

Introduction/Background

The use of essential oils as a holistic nursing intervention has become increasingly prevalent in healthcare to promote a healing and comforting environment for patients and staff.

- Preoperative anxiety affects 54–98% of adults globally (Honig, 2022).
- PONV affects 20–30% of general surgery patients (Asay, 2019).

Aromatherapy has shown effectiveness in lowering both preprocedural anxiety and PONV.



Aim/Purpose

The endoscopy team sought to determine whether implementing evidence-based aromatherapy as a non-pharmacological comfort measure could



enhance patient comfort and satisfaction during endoscopic appointments.

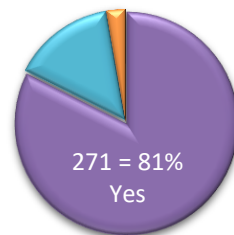
Methods/Intervention

Adult patients in the endoscopy department were informed of the potential risks and benefits of aromatherapy as a comfort measure. Patients were invited to participate by selecting one of the four available aromas and completing a post-intervention survey to share their thoughts on the aromatherapy intervention. Surveys were collected until the statistically significant sample of 330 was obtained. Patients were free to refuse the intervention without impacting their care.

Results/Patient Feedback

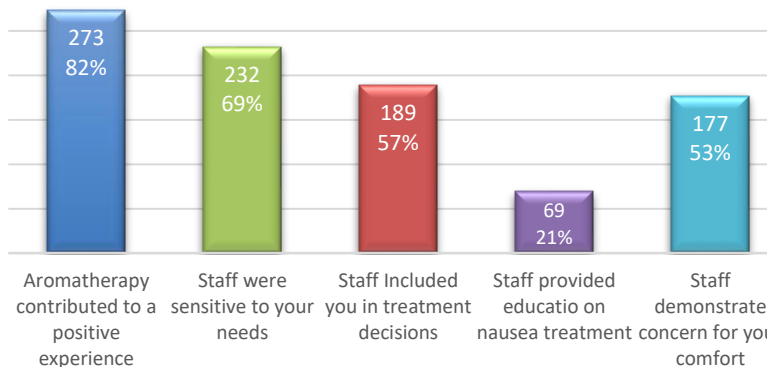
Over an 11-week period the team provided aromatherapy to **334** endoscopy patients. The overwhelming response was positive. Patients stated they felt calmer, less anxious, and well cared for.

Would you choose aromatherapy again?

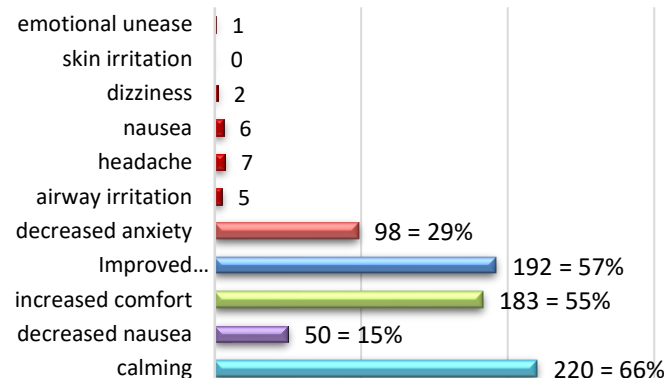


■ Yes ■ Maybe ■ No

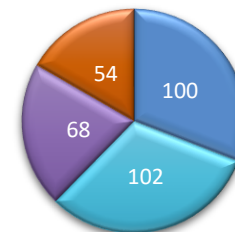
How did aromatherapy impact your experience today?



Did you experience any of the following with aromatherapy today?



What scent did patients choose?



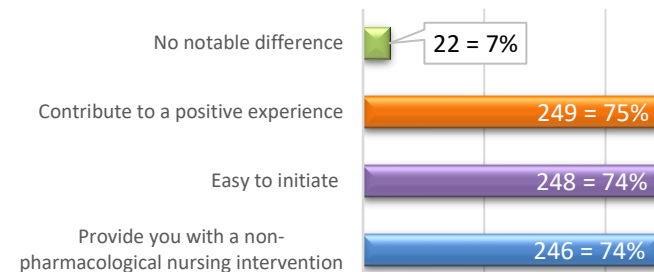
■ Lavender
 ■ Lavender/Peppermint
 ■ Lavender/Sandalwood
 ■ Orange/Peppermint

Patient Comments

- I really enjoyed the scent and felt more relaxed
- A unique touch and appreciated :)
- Let me concentrate on my breathing
- Patient involvement a positive.
- I like that the hospital is looking at a more holistic approach.
- It says a lot about how much you care about your patients.
- It made me feel less anxious and took my mind off the procedure.

Staff Feedback

How did aromatherapy impact staff experience with their patients?



Discussion

This EBP intervention allows endoscopy nurses to collaborate with patients by providing cost-effective, simple, individualized, and non-pharmacological comfort strategies. Consistent with nursing theory, nurse-led aromatherapy provides a patient-focused, comprehensive approach that supports both physical health and emotional well-being (Farrar, 2020).



References

Available upon request: bbiardi@honorhealth.com