Integrative Therapy Program: Evaluation and implementation of aromatherapy in an inpatient setting

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Purpose Statement

The purpose of this project is to implement integrative therapies, such as aromatherapy, in addition to current nursing interventions. The goal is to improve patient experience and outcomes and enhance the patient/nurse relationship.

Synthesis of Evidence

A systematic review of the literature was conducted through CINHAL, Ebsco, and Goggle Scholar. Key terms included: aromatherapy, essential oil, integrative therapy, complimentary and alternative medicine and more. About 30 articles were indentified from 2010 and beyond, and the most appropriate were utilized.

Team Members

Wendy Wheeler, BSN, RN-BC, PHN, CHTP
Mary Beth Heilman, MSN, RN
Eileen Mahoney-Johnstone, RN
Mary Beth Schmidt, RN, CPAN, CHTP
Kathleen Sowada, MSAOM, Dipl. Ac., RN, LAc., HN-BC
Heidi Supan, BSN, RN-BC
Kelly Theis, RN, CAPA, HN-BC

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EBP Practice Change

Ascertained best practices from hospitals with developed nursing focused integrative therapies processes,

Completed online aromatherapy education to increase expertise.

Researched essential oil vendors.

Assembled aromatherapy team comprised of knowledgeable clinical care nurse champions.

Developed an approved hospital policy through shared governance structure.

Created patient education materials.

Produced computer-based clinical care staff education.

Initiated pilot project pre-survey data metrics for clinical care staff to identify baseline knowledge.

Kicked-off pilot project on Medical Unit 1 March 10, 2015.

Demonstrated increased knowledge and confidence for clinical care staff in the delivery of aromatherapy/essential oils through post-implementation survey data.

Recruited integrative therapy champions to enhance unit communication and nursing enculturation.

Positive patient and clinical care staff response!

Quarter 2, fiscal year 2016 (652)

aromatherapy/essential oil patient experiences.

Pre/Post Measures

References


Livingstone.


# EBP Project Poster Title

## Your name & credentials

Institution, St. Cloud, Minnesota

## Purpose Statement

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## Synthesis of Evidence

Include bullet points of your literature findings, include the grading as appropriate

- Bullet

## Pre/Post Measures

Use this template if you want to emphasize measurements/outcomes

Include charts, graphs, policies, orders, Epic screen shots – whatever you can do to show your results

Your pre and post data should be here

![Graph](image_url)

## EBP Practice Change

## Team Members

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## References

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Your email here
Research Study Poster Title

Your name & credentials

Institution, St. Cloud, Minnesota

Introduction

Font size recommended at 10

Analysis/Results

Include charts, graphs, policies, orders, Epic screen shots – whatever you can do to show your results
Your pre and post data should be here

Conclusions/Implications


Research Problem/Question


Methodology

Include bullet points of your literature findings, include the grading as appropriate
• Bullet

Acknowledgements/Funding

(if appropriate)

References

This can be in font size 6. Template includes APA format as an example provided.
Performance Improvement Poster Title
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Plan
Identify and analyze the problem

Check
Gather data and evaluate
Include charts, graphs, policies, orders, Epic screen shots – what ever you can do to show your results
Your pre and post data should be here

Act
Standardize the solution – systematic changes and training needs for full implementation

Do
Identify the solution
• Bullet

Team Members

References
This can be in font size 6. Template includes APA format as an example provided.

Patient Satisfaction

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# of Visits
# of Miles Driven

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