Education of Long-Term Care Staff on the use of Aromatherapy to Reduce Use of Psychotropic Medications

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<table>
<thead>
<tr>
<th>Objective</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduce</td>
<td>Introduce the focus of our quality improvement project at a long-term care facility</td>
</tr>
<tr>
<td>Inform</td>
<td>Inform faculty, students, and staff what is known about the identified problem</td>
</tr>
<tr>
<td>Describe</td>
<td>Describe our intervention of aromatherapy education to reduce the use of psychotropic medications</td>
</tr>
<tr>
<td>Share</td>
<td>Share the evaluation of our intervention</td>
</tr>
</tbody>
</table>
Focus

Problems at Long-Term Care Facilities

- Falls
- Falls with Major Injuries
- Pressure Ulcers
- Psychotropic Medications in Long-Term Stay Residents
Psychotropic medications have negative adverse effects and can cause serious medical complications. (Valdovinos et al., 2017) (The National Consumer Voice for Quality Long-Term Care, n.d.)

General practitioners often prescribe psychotropic medications to treat behavioral and psychological symptoms of dementia. (Cousins et al., 2017).

12 out of 15 Residents on the memory care unit at Elim have a diagnosis of some form of dementia.

Behavioral Symptoms on Memory Care Unit: yelling out, pacing, repetitive phrases, paranoia, agitation, combativeness, anxiety, depression, and many more.
ROOT CAUSE

Percent of Effectiveness:

- Direction 40%
- 1:1 46%
- Toileting 34%
- Food/Fluids 32%
- Reposition 40%
LITERATURE REVIEW
AROMATHERAPY

Aromatherapy Essential Oils

- **Lavender**
  - Calming/Stress Relief
  - Relieves Insomnia
  - Decreases PMS Symptoms

- **Chamomile**
  - Antidepressant
  - Reduces Nervousness
  - Tones Skin

- **Eucalyptus**
  - Calms Respiratory Passage
  - Eases Muscle & Joint Pain
  - Kills Lice

- **Cinnamon**
  - Reduces Nervousness
  - Improves Circulation
  - Relieves Joint Pain

- **Rose**
  - Natural Astringent
  - Clear Skin
  - Reduces Scars
  - Decreases Wrinkles

- **Rosemary**
  - Boosts Mental Activity
  - Calming/Stress Relief
  - Natural Antibiotic

- **Tea Tree**
  - Antifungal
  - Anti-septic
  - Heals Wounds

- **Peppermint**
  - Calms Respiratory Passage
  - Decreases Indigestion & Nausea
  - Ease Headache Pain

- **Orange**
  - Aphrodisiac
  - Antidepressant
  - Decreases Inflammation/Pain

- **Vanilla**
  - Aphrodisiac
  - Antidepressant
  - Calming/Stress Relief

- **Sage**
  - Fights Infections
  - Heals Wounds
  - Calms Upset Stomach

- **Jasmine**
  - Relieves Muscle Spasms
  - Reduces Scars
  - Decreases PMS Symptoms

- **Star Anise**
  - Calming/Stress Relief
  - Relieves Arthritis Pain
  - Decreases Flatulence

- **Lemon**
  - Fights FEVERS
  - Boosts Immune System
  - Clear Respiratory Passage

- **Cucumber**
  - Detoxifies & Moisturizes Skin
  - Decreases Eye Puffiness
  - Calming/Stress Relief
DEVELOPMENT

Educational presentation to improve staff knowledge on aromatherapy in order to reduce the use of psychotropic medications.
EXECUTE

1. Support of Director of Nursing
2. Educational Presentation
3. Surveys
<table>
<thead>
<tr>
<th>Statement</th>
<th>Scale</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am familiar with aromatherapy.</td>
<td>1, 2, 3, 4, 5</td>
</tr>
<tr>
<td>Strongly disagree            Disagree    Neutral    Agree    Strongly agree</td>
<td></td>
</tr>
<tr>
<td>I feel knowledgeable about how to use aromatherapy as an intervention</td>
<td>1, 2, 3, 4, 5</td>
</tr>
<tr>
<td>Strongly disagree            Disagree    Neutral    Agree    Strongly agree</td>
<td></td>
</tr>
<tr>
<td>I have access to aromatherapy to use as an intervention at this facility</td>
<td>1, 2, 3, 4, 5</td>
</tr>
<tr>
<td>Strongly disagree            Disagree    Neutral    Agree    Strongly agree</td>
<td></td>
</tr>
<tr>
<td>I currently use aromatherapy as an intervention.</td>
<td>1, 2, 3, 4, 5</td>
</tr>
<tr>
<td>Strongly disagree            Disagree    Neutral    Agree    Strongly agree</td>
<td></td>
</tr>
<tr>
<td>Aromatherapy is an effective intervention to use for behaviors.</td>
<td>1, 2, 3, 4, 5</td>
</tr>
<tr>
<td>Strongly disagree            Disagree    Neutral    Agree    Strongly agree</td>
<td></td>
</tr>
<tr>
<td>This presentation had a positive impact on my comprehension of aromatherapy</td>
<td>1, 2, 3, 4, 5</td>
</tr>
<tr>
<td>Strongly disagree            Disagree    Neutral    Agree    Strongly agree</td>
<td></td>
</tr>
</tbody>
</table>
INITIAL RESULTS

- "I am familiar with aromatherapy."
  87% agreed or strongly agreed

- "I feel knowledgeable about how to use aromatherapy as an intervention."
  100% agree or strongly agree

- "I have access to aromatherapy to use as an intervention at this facility."

- "I currently use aromatherapy as an intervention."
  87% agree or strongly agree

- "Aromatherapy is an effective intervention for these behaviors."
  87% agree or strongly agree

- "This presentation had a positive impact on my"
2-WEEK FOLLOW-UP RESULTS

• "I am familiar with aromatherapy."
  87% agreed or strongly agreed

• "I feel knowledgeable about how to use aromatherapy as an intervention."
  100% agreed or strongly agree

• "I currently use aromatherapy as an intervention."
  87% agree or strongly agree

• "Aromatherapy is an effective intervention for these behaviors."
  87% agree or strongly agree

• "This presentation had a positive impact on my comprehension of..."
QUESTIONS?

Thanks for Listening!
RESOURCES


