



The Effect of Essential Oils in Perianesthesia Nursing

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BACKGROUND

Main cause of nurses' stress for many years:

- Workplace conflicts
- Difficulty with varying management styles
- Heavy workloads
- Emotional toll of nursing

Safe patient care is linked to healthy work environments and are empirically linked to:

- Patients' satisfaction
- Staff Nurse Retention
- Job satisfaction
- Decreased job stress and burnout

Essential Oils are:

- Volatile aromatic compounds extracted from plants
- Wide variety of functional chemical constituents giving each oil its unique aroma and therapeutic properties (AromaticScience.com)

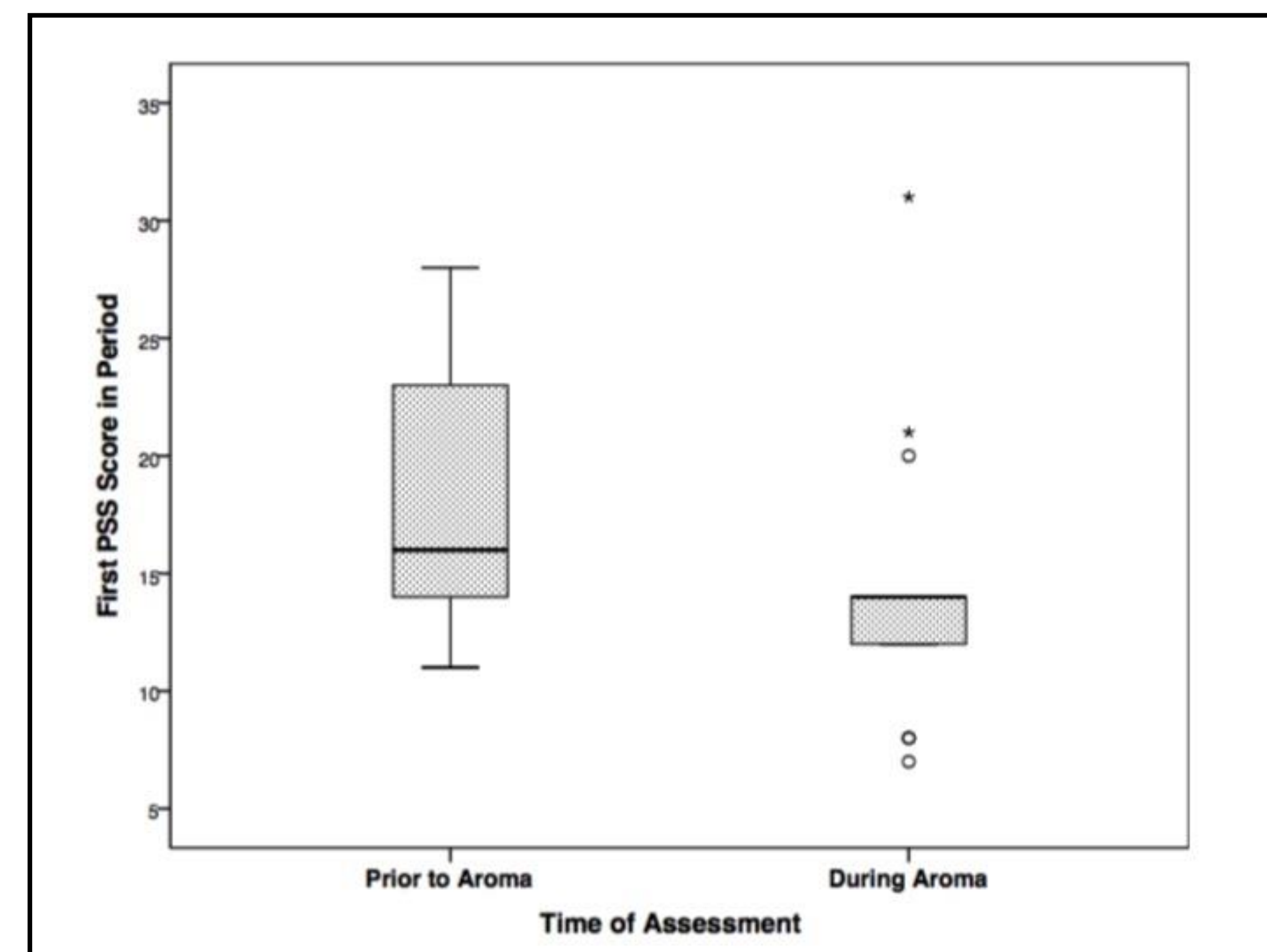
STUDY AIMS

Aim 1. Study the perceived stress among the nursing staff in the holding room.

