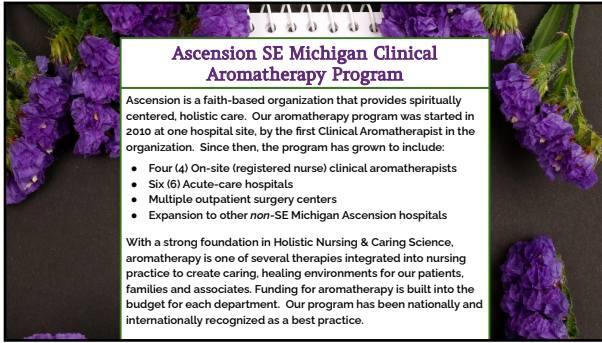


Ascension Clinical Aromatherapy Program SE Michigan, USA



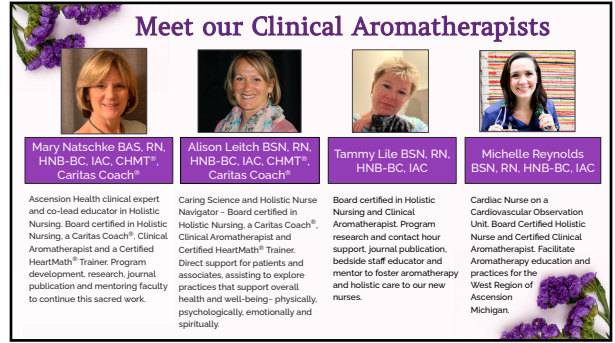
Ascension SE Michigan Clinical Aromatherapy Program

Ascension is a faith-based organization that provides spiritually centered, holistic care. Our aromatherapy program was started in 2010 at one hospital site, by the first Clinical Aromatherapist in the organization. Since then, the program has grown to include:


- Four (4) On-site (registered nurse) clinical aromatherapists
- Six (6) Acute-care hospitals
- Multiple outpatient surgery centers
- Expansion to other non-SE Michigan Ascension hospitals

With a strong foundation in Holistic Nursing & Caring Science, aromatherapy is one of several therapies integrated into nursing practice to create caring, healing environments for our patients, families and associates. Funding for aromatherapy is built into the budget for each department. Our program has been nationally and internationally recognized as a best practice.

1




Meet our Clinical Aromatherapists




Mary Natschke B.S. RN, HNB-BC, IAC, CHMT[®], Caritas Coach[®]

Ascension Health clinical expert and co-lead educator in Holistic Nursing. Board certified in Holistic Nursing, a Caritas Coach[®], Clinical Aromatherapist and Certified HeartMath[®] Trainer. Program development, research, journal publication and mentoring faculty to continue this sacred work.




Alison Leitch BSN, RN, HNB-BC, IAC, CHMT[®], Caritas Coach[®]

Caring Science and Holistic Nurse Navigator – Board certified in Holistic Nursing, a Caritas Coach[®], Clinical Aromatherapist and Certified HeartMath[®] Trainer. Direct support for patients and associates, assisting to explore practices that support overall health and well-being- physically, psychologically, emotionally and spiritually.



Tammy Lile BSN, RN, HNB-BC, IAC

Board certified in Holistic Nursing and Clinical Aromatherapist. Program research and contact hour support, journal publication, bedside staff educator and mentor to foster aromatherapy and holistic care to our new nurses.



Michelle Reynolds BSN, RN, HNB-BC, IAC

Cardiac Nurse on a Cardiovascular Observation Unit. Board Certified Holistic Nurse and Certified Clinical Aromatherapist. Facilitate Aromatherapy education and practices for the West Region of Ascension Michigan.


