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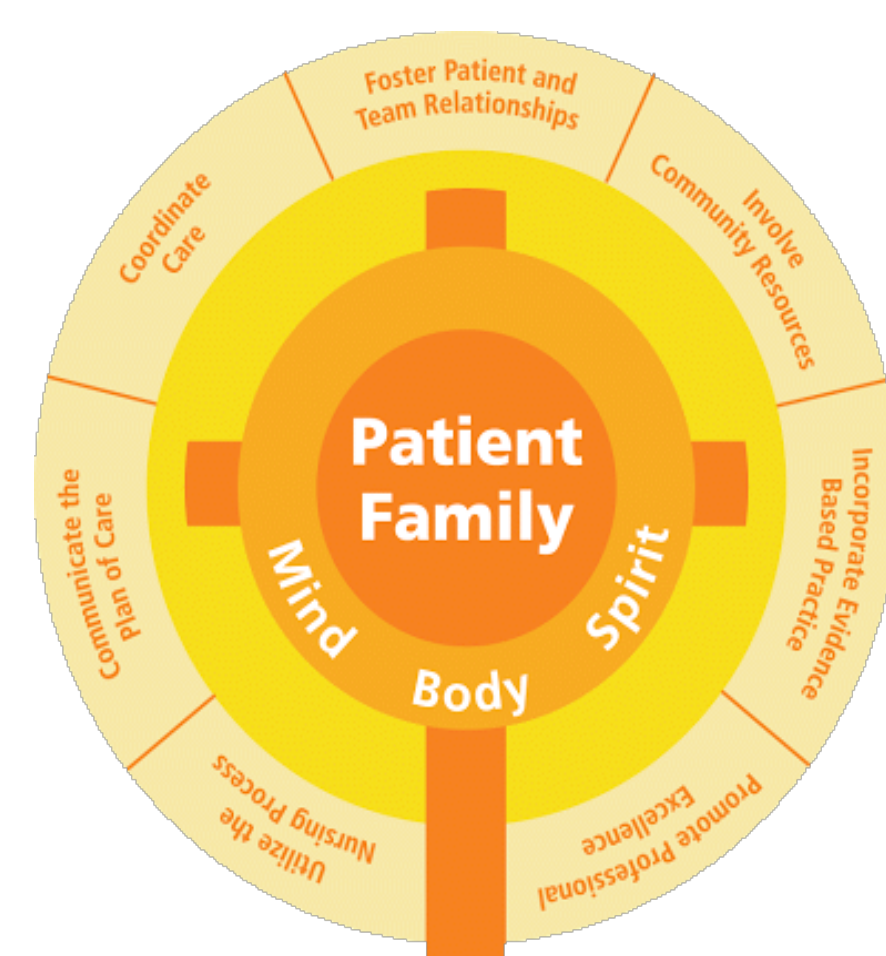
Use of Aroma Oils with Geriatric Patients in an Acute Care Setting

BACKGROUND

- Use of aroma oils is an alternative practice to help restore balance and improve well-being.
- Chronic illness older adults leads to difficulty performing ADLs which increases hospitalizations.
- Aromatherapy is effective in reducing pain, depression, anxiety, and stress levels in older adults (Tang & Tse, 2014).
- Aromatherapy helps reduce anxiety, increase sleep, and stabilize blood pressure (Cho, Min, & Lee, 2013).

PURPOSE

- Purpose of the study is to incorporate aroma oils in the plan of care for hospitalized adult patients 65 years and older.



