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4-21-2022

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

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Recommended Citation

Boss, Ashley; Sullivan, Samantha; Voigt, Hannah; and Zdechlik, Grace, "Education of Long-Term Care Staff on the use of Aromatherapy to Reduce Use of Psychotropic Medications" (2022). *Celebrating Scholarship and Creativity Day*. 177.

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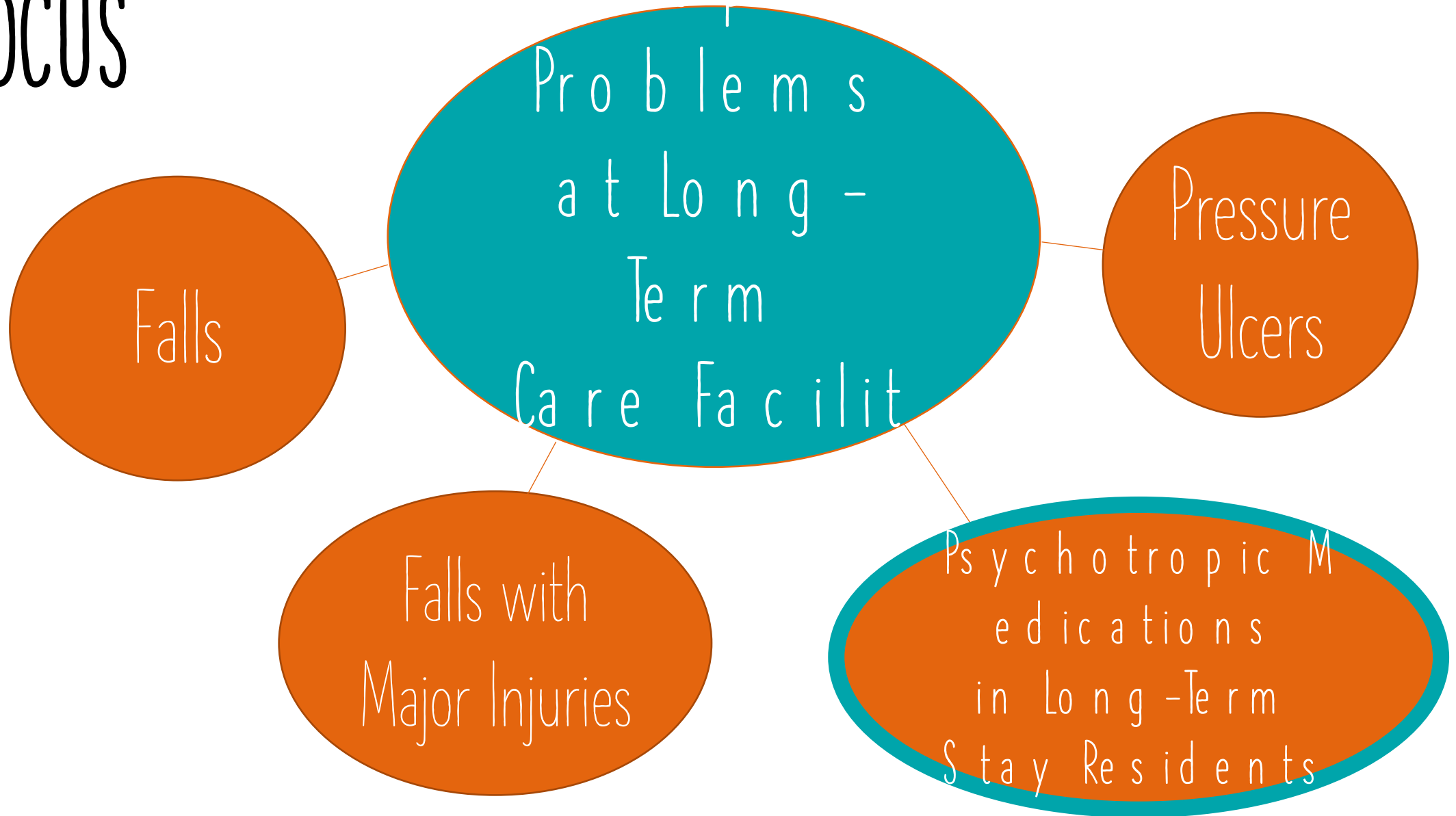
AROMATHERAPY EDUCATION FOR LONG-TERM CARE STAFF TO DECREASE RESIDENT USE OF PSYCHOTROPIC MEDICATIONS

Ashley Boss, Samantha Sullivan, Hannah Voigt, Grace Zdechlik

OBJECTIVES

Introduce	Introduce the focus of our quality improvement project at a long-term care facility
Inform	Inform faculty, students, and staff what is known about the identified problem
Describe	Describe our intervention of aromatherapy education to reduce the use of psychotropic medications
Share	Share the evaluation of our intervention

FOCUS



ANALYSIS

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.

