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Integrative Therapy Program: Evaluation and implementation of aromatherapy in an inpatient setting

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Integrative Therapy Program: Evaluation and implementation of aromatherapy in an inpatient setting

Wendy Wheeler, BSN, RN-BC, PHN, CHTP
St. Cloud Hospital, St. Cloud, Minnesota

Purpose Statement
The purpose of this project is to implement integrative therapies, such as aromatherapy, in addition to current nursing interventions. Goal is to improve patient experience and outcomes and enhance the patient/nurse relationship.

Synthesis of Evidence
A systematic review of the literature was conducted through CINHAL, Ebsco, and Google Scholar. Key terms included: aromatherapy, essential oil, integrative therapy, complimentary and alternative medicine and more. About 30 articles were indentified from 2010 and beyond, and the most appropriate were utilized.

Team Members
Wendy Wheeler, BSN, RN-BC, PHN, CHTP
Mary Beth Heilman, MSN, RN
Eileen Mahoney-Johnstone, RN
Mary Beth Schmidt, RN, CPAN, CHTP
Kathleen Sowada, MSAOM, Dipl. Ac., RN, LAc., HN-BC
Heidi Supan, BSN, RN-BC
Kelly Theis, RN, CAPA, HN-BC

EBP Practice Change
Ascertained best practices from hospitals with developed nursing focused integrative therapies processes,

Completed online aromatherapy education to increase expertise.

Researched essential oil vendors.

Assembled aromatherapy team comprised of knowledgeable clinical care nurse champions.

Developed an approved hospital policy through shared governance structure.

Created patient education materials.

Produced computer-based clinical care staff education.

Initiated pilot project pre-survey data metrics for Clinical Care Staff to identify baseline knowledge.

Kicked-off pilot project on Medical Unit 1, March 10, 2015.

Demonstrated increased knowledge and confidence for clinical care staff in the delivery of aromatherapy/essential oils through post-implementation survey data.

Recruited integrative therapy champions to enhance unit communication and nursing enculturation.

Positive patient response!
Positive clinical care staff response!

Pre/Post Measures

Which of the following are known to benefit from application of essential oil?

- Sepsis
- Nausea
- Pain
- Skin rashes
- Allergies

What is hospital approved applications for essential oils?

- Ingestion
- Topical
- Inhalation
- Diffusion

Who can educate patients/family and dispense essential oils?

- RN
- LPN
- PCA
- Family

Do you need a provider's order to administer essential oil?

- Yes
- No
- No

References


EBP Project Poster Title
Your name & credentials
Institution, St. Cloud, Minnesota

Purpose Statement
Font size recommended at 10

Synthesis of Evidence
Include bullet points of your literature findings, include the grading as appropriate
• Bullet

Pre/Post Measures
Use this template if you want to emphasize measurements/outcomes
Include charts, graphs, policies, orders, Epic screen shots – whatever you can do to show your results
Your pre and post data should be here

EBP Practice Change

Team Members

Your email here

References
This can be in font size 6. Template includes APA format as an example provided
Research Study Poster Title
Your name & credentials
Institution, St. Cloud, Minnesota

Introduction
Font size recommended at 10

Research Problem/Question

Methodology
Include bullet points of your literature findings, include the grading as appropriate
• Bullet

Analysis/Results
Include charts, graphs, policies, orders, Epic screen shots—what ever you can do to show your results
Your pre and post data should be here

Conclusions/Implications

Acknowledgements/Funding
(if appropriate)

References
This can be in font size 6. Template includes APA format as an example provided
Performance Improvement Poster Title
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Institution, St. Cloud, Minnesota

Plan
Identify and analyze the problem

Check
Gather data and evaluate
Include charts, graphs, policies, orders, Epic screen shots – what ever you can do to show your results
Your pre and post data should be here

Act
Standardize the solution – systematic changes and training needs for full implementation

Team Members

References
This can be in font size 6. Template includes APA format as an example provided