PURPOSE: To offer a holistic complement to pharmacologic nausea management for post-operative patients.

DEFINITIONS:
- **Aromatherapy stick/inhaler/diffuser**: A plastic tube containing cotton soaked with essential oils, to be inhaled for relief of nausea.
- **Aromatherapy**: The use of aromatic oils for the improvement of one's wellbeing.
- **Nausea**: A queasy and sick feeling that one might vomit.
- **Vomiting**: The uncontrollable action of emptying gastric contents via one's mouth.

KNOWLEDGE BASE:
Overall: Aromatherapy, not necessarily more effective in reducing NV, but well tolerated, may reduce number of rescue anti-emetics needed. (Grade 2: Good and consistent evidence*).
- Ginger (delayed response), peppermint, QueaseEASE (peppermint, spearmint, lavender, and ginger) and isopropyl alcohol effective in reducing N/V (Level I Evidence: 1, 2, 7, 8, 11, 12, 13*).
- Ginger, peppermint, and isopropyl alcohol effective in reducing rescue meds (Level I Evidence: 2, 8, 11, 13*).
- Controlled breathing also helpful as part of protocol for reducing N/V (Level I Evidence: 2, 11*).
- Peppermint, QueaseEASE, ginger, mandarin and isopropyl alcohol reduced nausea/vomiting (and placebo did also) (Level II Evidence: 3, 4, 5, 9, 10*).
- Isopropyl alcohol may reduce rescue anti-emetics (Level II Evidence: 6*).

PROCEDURE:
Twist off the cap. Turn container upside down 2 times, gently place large rounded side inside the right or left nares and inhale. Repeat this 3 times exchanging each nostril. May repeat in 5 minutes.

Follow algorithm Appendix A.
EXCEPTIONS: Pregnant women, individuals with severe asthma, and individuals with a history of allergies, or sensitivity to essential oils should consult with medical professional before use.

Pregnant women and people with a history of seizures should avoid hyssop oil.

People with high blood pressure should avoid stimulating essential oils, such as rosemary and spike lavender.

People with estrogen dependent tumors (such as breast or ovarian cancer) should not use oils with estrogen like compounds such as fennel, aniseed, sage, and clary-sage.

People receiving chemotherapy should talk to their doctor before trying aromatherapy.

EXPECTED OUTCOME: Patient should have some, if not total, relief of nausea.
REFERENCES:


DOCUMENTATION:

Enter documentation on the Assessment/Reassessment Flowsheet.

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APPROVAL:

Clinical Practice Council 11/2/17
**Legend**

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**Level of Each Piece of Evidence:**

I. Experimental study, randomized controlled trial. Systematic review of RCTs, with or without meta-analysis.

II. Quasi-experimental study. Systematic review of a combination of RCTs and quasi-experimental, or quasi-experimental studies only, with or without meta-analysis.

III. Non-experimental study. Systematic review of a combination of RCTs, quasi-experimental and non-experimental studies, or non-experimental studies only, with or without meta-analysis. Qualitative study or systematic review with or without a meta-synthesis

IV. Opinion of respected authorities and/or nationally recognized expert committees/consensus panels based on scientific evidence. Include clinical practice guidelines, consensus panels.

V. Based on experiential and non-research evidence. Includes literature reviews; quality improvement, program or financial evaluation; case reports; and opinions of nationally recognized expert(s) based on experiential evidence.

**Quality of Each Piece of Evidence:**

A. High quality

B. Good quality

C. Low quality with major flaws

**Grade of all the evidence for a practice recommendation:**

- Grade 1: Strong, compelling evidence
- Grade 2: Good and consistent evidence
- Grade 3: Good but conflicting evidence
- Grade 4: Little or no evidence
AROMATHERAPY ALGORITHM

Did patient receive Zofran in OR?

- **YES**
  - Inhale x 3
  - Reassess after 5 mins.
  - IMPROVEMENT?
    - **YES**
      - Tx with IV Antiemetic & use inhalant
    - **NO**
      - Inhale x 3
      - Reassess after 5 mins.
      - IMPROVEMENT?
        - **YES**
          - Repeat inhalant x3 q 5 mins. PRN
        - **NO**
          - Tx with IV Phenergan

- **NO**
  - Inhale x 3
  - Reassess after 5 mins.
  - IMPROVEMENT?
    - **YES**
      - Tx with IV Zofran and inhale x 3
    - **NO**