to March 2015 received aromatherapy as a complimentary therapy modality in addition to standard of care PONV treatments. Half of the patients were given isopropyl alcohol pads to inhale, the other half were given the QueaseEASE product to inhale. During the post-operative phone call each patient was asked to rate the helpfulness of the aromatherapy in treating their PONV using a 1-5 scale and provided an opportunity to comment. At the end of the collection period the nurses used the same 1-5 scale to rate their overall experience of using the aromatherapy as a complimentary treatment for PONV.

Outcomes: The study demonstrated that both the patients and the nurses were more satisfied with the QueaseEASE product in treating and managing PONV in comparison to the current standard of care using an isopropyl alcohol pad for aromatherapy. The average satisfaction rating for isopropyl alcohol was 2.6 and the average rating for QueaseEASE was 3.9. No differences were found between isopropyl alcohol and the QueaseEASE group for the minutes of stay in PACU.

Implications for Practice: The evidence-based approach using QueaseEASE during this project shows promise in reducing PONV among our patients at a better rate, as well as improving patient and nurse satisfaction.