REFERENCES

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METHODS

- Design: descriptive, correlational study
- Setting: 30-bed Medical Telemetry Unit at St. Joseph Hospital, Orange
- Sample:
 - Inclusion criteria: 65 years and older; awake, alert, and oriented x4; Able to verbally understand the study consent
 - Exclusion criteria: Cognitive impairment; language barrier; allergy/sensitivity to essential oils; olfactory dysfunction; respiratory disorders

DATA COLLECTION PROCEDURE

- 1) Verbal consent
- 2) Distribute patient information sheet
- 3) Demographic profile
- 4) Pre-intervention survey and STAI-AD Form Y1 and Y2
- 5) Aroma oils placed at bedside
- 6) Patient reassessed in 60-90 minutes
- 7) Post-intervention survey and STAI-AD Form Y1

Rate your anxiety level before receiving Aroma Oils:
0 1 2 3 4 5 6 7
no anxiety moderate anxiety high anxiety
Rate your stress level before receiving Aroma Oils:
0 1 2 3 4 5 6 7

Did Aroma Oils help with anxiety and stress level? Yes / No
Explain in your own words why aroma oils helped:

If not, why not? (circle all that apply)
I did not like the smell I felt too sootwell
The smell is too strong Medications work better
Other (Specify in your own words)

Would you use Aroma Oils again? Yes / No
Do you have any comments or recommendations about the Aroma Oils?

SELF-EVALUATION QUESTIONNAIRE STAI Form Y-1
Please provide the following information:
Age ____ Gender (Circle) M F
DIRECTIONS:
A number of statements which people have used to describe themselves are given below. Read each statement and then circle the appropriate number in the right of the statement to indicate how you feel about it. Circle all that apply. Do not spend too much time on any one statement but give the answer which seems to describe your present feelings best.

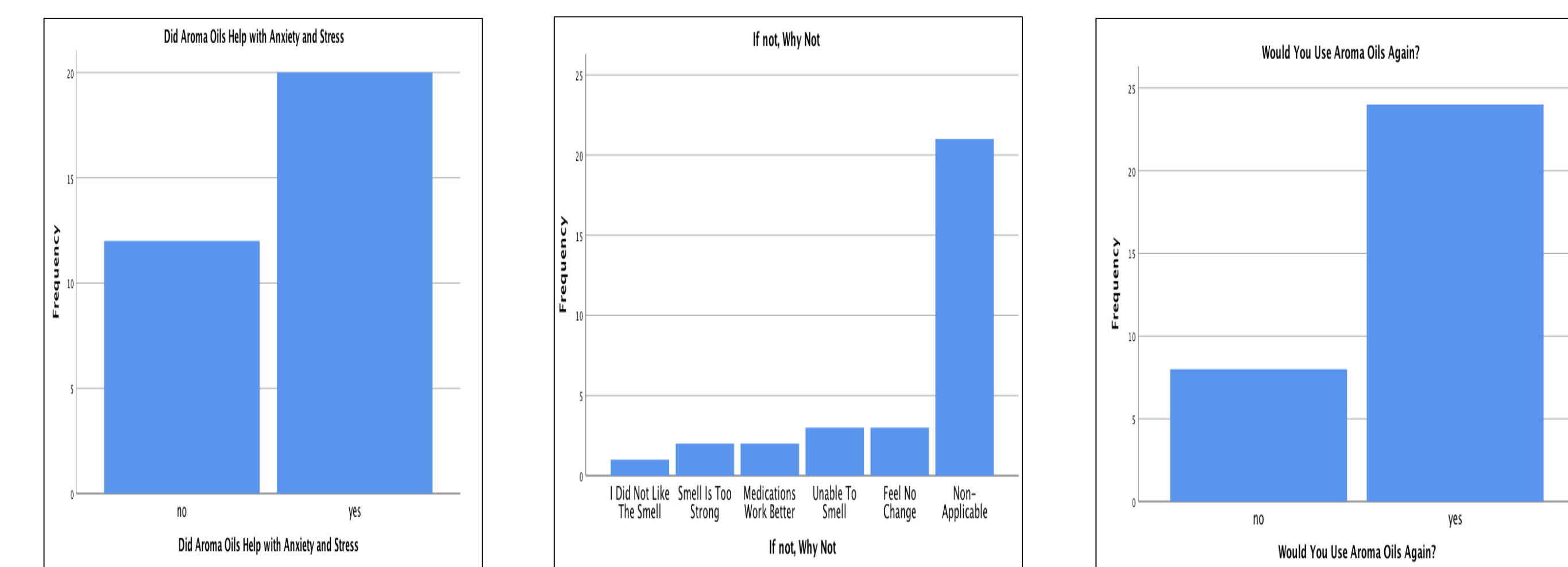
1. I feel calm.....	1 2 3 4
2. I feel nervous.....	1 2 3 4
3. I am tense.....	1 2 3 4
4. I feel distressed.....	1 2 3 4
5. I feel at ease.....	1 2 3 4
6. I feel upset.....	1 2 3 4
7. I am presently worrying over possible misfortunes.....	1 2 3 4
8. I feel satisfied.....	1 2 3 4
9. I feel frightened.....	1 2 3 4
10. I feel comfortable.....	1 2 3 4
11. I feel self-confident.....	1 2 3 4
12. I feel nervous.....	1 2 3 4
13. I am jittery.....	1 2 3 4
14. I feel indecisive.....	1 2 3 4
15. I am relaxed.....	1 2 3 4
16. I feel content.....	1 2 3 4
17. I am worried.....	1 2 3 4
18. I feel confident.....	1 2 3 4
19. I feel steady.....	1 2 3 4
20. I feel pleasant.....	1 2 3 4