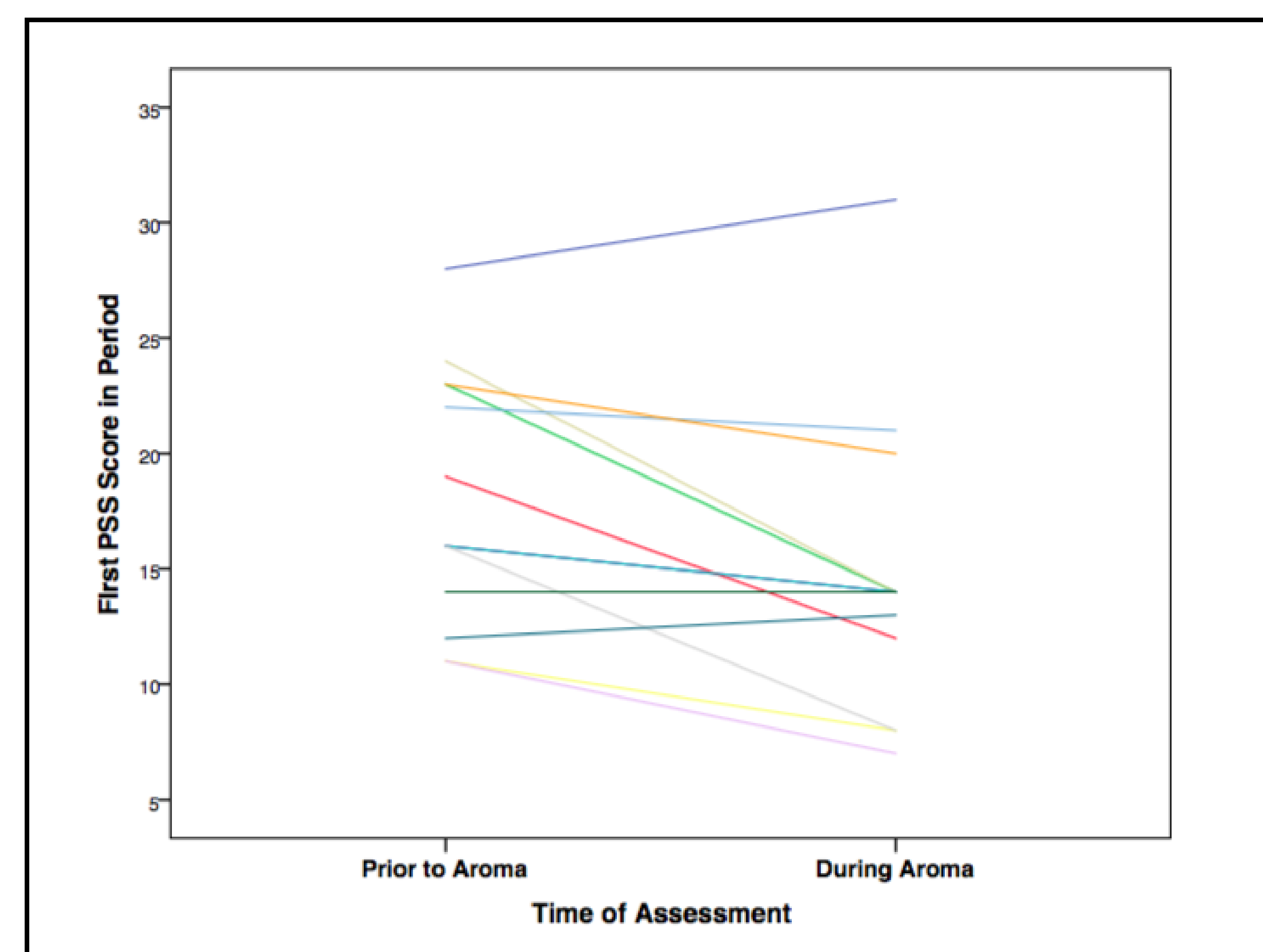
Aim 2. Study the effect of diffusing citrus essential oils in the Holding Room.

- IRB approval
- Internal VICTR funding
- High quality, tested essential oils diffused
- Pre and Post-survey design using validated PSS (Perceived Stress Survey)

TABLES/FIGURES



Impact on the Group : Decrease in Median PSS score of 3 points



Individual reduction of Perceived Stress during intervention

CRITERIA FOR SAFE ESSENTIAL OIL USE

Indigenous Sourcing

Single Harvest

GC/MS data disclosure

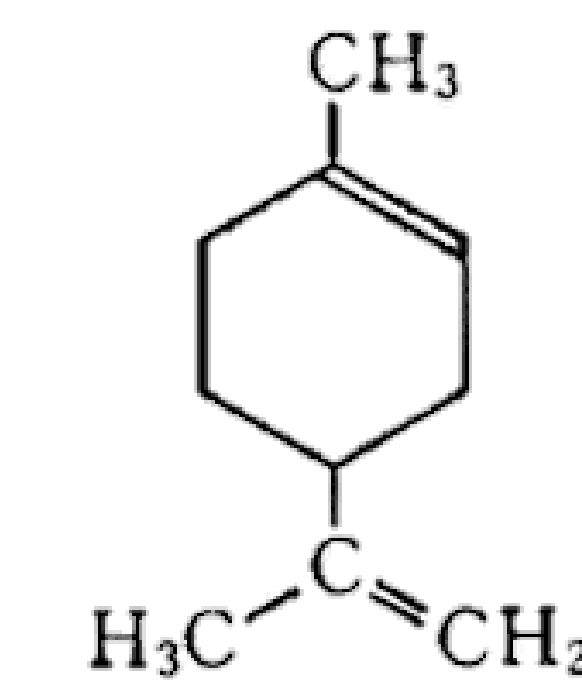
Testing:

- Gas chromatography (GC)
- Mass Spectrometry (MS)
- Infrared Spectroscopy
- Organoleptic tests (taste, sight, touch, and smell).



ESSENTIAL OILS IN RESEARCH

CITRUS OILS (Lemon, Lime, Wild Orange, Bergamot, Tangerine)



- Useful for reducing anxiety and stress
- Antioxidant capacity
- Positive effects on behavior and immune system

Lemon: *Citrus limon*

- Primary Constituent: d-limonene
- Other Main Constituents: Beta-pinene, Alpha pinene, Terpinene
- Plant Part: Peel
- Extraction Method: Cold Pressed



Lime : *Citrus aurantifolia*

- Main Chemical Components: Limonene, β -pinene, γ -terpinene
- Plant Part: Lime rind (peel)
- Extraction Method: Cold pressed



Wild Orange: *Citrus sinensis*

- Main Chemical Components: Limonene
- Plant Part: Orange rinds (peel)
- Extraction Method: Cold pressed/expressed



Essential Oil References available upon request.

REFERENCES

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