

# Aromatherapy for Chronic Pain

## What's Been Done

- Essential oils were selected (Lavender, calming, tension release, restless leg)
- Chart review conducted to select residents with moderate to severe chronic pain
- Resident assessments conducted to determine contraindications
- RNs trained in aromatherapy
- Roll-out on Parker's Lane- began 4/6/2021
- Oils were applied topically to the hands twice daily and as needed

## Results

- Average pain rating of residents before aromatherapy: 3.4
- Average pain rating of residents after aromatherapy: 1.4
- This is an average decrease of 2 points on the 1-10 scale

Questions? Email  
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## Moving Forward

- Prior to a nurse's first time administering aromatherapy, he or she should be oriented to the documentation binder.
- When administering aromatherapy, remember neuroassociative conditioning (in other words, stay positive in front of the resident!)
- Implement refresh oil (a citrus scent) to target residents with depressive symptoms.
  - Roll out aromatherapy to other units!