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.

METHODS

- Design: descriptive, correlational study
- Setting: 30-bed Medical Telemetry Unit at St. Joseph Hospital, Orange
- Sample:
  - Inclusion criteria: 65 years and older; awake, alert, and oriented x4; Able to verbally understand the study consent
  - Exclusion criteria: Cognitive impairment; language barrier; allergy/sensitivity to essential oils; olfactory dysfunction; respiratory disorders

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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