SELF-EVALUATION QUESTIONNAIRE STAI Form Y-2
DIRECTIONS:
A number of statements which people have used to describe themselves are given below. Read each statement and then circle the appropriate number in the right of the statement to indicate how you generally feel. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe how you usually feel.

1. I feel pleasant.....	1 2 3 4
2. I feel nervous and restless.....	1 2 3 4
3. I feel satisfied with myself.....	1 2 3 4
4. I wish I could be as happy as others seem to be.....	1 2 3 4
5. I feel like a failure.....	1 2 3 4
6. I feel restless.....	1 2 3 4
7. I am "tired, cool, and collected".....	1 2 3 4
8. I feel that difficulties are piling up so that I cannot overcome them.....	1 2 3 4
9. I worry too much over something that really doesn't matter.....	1 2 3 4
10. I am "happy".....	1 2 3 4
11. I have disturbing thoughts.....	1 2 3 4
12. I lack self-confidence.....	1 2 3 4
13. I feel secure.....	1 2 3 4
14. I make decisions easily.....	1 2 3 4
15. I feel inadequate.....	1 2 3 4
16. I am content.....	1 2 3 4
17. Some unimportant thought runs through my mind and bothers me.....	1 2 3 4
18. I take disappointments so heavily that I can't put them out of my mind.....	1 2 3 4
19. I am a steady person.....	1 2 3 4
20. I get in a state of tension or turmoil as I think over my recent concerns and interests.....	1 2 3 4

RESULTS AND OUTCOMES

- Pre- & post- intervention surveys: Anxiety ($M=3.15$, $SD=1.91$, $p=0.000$) and stress levels ($M=1.59$, $SD=2.09$, $p=0.000$) demonstrated *significant improvement* after aroma oils
- Pre- & post-intervention STAI-AD Form Y1 showed *significant improvement* after aroma oils ($M=11.84$, $SD=13.03$) $t(31)=5.138$, $p=0.000$)
- Pre-intervention anxiety & stress measurement: men ($n=18$) experience less stress than women ($r=0.519$, $p=0.002$)



RECOMMENDATIONS / IMPLICATIONS

- Provide data collection instruments in different languages
- Increase the number of trained researchers
- Document those who refused
- Change Validated Anxiety and Stress Tool
- Include nurse perception and reluctance to aroma oils administration
- Promote awareness to patient and family of aroma oils effectiveness with anxiety and stress
- Encourage care givers to incorporate aroma oils in plan of care

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