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Essential Oils for Alternative Pain Therapy

Joy Debinski

Childrens Health

Alex Garay

Childrens Health

Dalia Albanna

Childrens Health

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Background

- Lavender oil is indicated to be useful in decreasing pain perception, anxiety, and improve sleep. (Lexicomp, 2021)
- Lavender oil is a great option for patients that have already exhausted PRN orders or can be a first line for mild pain that doesn't require pharmaceutical intervention.
- Children's Health cares for a wide variety of children that experience pain including chronic, acute and post operative pain.
- The purpose of this evidence-based practice project was to evaluate the applicability and impact of lavender oil on pediatric patients experiencing mild pain in the hospital setting.

PICO Question

In a pediatric inpatient setting, does essential oil therapy reduce the need for invasive or pharmaceutical measures when pain mild pain arises?



Search Strategy

A search using the databases CINAHL, PubMed and ClinicalKey using search terms such as essential oil, aromatherapy, pain, and pediatrics were used. A consult with the medical librarian was also conducted to identify additional articles.

Literature Review

Citation (Author)	Evidence Type (i.e. guideline, benchmark, research)	Notes
Sánchez, et. Al.	7 randomized controlled trails, one pilot RCT, and one nonrandomized quasi experimental trial	Bergamot increased anxiety and nausea and did not show effect on pain. Lavender decreased use of Tylenol but no effect on pain intensity. Damascene rose decreased pain. For preschool age patient needing IVC lavender helped reduce pain severity. For newborn patients' lavender also decreased pain score and duration of crying.
Keefe, et. al.	Research, quantitative	Aromatherapy with lavender essential oil decreases use of Tylenol following tonsillectomy in pediatric patients.
Soltani, et. al.	Research, quantitative	Aromatherapy with lavender essential oil decreases the number of required analgesics following tonsillectomy in pediatric patients. could be a cost effective and safe treatment
Norton, et. al.	Research, quantitative	One hundred percent of the families reached on the call verbalized satisfaction with the option of aromatherapy. QueaseEASE is a blend of spearmint, peppermint, lavender and ginger.
Nord D, Belew J.	Research, quantitative	Parents responses to open ended questions indicated a more positive opinion of the benefits of essential oils and aromatherapy
Ndao, Deborah H., et. al.,	Other	randomized study evaluating the effect of the inhalation therapy of bergamot essential oil on the anxiety, nausea, and pain of 37 pediatric patients. Other essential oils were not tested. Other methods of administration should be explored to evaluate effectiveness of essential oil therapy.

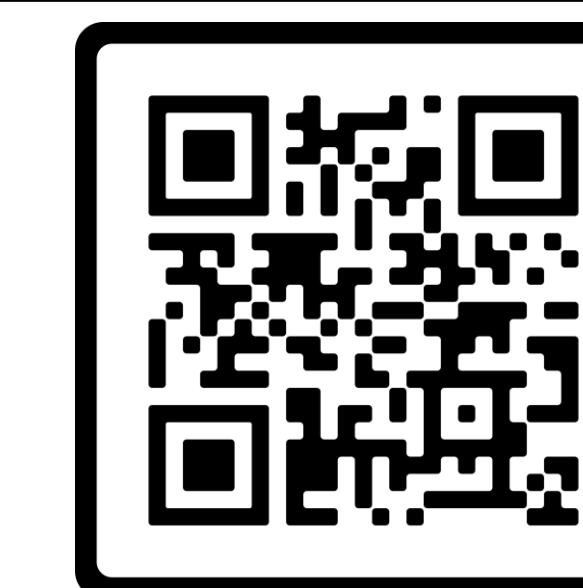
Clinical Practice Implications

- Aroma-therapists propose that as people inhale essential oils, they may feel benefits almost immediately. (Sanchez, 2022)
- Comfort measures such as aromatherapy have potential to work in conjunction with conventional medical interventions. Nurses typically provide a wide variety of nonpharmacologic interventions but have little experience or knowledge of aromatherapeutic interventions Aromatherapy is one more tool that nurses can consider when comforting patients in the peri-anesthesia setting.
- **Future work entails:**
 - **Conducting a cost benefit analysis on available suppliers.**
 - **Adding lavender oil to the Children's Health formulary**
 - **Educating staff on the benefits of essential oils and application in the clinical setting**
 - **Incorporating the practice of using essential oils into clinical policies.**

Conclusion

In hospitals currently using lavender oil, evidence has demonstrated that lavender oil can be an effective intervention to decrease patients' perception of mild pain. Patients could benefit from decreased use of pharmaceutical interventions using essential oil therapy.

References:



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