The Therapeutic Use of Aromatic Substances & Essential Oil Application as a Complementary Therapy

Andrea Bevolden, CTRS
Outline

• MY BACKGROUND
• WHAT ARE ESSENTIAL OILS?
• THE HISTORY OF ESSENTIAL OILS
• HOW SMELL AFFECTS US
• FOUR EVIDENCED BASED RESEARCH STUDIES
• APPLICATION AND SAFETY
• INTERVENTIONS
• HOW I ADDED THIS PROGRAMMING TO MY FACILITY
The Journey

Athlete

Injuries

Surgeries

PAIN
The Battle

Mood Lability

Self-pity

Helplessness

Strained Relationships

Mood Lability

Self-pity

Helplessness

Strained Relationships
**Background**

**Essential Oil Background:**

What are Essential Oils?

Oils for $1

Similar structure

Our bodies recognize

Safe: Non-Toxic

Low risk/Precaution

No addictive qualities

Minimal side effects
TWO COMMONLY USED OILS
EO CHEAT SHEET
EVIDENCED BASED BOOK
A Brief History of Essential Oils

- Egypt, China, Greece, Rome, Israel, Arabia
- Reintroduction of essential oils
- Grandfather of aromatherapy: Rene-Maurice Gattefosse 1881
- Today's oil use: Minimum of 77 Hospitals Nationally
- Vanderbilt ER Study
- Vanderbilt Interview: https://m.youtube.com/watch?v=O1_1A3gRhpw
Results At A Glance

Staff that felt work-related stress

**Before** the use of essential oils:
Staff that felt work-related STRESS VERY OFTEN

41%

**After** the use of essential oils:
Staff that felt work-related STRESS VERY OFTEN

3%

Staff that felt overwhelmed

**Before** the use of essential oils:
Staff that had feelings of BEING OVERWHELMED

25%

**After** the use of essential oils:
Staff that had feelings of BEING OVERWHELMED

2%

Staff that felt equipped to handle stress

**Before** the use of essential oils:
Staff with feelings of being well equipped to HANDLE STRESSORS AT WORK

13%

**After** the use of essential oils:
Staff with feelings of being well equipped to HANDLE STRESSORS AT WORK

58%

Staff that felt they had an optimal energy level

**Before** the use of essential oils:
Staff that had feelings having an OPTIMAL ENERGY LEVEL

33%

**After** the use of essential oils:
Staff that had feelings having an OPTIMAL ENERGY LEVEL

77%

How Smell Affects Us

Olfactory System: physical organs and cells related to your sense of smell

Inhale->Olfactory Organs->Brain

Lungs/Respiratory System

Limbic System: Heart Rate, Blood Pressure, Breathing, Memory, Stress Level, Hormone Balance

Profound results psychologically & physiologically
Essential Oils: Mood

- Study: 43 adolescents in residential setting
- Three month study
- IM Injections due to agitation: 43 to 31
- Oral PRNs due to anxiety or agitation: 631 to 397
- Seclusion: 29 to 20
- Lavender
- Grapefruit
- Wild Orange
- Ylang Ylang
- Peppermint

Essential Oils: Sleep

- Study: 221 patients with anxiety disorders
- Lavender oil vs. Placebo
- 10 week study
- Significant influence on quality of sleep, duration
- Increase in general mental & physical health without the sedative or other unwanted drug effects
- Lavender
- Vetiver
- Cedarwood
- Roman Chamomile
- Majoram

Essential Oils: Pain Management

- Study: 40 patients with arthritis pain and depression
- Measuring pain, depression and life satisfaction
- After aromatherapy the study noted a significant decrease in pain and depression scores
- Life satisfaction scores did not change
- Lavender
- Eucalyptus
- Wintergreen
- White Fir
- Cypress
- Rosemary
- Peppermint

Essential Oils: Substance Abuse

- Study: 48 participants who struggle to quit smoking
- Overnight study
- Three cartridges: black pepper oil, mint/menthol and an empty cartridge
- Black pepper oil: significantly decreased cravings, increased affect, decreased somatic complaints
- Rosemary
- Lavender
- Grapefruit
- Black Pepper
- Clove

Application & Safety

Verify use first

PMU: Diffusion

Aroma

Internal

Topical

Essential Living Book

Carrier Oil

No ears, eyes, nose

Caustic Oils

Less is more

Contraindications:

Essential Oil Safety
Session Implementation Ideas:

- Mood Elevating: citrus, peppermint
- Calming: lavender, tree oils
- Relaxation with our senses
- Deep Breathing
- Sleep Hygiene
- 1 more tool!
What's next? : Step By Step

MEETING WITH MANAGEMENT/CLINICAL TEAM
COMPLEMENTARY COMMITTEE
PROTOCOL IMPLEMENTATION
INFECTION CONTROL
PLANT OPERATIONS
RESEARCH, IRB, STAFF SURVEYING
STAFF EDUCATION
Enhancement of the Profession

RESEARCH
POLICY MAKING
PUBLISHING
PRESENTING OUT OF THE BOX IDEAS
To have further questions answered or to receive the PowerPoint directly, email me at: andreabevolden@gmail.com
Source Citing

- Introduction DoTERRA Essential Oils. N.d.