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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 CINAHL, Ebsco, and Goggle Scholar. Key terms included: aromatherapy, essential oil, integrative therapy, complimentary and alternative medicine and more. About 30 articles were identified 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

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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.

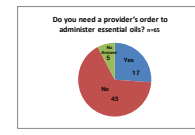
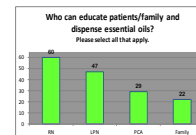
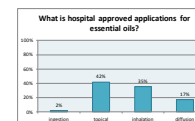
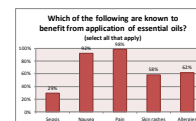
Kicked-off pilot project on Medical Unit 1, March 10, 2015.

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



References

Battaglia, S. (2004). *The complete guide to aromatherapy, 2nd Ed.* Queensland, Australia: The International Centre of Holistic Aromatherapy.

Buckle, J. (2003). *Clinical aromatherapy essential oils in practice 2nd Ed.* New York, New York: Churchill Livingstone.

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Florihana website. Retrieved from www.florihana.com

Halcon, L. (2014). *CSH 5503: Aromatherapy fundamentals for health professionals*. University of Minnesota Center for Spirituality and Healing

Shutes, J. (2014). *Olfaction: Our sense of smell*. In J. Shutes (Ed.), *Aroma 101*. East-West School for Herbal and Aromatic Studies.

Shutes, J. (2014). *The anatomy and physiology of the skin*. In J. Shutes (Ed.), *Aroma 101*. East-West School for Herbal and Aromatic Studies.

Tisserand, R., and Young, R. (2013). *Essential oil safety, 2nd Ed.* Edinburgh, Scotland: Churchill Livingstone Elsevier



EBP Project Poster Title

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Purpose Statement

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Synthesis of Evidence

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

- Bullet

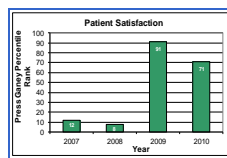
Team Members

Your email here

Pre/Post Measures

Use this template if you want to emphasize measurements/outcomes

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



EBP Practice Change

References

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Forsyth, D. N., Wright, T., Scherb, C., & Gaspar, P. (2010). Disseminating evidence-based practice projects: Poster design and evaluation. *Clinical Scholars Review*, 3(1), 14-21.



Research Study Poster Title

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Introduction

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Research Problem/ Question

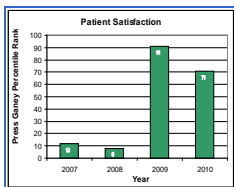
Methodology

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
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Conclusions/Implications

Acknowledgements/Funding

(if appropriate)

References

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Forsyth, D. N., Wright, T., Scherb, C., & Gaspar, P. (2010). Disseminating evidence-based practice projects: Poster design and evaluation. *Clinical Scholars Review*, 3(1), 14-21.



Performance Improvement Poster Title



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Plan

Identify and analyze the problem

Do

Identify the solution

- Bullet

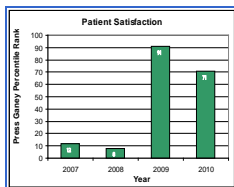
Team Members

Your email here

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

References

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