Use of Aromatherapy in the Intrapartum Period
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Background
- The onset of labor brings many changes to a woman’s body, both physically and mentally.
- Stress, anxiety, and pain are common during the labor process.
- The use of one or a combination of multiple essential oils can help to ease the patient’s perception of the stress, anxiety, and pain.
- Educating the staff on proper use of essential oils is important for the process to work effectively.
- There are many ways that essential oils may be used and several different types of essential oils and some of those types are contraindicated in pregnancy.
- The proper staff education and use of the appropriate essential oils can decrease overall discomfort for women throughout the labor process.

Practice Change
Offering aromatherapy as a non-pharmacological tool to increase comfort during labor.

Methods
- Educate nursing staff on appropriate use of essential oils during labor.
- Provide essential oils in medication room for RN’s.
- Provide RN’s with survey to quantify results.
- Analyze nurses’ perceptions of patient comfort during the intrapartum period.

Measures and Results

Next Steps:
- Create and implement a protocol for the use of aromatherapy.
- Improve staff education on benefits and uses of the various aromatherapy scents.
- Implement the use of different aromatherapy scents to broaden options for pain management.

Barriers of this Study:
- Lack of time for implementation of study.
- Improving staff education on benefits of each oil.

Conclusion
- 25 out of 125 laboring patients used aromatherapy.
- The participating labor room RNs perceived that 23 of the laboring moms, or 92%, had improved patient comfort.
- The staff RNs had access to peppermint, lavender, and orange essential oils.

Summary/Discussion

Educational Sheets

References:


