

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.

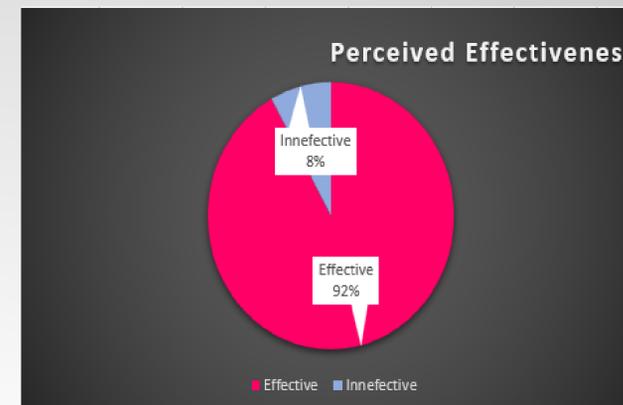
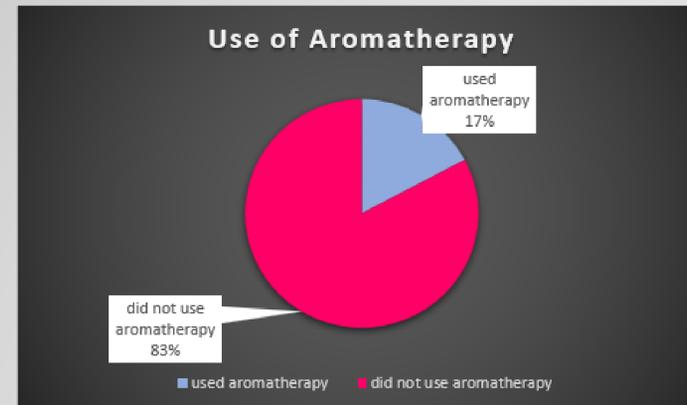
Practice Change

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



Educational Sheets

PLEASE FILL OUT ON EACH PATIENT

Did your patient use aromatherapy during labor?

Yes
 No

What scents did your patient use?

Peppermint
 Lavender
 Orange

Do you perceive that the use of aromatherapy improved patient comfort?

Yes
 No

Any additional comments or thoughts?



Instructions for Use of Essential Oils

1. Place unused gauze in a clean medicine cup.
2. Select desired scent and double check expiration date on bottle (one year after date of opening the bottle).
3. Apply two (2) drops of selected scent onto gauze.
4. Replace oil in the cupboard prior to leaving the med room.
5. Take the medicine cup with gauze into the patient room and set on a surface near the patient.

Summary/Discussion

- **Next Steps:**
 - Create and implement a protocol for the use of aromatherapy
 - Improve staff education on benefits and uses 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

References

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