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### **Aromatherapy for First Line Treatment of Postoperative Nausea and Vomiting in PACU**

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# Aromatherapy for First Line Treatment of Postoperative Nausea and Vomiting in the Post Anesthesia Care Unit

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## Background

- Postoperative nausea and vomiting (PONV) is one of the most common postoperative complications affecting 20-30% of patients (Abib-Hajbaghery & Hosseini, 2015)
- PONV can lead to complications for patients besides the discomfort of nausea and vomiting, including dehydration, electrolyte balance changes, wound dehiscence, and aspiration (Hodge, McCarty, & Pierce, 2014)
- Standard of practice for treating patients with nausea in the Post Anesthesia Care Unit (PACU) was to give them a pharmaceutical treatment
- Pharmaceutical treatments also pose risks to patients because of their side effects, which include, fatigue, disorientation, dysrhythmias, hypotension, and restlessness (Abib-Hajbaghery & Hosseini, 2015)

## Purpose

- Change our current practice to using Aromatherapy as a first line treatment for nausea & vomiting in the PACU and reducing the use of pharmacological antiemetic.

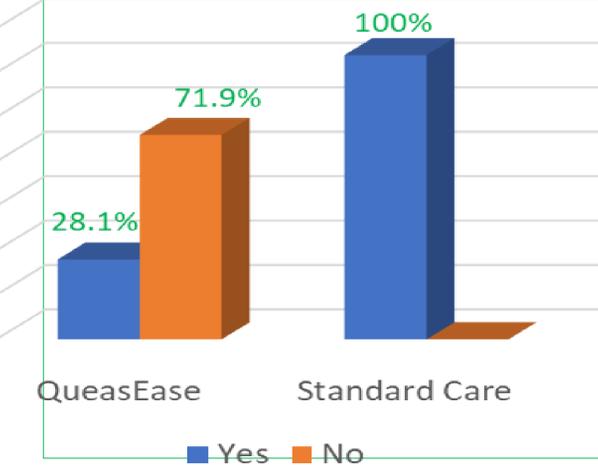
## Methods

- Evidence Base Practice (EBP) change
- Trial of 64 Surgical patients who complained of nausea in the PACU
- Patients who complained of nausea and would rate their nausea on a scale from 0-4. Nausea would be reassessed 5 min after initiation of Aromatherapy and then every 15 min until discharge
  - 0 = no nausea
  - 1 = mild nausea
  - 2 = moderate nausea with vomiting
  - 3 = frequent vomiting
  - 4 = continuous vomiting
- The product QueaseEASE was used for the aromatherapy treatment and patients would inhale the scents from the quick tab for a minimum of 5 min

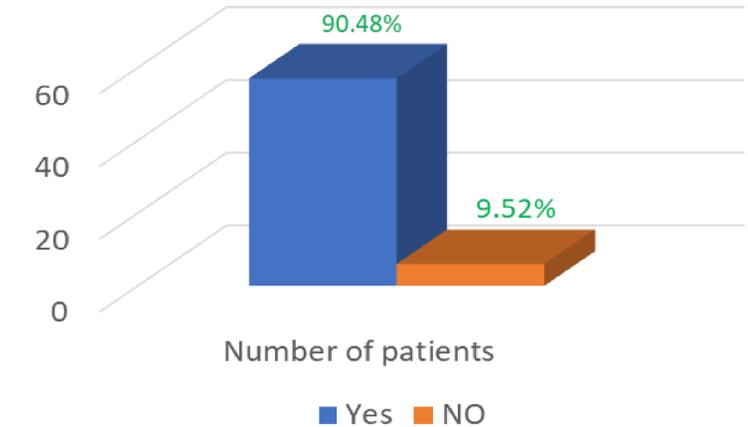
## Results

- Use of antiemetic on complaint of nausea dropped from 100% (standard of care) to 28.1% with Aromatherapy
- 90.48% of patients found the Aromatherapy to be beneficial
- Patient Satisfaction with the treatment of their nausea was 92.3%
- A Nursing Guideline was created as the first step in practice change

## Received Anti-Emetic



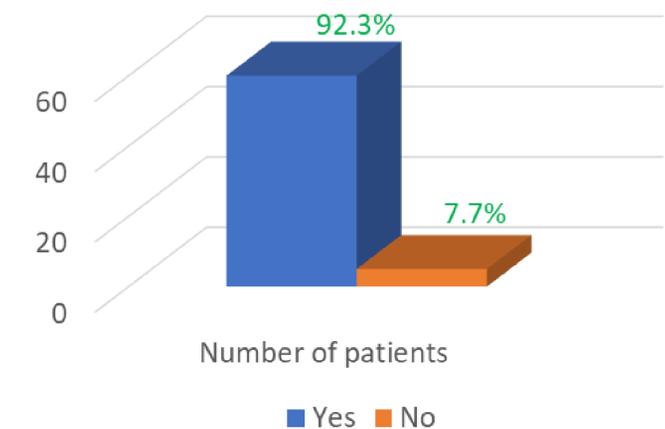
## Patient felt QueaseEASE was Beneficial



## Discussion

- The study demonstrated the effectiveness of Aromatherapy as first line intervention with complaint of nausea
- Investigators will observe staff choices of Aromatherapy or antiemetic use over time to monitor sustainability of the project
- Limitations
  - Missing data from either misappropriated tabs from other departments using or staff failure to complete collection tool
  - Nausea Scale confusing

## Patient Satisfaction with Nausea Treatment



## References

- Adib-Hajaghery, M. & Hosseini, F. S. (2015). Investigating the effects of inhaling ginger essence on post-nephrectomy nausea and vomiting. *Complementary Therapies in Medicine*. 23(6). 827-831. doi: 10.1016/j.ctim.2015.002
- Hodge, N., McCarthy, M. S., & Pierce, R. M. (2014). A prospective randomized study of the effectiveness of aromatherapy for relief of postoperative nausea and vomiting. *Journal of PeriAnesthesia*. 29(1). 5-11. doi: 10.1016/j.jopan.2012.12.004
- [QueaseEase QuickTAB sales image]. Retrieved from <https://soothing-scents.com/product/quick-tab-medipack/>