



# The Effect of Essential Oils in Perianesthesia Nursing

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## BACKGROUND

Lachinger & Leiter found that the emotional toll of nursing work is the main cause of nurses' stress and has been for many years.

- Workplace conflicts
- Difficulty with varying management styles
- Heavy workloads
- Emotional toll of nursing

According to the AHA, (Kramer, et. al) *safe patient care* is directly and positively linked to the quality of staff nurses' work environments and healthy work environments are empirically linked to:

- Patients' satisfaction
- Staff Retention
- Job satisfaction
- Lower degree of job stress and burnout

Essential Oils are:

- Volatile aromatic compounds extracted from plants
- Wide variety of functional chemical constituents giving each oil its unique aroma and therapeutic properties (AromaticScience.com)

VUMC ED study revealed significant impact on perceived stress in the workplace by diffusing essential oils at the nurses' station.

## STUDY AIMS

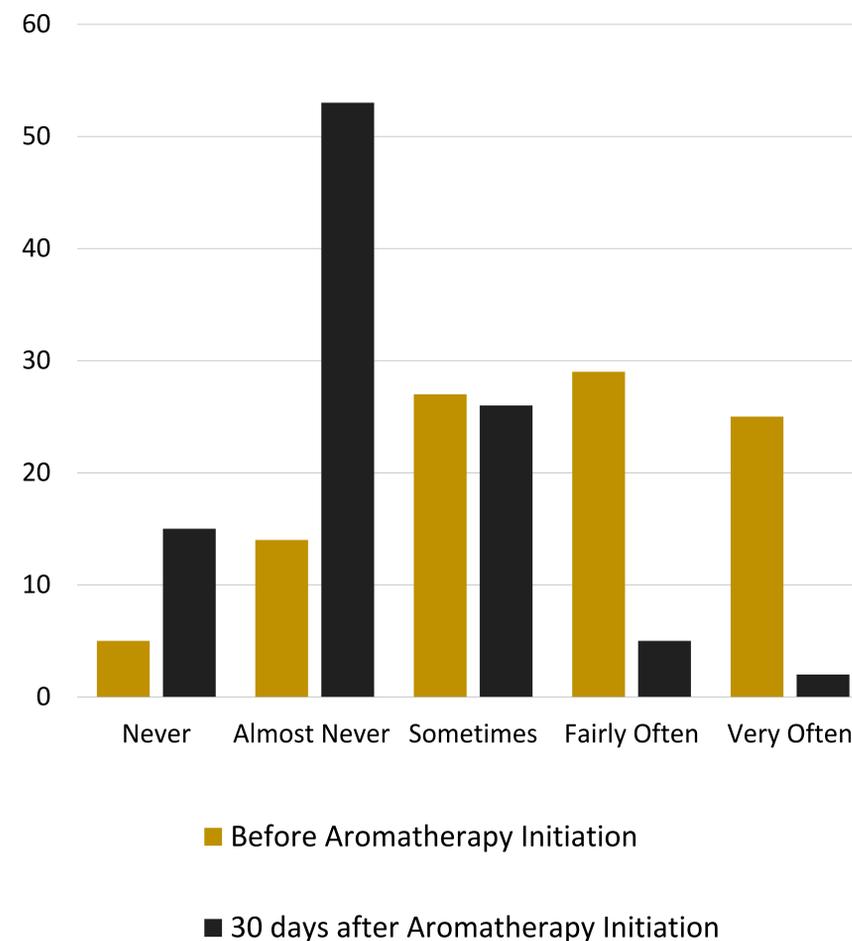
**Aim 1. Study the perceived stress among the nursing staff in the holding room.**

**Aim 2. Study the effect of diffusing citrus essential oils in the Holding Room.**

- IRB approval
- HR nurses- pre-survey on stress
- High quality, tested essential oils (Citrus) will be diffused at nurses station for 30 days.
- Post-survey after 30 days of intervention.

## TABLES/FIGURES

**How often do you feel overwhelmed by stress in the workplace?**



VUMC ED Study Reference: <http://www.mc.vanderbilt.edu>

## CRITERIA FOR SAFE ESSENTIAL OIL USE

- Indigenous Sourcing
- Single Harvest
- GC/MS data disclosure
- Testing:
  - Gas chromatography (GC)
  - Mass Spectrometry (MS)
  - Infrared Spectroscopy
  - Organoleptic tests (consistency in taste, sight, touch, and smell).



## ESSENTIAL OILS IN RESEARCH

### CITRUS OILS (Lemon, Lime, Wild Orange, Bergamot)



- Useful for reducing anxiety and stress
- Antioxidant capacity
- Positive effects on behavior and immune system

### PEPPERMINT

- Relieves nausea by improving breathing patterns after surgery
- May improve memory/ mental performance
- Reduces stress
- Reduces spasms in the digestive tract

### LAVENDER

- Relief from anxiety
- Make needle sticks less painful
- Improves sleep for people who are hospitalized
- Reduces pain for children undergoing tonsillectomy (Dr. Brent Bauer, Mayo Clinic)



### GINGER

- Help digestion and treat stomach upset, nausea

### FRANKINCENSE

- Reduces inflammation / Enhances apoptosis

### MELALEUCA (Tea Tree)

- Active against Methicillin Resistant Staphylococcus aureus (MRSA).
- Active against some viruses



Essential Oil References available upon request.

## REFERENCES

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