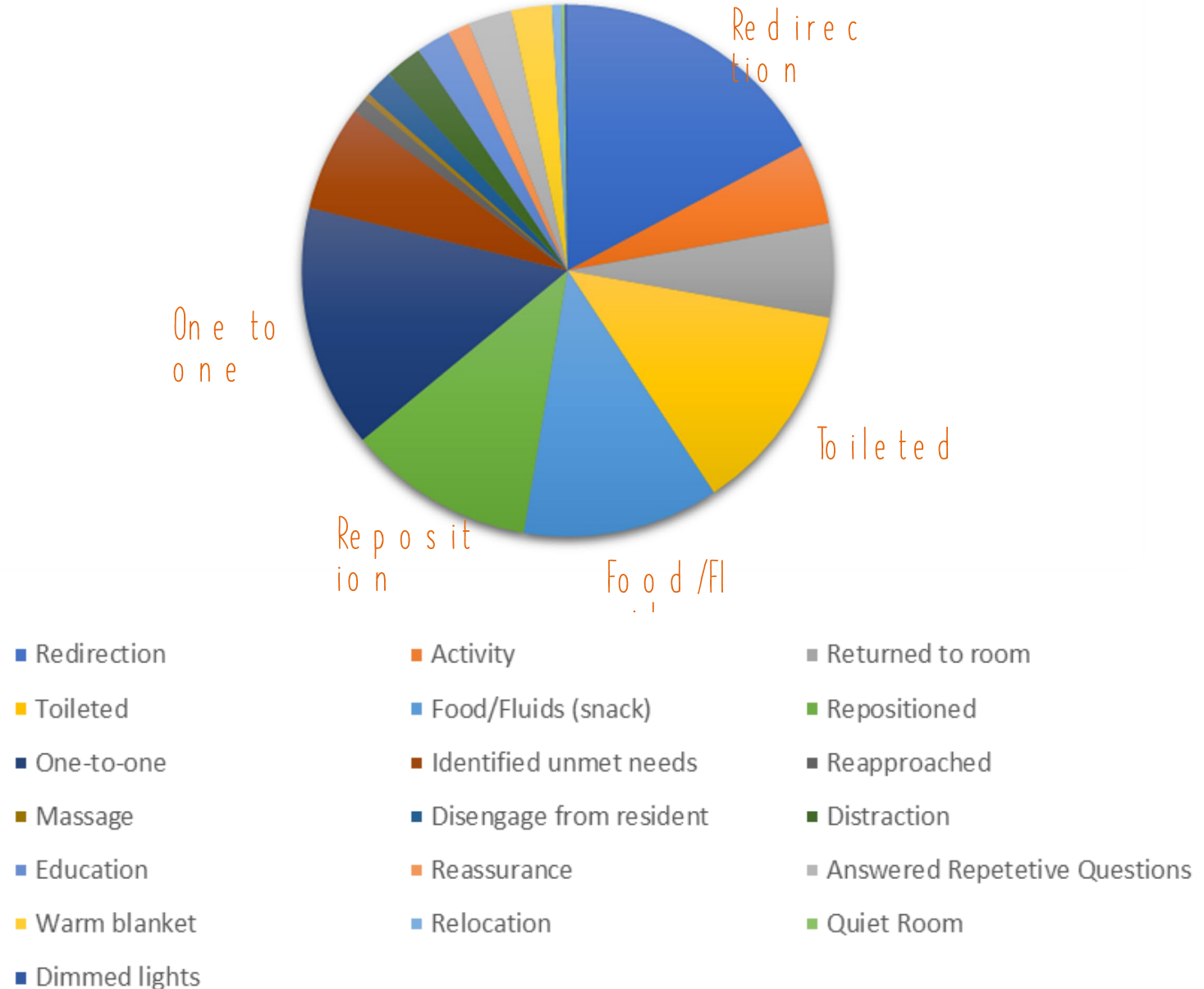
Behavioral Symptoms on Memory Care Unit: yelling out, pacing, repetitive phrases, paranoia, agitation, combativeness, anxiety, depression, and many more.

ROOT CAUSE

Percent of Effectiveness:

- Redirection 40%
- 1:1 46%
- Toileting 34%
- Food /Fluids 32%
- Reposition 40%

NON-PHARMACOLOGICAL INTERVENTIONS ATTEMPTED



LITERATURE REVIEW

AROMATHERAPY

Aromatherapy Essential Oils



Lavender

Calming/Stress Relief
Relieves Insomnia
Decreases PMS Symptoms



Chamomile

Antidepressant
Reduces Nervousness
Tones Skin



Eucalyptus

Clears Respiratory
Passages
Eases Muscle &
Joint Pain
Kills Lice



Cinnamon

Reduces Nervousness
Improves Circulation
Relieves Joint Pain



Rose

Natural Astringent/
Clear Skin
Reduces Scars/
Wrinkles
Decreases Muscle
Tightness



Rosemary

Boosts Mental
Activity
Calming/Stress Relief
Natural Antiseptic



Tea Tree

Antifungal
Anti septic
Heals Wounds



Peppermint

Clears Respiratory
Passages
Decreases
Indigestion & Nausea
Eases 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 Arthritic Pain
Decreases
Flatulence



