



Outline of a Clinical Aromatherapy Service for Hospice Patients Catherine Reid, St Francis Hospice Dublin, Ireland

Introduction

- Aromatherapy service commenced in St Francis Hospice in 2006
- 6 Complementary Therapists-4 of whom are clinical aromatherapists
- 3 volunteer Complementary Therapists
- I gained an ITEC Qualification in Clinical Aromatherapy 2011
- Advanced Clinical Aromatherapy 2012
- Employed by St Francis Hospice Dublin (SFHD), Specialist Palliative Care Service for 7 years

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The SFHD Aromatherapy Service

- 5 day/week aromatherapy service.
- No cost to patients.
- Treatments include:
 - Reflexology
 - Massage – Indian Head, Facial, other
 - Visualisation Group
 - Aromatic Blends – Creams, oils, sniff sticks, mouthwash etc
- Available to:
 - Inpatients
 - Outpatients
 - Community based patients in their own homes
- Individualised treatment plans & aromatic blend decided at initial assessment by aromatherapist and patient.






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Materials in Use

- Over 40 Bomas essential oils used.
- Most frequently used include:


Botanical Name	Essential Oil
Citrus Bergamia	Bergamot
Lavandula Augustifolia	Lavender
Cymbopogon Martini	Palmarosa
Matricaria Recutita	German Chamomile
Eucalyptus Globulus	Eucalyptus
Lavandula Hybrid	Lavandin
Mentha Piperita	Peppermint
Mentha Citrate	Mint Bergamot
Lavandula Lactifolia	Spike Lavender
Chamaemelum Nobile	Roman Chamomile
Pelargonium Graveolens	Geranium

- Aromatherapists control purchasing, storage and quality control of all ingredients.






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Aromatherapy Treatments




A total of 2333 aromatherapy treatments were delivered over a 12-month period to hospice patients, both in the inpatient unit and for patients living at home.

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Patient Benefits

- Patient feedback is sought to evaluate treatment benefit via comment cards and patient testimony.
- A service evaluation has commenced and will be complete by December 2023.



"I love the smells because it relaxes me and brings me to a happier place" (patient quote)

"Smell is a potent wizard that transports you across thousands of miles and all the years you have lived". Helen Keller



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Unique Features of the Service

- Specialist Palliative Care patient service
- No cost to patient
- Patients may be seen at home
- Covid Exercise & Meditation patient pack (Interdisciplinary initiative with Physiotherapy and Occupational Therapy and Nursing)
- Visualisation Group
- Staff Supports:
 - Pep in your step body wash
 - Roller ball for pulse to ease anxiety
 - Personal Blends




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