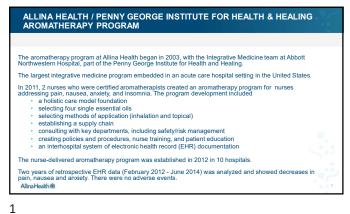
## Allina Health/Penny George Institute for Health and Healing Aromatherapy Program

Pauli Payne, BA, BCTMB, Integrative Medicine Provider, Clinical Aromatherapist, USA

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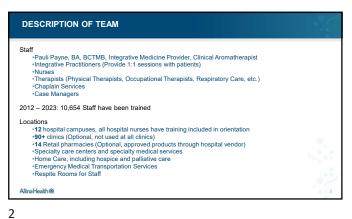
**AROMATHERAPY METHODS** Program created with holistic care focus Frogram created with missisc care rocus

Essential oils robosen based on peer-reviewed research

Program created in collaboration with the legal department, risk management, the quality council, and the safety council

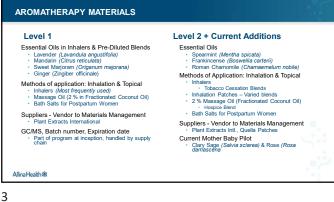
Aromatherapy policy covers guidelines for provider qualifications, training requirements, and safety procedures Nurse / integrative practitioner education is online, included in orientation
 Aromatherapy is an independent nurse / integrative practitioner function and does not require a physician order Integrative practitioners provide 1:1 patient treatment sessions, includes many integrative therapy options Patient education is both verbal and written Documentation is within the patient's EHR and includes essential oil, route of administration, patient indication, time delivered, preassessment, and post-assessment within 60 minutes of intervention

0 – 10 scale used for Pain, Nausea, Anxiety, Cravings nerapy Materials and Cost \$1.90 ed Massage Oil 2 oz (multi use \$7.90 Accept Carcel Post Partum Bath Salts \$1.50-\$1.90 Allina Health %



PATIENT OUTCOMES AND BENEFITS Aromatherapy data has been collected from 2012 - 2023 · Currently 22 sites report data Allina Health data 2018 – 2023

Over 50,000 Unique Patients
Over 72,000 Aromatherapy Treatme RN Aromatherapy
Treatments 2018-2023 Patterias Determinant Change Score Change
Total 35,005 50,032 -29.4% -50.7% -55.0% 4-5 Patient Quotes arent (doues "The ginger inhaler was the only thing that helped my nausea after surgery!"
"The Calm patch definitely helped me sleep when I was first admitted to the hospital"



HIGHLIGHTS Supporting staff through self care is a strong focus of the aromatherapy program Aromatherapy is provided at no cost to the patient "I had a patient that tried every kind of medication for nausea, and the medications weren't helping. The ONLY thing that helped was the Ginger. It took the nausea away instantly. Amazing." Along with each patient's preference, assessment and clinical judgement helps integrative practitioners and nurses choose which essential oil or blend would be the best choice. \*Aromatherapy has been integrated in the patient's pain and comfort plan. The patients and nursing staff work together to select the type of aromatherapy to provide health and healing. It is truly an essential benefit for the patient's comfort and healing. Aromatherapy is utilized throughout the entire healthcare system, including hospitals, clinics, specialty centers, hospice & homecare Specific populations of patients who feel supported by aromatherapy include perioperative, cancer and infusions center, mental health, and mother baby (antepartum, labor & delivery, and postpartum) "The ability to offer aromatherapy as an adjunct to medications in the perioperative area greatly enhances patient satisfaction. I have seen a decrease in preop anxety and less anti-nausea medication being used postoperatively. The patients love it." Data from 2012 – 2014 was shared in three posters and two journal articles Johnson, et. al. (2016). The effectiveness Joswiak, et al. (2016). <u>Development of a Health System-Based</u> Nurse-Delivered Aromatherapy Program

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