Lemon

Fights Fevers
Boosts Immune
System
Clears Respiratory
Passages



Cucumber

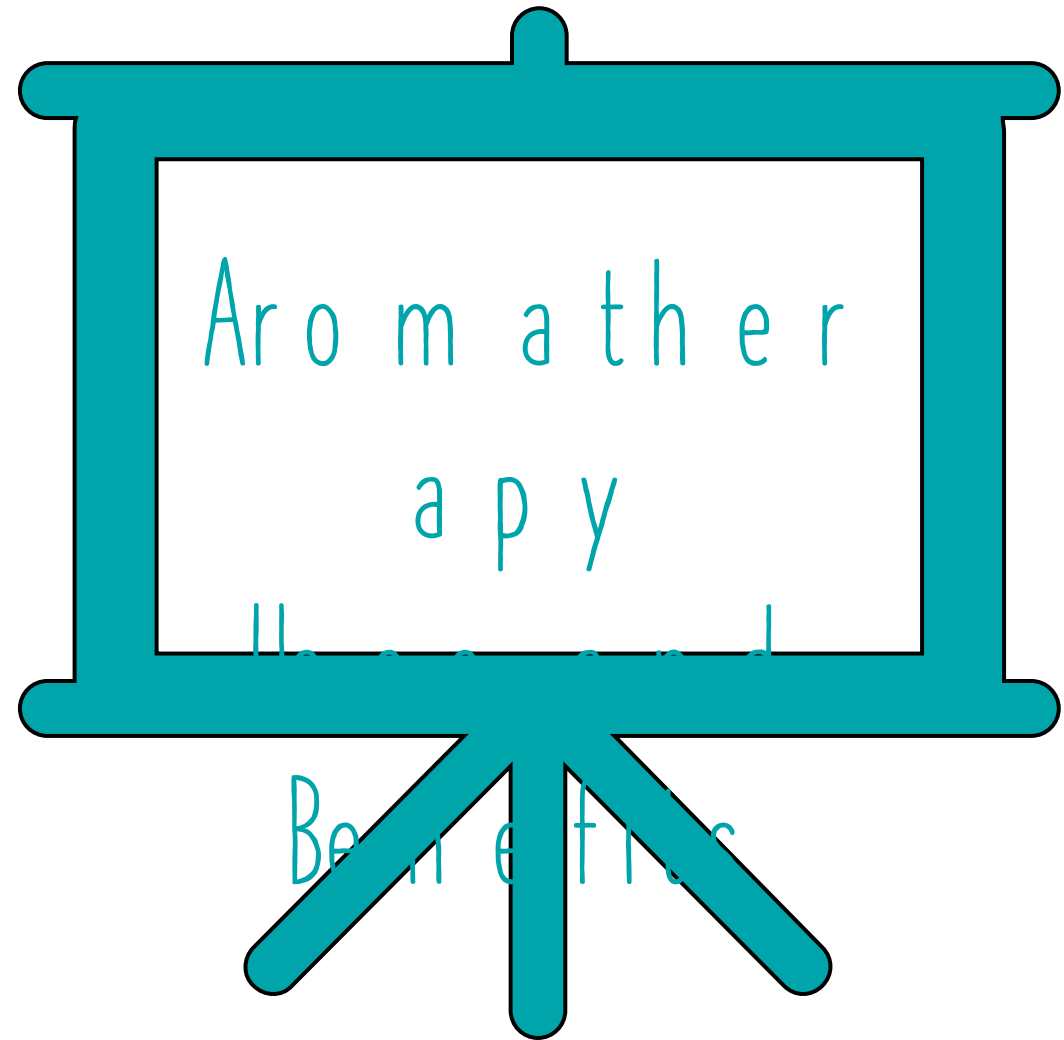
Detoxifies &
Moisturizes Skin
Decreases Eye Puffiness
Calming/Stress Relief

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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

EVALUATE



I am familiar with aromatherapy.

1	2	3	4	5
Strongly disagree	Disagree	Neutral	Agree	Strongly agree

I feel knowledgeable about how to use aromatherapy as an intervention

1	2	3	4	5
Strongly disagree	Disagree	Neutral	Agree	Strongly agree

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

1	2	3	4	5
Strongly disagree	Disagree	Neutral	Agree	Strongly agree

I currently use aromatherapy as an intervention.

1	2	3	4	5
Strongly disagree	Disagree	Neutral	Agree	Strongly agree

Aromatherapy is an effective intervention to use for behaviors.

1	2	3	4	5
Strongly disagree	Disagree	Neutral	Agree	Strongly agree

This presentation had a positive impact on my comprehension of aromatherapy

1	2	3	4	5
Strongly disagree	Disagree	Neutral	Agree	Strongly agree

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% 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 comprehension of

QUESTIONS?

Thanks for Listening!

RESOURCES

- Cousins, J. M., Bereznicki, L. R., Cooling, N. B., & Peterson, G. M. (2017). Prescribing of psychotropic medication for nursing home residents with dementia: A general practitioner survey. *Clinical Interventions in Aging*, 12, 1573–1578. <https://doi.org/10.2147/cia.s146613>
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