Use of Aroma Oils with Geriatric Patients in an Acute Care Setting

BACKGROUND

- Use of aroma oils is an alternative practice to help restore balance and improve well-being.
- Chronic illness older adults leads to difficulty performing ADLs which increases hospitalizations.
- Aromatherapy is effective in reducing pain, depression, anxiety, and stress levels in older adults (Tang & Tse, 2014).
- Aromatherapy helps reduce anxiety, increase sleep, and stabilize blood pressure (Cho, Min, & Lee, 2013).

PURPOSE

- Purpose of the study is to incorporate aroma oils in the plan of care for hospitalized adult patients 65 years and older.

DATA COLLECTION PROCEDURE

1) Verbal consent
2) Distribute patient information sheet
3) Demographic profile
4) Pre-intervention survey and STAI-AD Form Y1 and Y2
5) Aroma oils placed at bedside
6) Patient reassessed in 60-90 minutes
7) Post-intervention survey and STAI-AD Form Y1

RESULTS AND OUTCOMES

- Pre- & post- intervention surveys: Anxiety ($M=3.15$, $SD=1.91$, $p=0.000$) and stress levels ($M=1.59$, $SD=2.09$, $p=0.000$) demonstrated significant improvement after aroma oils
- Pre- & post-intervention STAI-AD Form Y1 showed significant improvement after aroma oils ($M=11.84$, $SD=13.03$)($t(31)=5.138$, $p=0.000$)
- Pre-intervention anxiety & stress measurement: men ($n=18$) experience less stress than women ($r=0.519$, $p=0.002$)

REFERENCES


RECOMMENDATIONS / IMPLICATIONS

- Provide data collection instruments in different languages
- Increase the number of trained researchers
- Document those who refused
- Change Validated Anxiety and Stress Tool
- Include nurse perception and reluctance to aroma oils administration
- Promote awareness to patient and family of aroma oils effectiveness with anxiety and stress
- Encourage care givers to incorporate aroma oils in plan of care

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