TITLE: Aromatherapy using Essential Oils That Assist with Healing and Recovery (med17)

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PAGES: 1 of 3

ISSUED FOR: Nursing

PURPOSE: May be used to promote a holistic non-pharmacologic complementary therapy for healing and recovery from nausea, headaches, promote relaxation, and to increase energy. Sarasota Memorial Health Care System is promoting Integrative Therapy as a complementary care option to the treatments patients receive. Research indicates that aromatherapy using essential oils can be used to assist with healing and recovery. A registered nurse will provide oversight for the therapy and may delegate to PCT/MST if appropriate.

DEFINITIONS:

Aromatherapy: The art and science of utilizing naturally extracted aromatic essences from plants (flowers, herbs, or trees) for the improvement of physical, emotional, and spiritual well-being.

Essential Oils: Natural oil extracted from aromatic plants by distillation and having the characteristic fragrance of the plant or other source from which it is extracted.

Aromatherapy Inhaler: A personal inhaler for the aromatherapy application for use of essential oils.

Aromatherapy Inhaler Guide will be provided for patient education at the time of initiation.

PROCEDURE: Twist off the lid of the aromatherapy inhaler and smell the essential oils contained within the inhaler. Be careful not to insert the inhaler into the nares. May repeat in 5 minutes.

EXCEPTIONS: Let your nurse know if you are pregnant, have a history of allergies, severe asthma, or any sensitivity to essential oils.

DOCUMENTATION: Enter documentation on the SCM Nursing Assessment/Reassessment Flowsheet
REFERENCES:


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