2

Ascension Aromatherapy Education	Materials
<p>Upon hire – <u>ALL</u> nurses are required to complete an introductory education program to attain competency for using aromatherapy.</p> <ul style="list-style-type: none"> • 2-Step introductory education program <ul style="list-style-type: none"> ○ Online educational module ○ "Hands-on" process observation ○ <u>Indication Guidelines for Aromatherapy</u> • Clinical Aromatherapists facilitate quarterly "Advanced Validator" workshops to educate unit Validators (<u>aromatherapy champions</u>) • RN Validator <ul style="list-style-type: none"> ○ Resource person, validates competency for new nurses, assures adherence to policy/procedure/safety, promotes use • Quarterly "Safety Rounds" on each Nursing unit for Quality assurance 	<p>(4) Essential Oils; Elizabeth VanBuren</p> <ol style="list-style-type: none"> 1. Peppermint (<i>Mentha x piperita</i>) <u>MSDS</u> (Steam distilled, leaf, United States) 2. Lavender (<i>Lavandula angustifolia</i>) <u>MSDS</u> (Steam distilled, flowers, Bulgaria) 3. Ginger (<i>Zingiber officinale</i>) <u>MSDS</u> (Steam distilled, root, Madagascar) 4. Sweet Orange (<i>Citrus sinensis</i>) <u>MSDS</u> (Cold pressed, peel, Portugal) <p>(2) Aromalotion[®]; Elizabeth VanBuren</p> <ol style="list-style-type: none"> 1. Lavender 2% (premixed) 2. Peppermint 2% (premixed) <i>Lotion GCMS analyzed by Spectrix Lab</i> <p>(4) ELEGU[®] aromatabs[®]</p> <ol style="list-style-type: none"> 1. Lavender-Sandalwood <u>MSDS</u> (<i>Lavandula angustifolia-Santalum album</i>) 2. Orange-Peppermint <u>MSDS</u> (<i>Citrus sinensis-Mentha piperita</i>) 3. Lavender (<i>Lavandula angustifolia</i>) <u>MSDS</u> 4. Lavender-Peppermint <u>MSDS</u> (<i>Lavandula angustifolia-Mentha piperita</i>)

3

Product	Indication	Adult	Child
Essential Oils (Inhalation)			
• Peppermint (<i>Mentha x piperita</i>)	Nausea, indigestion, Headache, fatigue	2-3 drops on cotton ball	DO NOT USE
• Lavender (<i>Lavandula angustifolia</i>)	Insomnia, stress, pain, anxiety, irritability	2-3 drops on cotton ball	1 drop on cotton ball
• Ginger (<i>Zingiber officinale</i>)	Nausea, indigestion	2-3 drops on cotton ball	DO NOT USE
• Orange (<i>Citrus sinensis</i>)	Anxiety, insomnia	2-3 drops on cotton ball	1 drop on cotton ball
Aromalotion[®] (Topical)			
• Lavender 2% premixed	Insomnia, stress, pain, anxiety, irritability	30 ml as needed	DO NOT USE
• Peppermint 2% premixed	Nausea, indigestion, Headache, fatigue	30 ml as needed	DO NOT USE
Elegu[®] aromatabs[®] (Inhalation)			
• Lavender-Sandalwood	Promotes relaxation during pain & anxiety	1 patch every 12-24 hrs.	DO NOT USE
• Orange-Peppermint	Uplifting, soothes queasiness	1 patch every 12 hrs.	DO NOT USE
• Lavender	Promotes relaxation during pain & anxiety	1 patch every 12 hrs.	DO NOT USE
• Lavender-Peppermint	Promotes relaxation during pain & anxiety, soothes queasiness	1 patch every 12 hrs.	DO NOT USE

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Patient Comfort Guide
Created by Ascension

Caring for Patients


Our extensive program fulfills *The Joint Commission* requirement for organizations to provide non-pharmacological pain treatment modalities.

- Independent nursing intervention: Follow *Aromatherapy Policy & Procedure*.
- Aromatherapy is included in the "Patient Comfort Guide" as non-pharmacological modality available to help optimize comfort while healing.
- Patients are offered aromatherapy each shift & as needed by validated nurses: *Assessment, Plan, Intervention, Documentation (Caring Healing Practices), Evaluation.*

Caring for Associates

Aromatherapy is provided to encourage self-care & support well-being.

- Associates are educated on how using aromatherapy can contribute to personal well-being and encouraged to incorporate into daily living.
- Inhalers made by the aromatherapy team are available for associates based on individual needs.
- Hand Massages with aromatic lotions prepared by the aromatherapy team are given as a gesture of caring for our caregivers, a pause for renewal during the work day.



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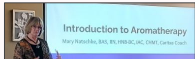
Ascension SE Michigan Clinical Aromatherapy Program

357 RN Validators for ongoing Unit support

~Hand Massages~
Caring for our Caregivers

Presentations

Local, national and international presentations about our Clinical Aromatherapy Program



Publications

- Establishing a Comprehensive Aromatherapy Program in Patient Care Setting
- Essential Oils & Chakra Balancing
- Quarterly Newsletters
September 2023 AromaNews

*References listed in publications and outcomes

Outcomes

Process Improvement Projects - Holistic Nurse Intensive[®]

- Raising Patient and Nurse Awareness of Aromatherapy Poster.pdf
- Aromatherapy: An Adjunct to Pharmaceuticals
- Aromatherapy and its Effect on Hospital Patients
- Holistic Toolbox

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