

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

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ALLINA HEALTH / PENNY GEORGE INSTITUTE FOR HEALTH & HEALING AROMATHERAPY PROGRAM

The aromatherapy program at Allina Health began in 2003, with the Integrative Medicine team at Abbott Northwestern Hospital, part of the Penny George Institute for Health and Healing.

The largest integrative medicine program embedded in an acute care hospital setting in the United States.

In 2011, 2 nurses who were certified aromatherapists created an aromatherapy program for nurses addressing pain, nausea, anxiety, and insomnia. The program development included:

- a holistic care model foundation
- selecting four single essential oils
- selecting methods of application (inhalation and topical)
- establishing a supply chain
- consulting with key departments, including safety/risk management
- creating policies and procedures, nurse training, and patient education
- an interhospital system of electronic health record (EHR) documentation

The nurse-delivered aromatherapy program was established in 2012 in 10 hospitals.

Two years of retrospective EHR data (February 2012 - June 2014) was analyzed and showed decreases in pain, nausea and anxiety. There were no adverse events.

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AROMATHERAPY METHODS

- Program created with holistic care focus
- Essential oils chosen 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, reassessment, and post-assessment within 60 minutes of intervention
- 0 – 10 scale used for Pain, Nausea, Anxiety, Cravings

Aromatherapy Materials and Cost	U.S Dollar
Inhalers	\$4.00
Patches	\$1.90
Pre-Diluted Massage Oil 2 oz (multi use bottle)	\$7.90
Post Partum Bath Salts	\$1.50-\$1.90

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DESCRIPTION OF TEAM

Staff

- Pauli Payne, BA, BCTMB, Integrative Medicine Provider, Clinical Aromatherapist
- Integrative Practitioners (Provide 1:1 sessions with patients)
- Nurses
- Therapists (Physical Therapists, Occupational Therapists, Respiratory Care, etc.)
- Chaplain Services
- Case Managers

2012 – 2023: 10,654 Staff have been trained

Locations

- 12 hospital campuses, all hospital nurses have training included in orientation
- 90+ clinics (Optional, not used at all clinics)
- 14 Retail pharmacies (Optional, approved products through hospital vendor)
- Specialty care centers and specialty medical services
- Home Care, including hospice and palliative care
- Emergency Medical Transportation Services
- Respite Rooms for Staff

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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 Treatments

RR Aromatherapy Treatments 2018-2023	Unique Patients	Aromatherapy Interventions	Avg Pain Score Change	Avg Anxiety Score Change	Avg Nausea Score Change	Avg Insomnia Score Change
Total	35,905	50,623	-29.4%	-59.7%	-55.9%	-38.3%

Integrative Medicine Provider Aromatherapy Treatments 2018-2023	Unique Patients	Aromatherapy Interventions	Avg % Pain Change (-)	Avg % Nausea Change (-)	Avg % Anxiety Change (-)	Avg % Ability to Sleep Change (+)
Total	14,282	21,946	52.4%	63.0%	63.7%	21.4%

Patient Quotes

- "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"

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AROMATHERAPY MATERIALS

Level 1

Essential Oils in Inhalers & Pre-Diluted Blends

- Lavender (*Lavandula angustifolia*)
- Mandarin (*Citrus reticulata*)
- Sweet Marjoram (*Origanum majorana*)
- Ginger (*Zingiber officinale*)

Methods of application: Inhalation & Topical

- Inhalers (Most frequently used)
- Massage Oil (2% in Fractionated Coconut Oil)
- Bath Salts for Postpartum Women

Suppliers - Vendor to Materials Management

- Plant Extracts International

GC/MS, Batch number, Expiration date

- Part of program at inception, handled by supply chain

Level 2 + Current Additions

Essential Oils

- Spearmint (*Mentha spicata*)
- Frankincense (*Boswellia carterii*)
- Roman Chamomile (*Chamaemelum nobile*)

Methods of Application: Inhalation & Topical

- Inhalers
 - Tobacco Cessation Blends
- Inhalation Patches – Varied blends
- 2% Massage Oil (Fractionated Coconut Oil)
 - Hospice Blend
- Bath Salts for Postpartum Women

Suppliers - Vendor to Materials Management

- Plant Extracts Intl., Quella Patches

Current Mother Baby Pilot

- Clary Sage (*Salvia sclarea*) & Rose (*Rosa damascena*)

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HIGHLIGHTS

- Supporting staff through self care is a strong focus of the aromatherapy program
- Aromatherapy is provided at no cost to the patient
- 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 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)
- Data from 2012 – 2014 was shared in three posters and two journal articles
 1. Johnson, et al. (2016). The effectiveness of nurse-delivered aromatherapy in acute care settings
 2. Brown, et al. (2016). Development of a Health System-Based Nurse-Led Nurse Anesthesia Program

Staff Quotes

"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."

"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."

"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 anxiety and less anti-nausea medication being used postoperatively. The patients love it."

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