Aromatherapy Protocols in End-of-Life Care

an NHPCO / NCHPP Allied / Complementary Therapy Section presentation

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Aromatherapy

www.naha.org

Essential oils are the life blood of the plant

California
San Diego Hospice
The Institute for Palliative Medicine

Aromatherapy” – Essential oils are distilled from selected plant materials and they influence the body in many ways. This therapy is used to benefit the patient and family physically, emotionally, mentally and spiritually.”

Lisa Browder, Manager, Bonnie Schreck Memorial Complementary Therapies Program, named Director for the State of Nevada by the National Association of Holistic Aromatherapy

~ Website

Pikes Peak Hospice and Palliative Care – Colorado

“Aromatherapy uses therapeutic-grade essential oils …
This essential oil therapy aids in the management of symptoms such as anxiety, pain, nausea and edema.”

~ Website

Nathan Adelson Hospice – Nevada

Aromatherapy Protocols in End-of-Life Care

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~ Website
Some Hospice-Worthy Essential Oils & Possible Uses

<table>
<thead>
<tr>
<th>Essential Oil</th>
<th>Possible Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lavender</td>
<td>Stress, insomnia, wound care, odor</td>
</tr>
<tr>
<td>Eucalyptus globulus or radiata</td>
<td>Respiratory issues, wound care, odor, MRSA</td>
</tr>
<tr>
<td>Peppermint</td>
<td>Headaches, muscular aches, odor, wound care, nausea</td>
</tr>
<tr>
<td>Tea Tree</td>
<td>Thrush, wound care, nausea, MRSA</td>
</tr>
<tr>
<td>Roman or German Chamomile</td>
<td>Irritated skin, constipation, cold &amp; flu</td>
</tr>
<tr>
<td>Fennel</td>
<td>Muscular aches, constipation, dyspepsia</td>
</tr>
<tr>
<td>Bergamot</td>
<td>Stress, anxiety, insomnia, depression</td>
</tr>
<tr>
<td>Ylang Ylang</td>
<td>Citrus, anxiety, depression, agitation, odor</td>
</tr>
<tr>
<td>Melissa</td>
<td>Anxiety, agitation, headaches, depression</td>
</tr>
<tr>
<td>Lemon</td>
<td>Odor, depression, anxiety, cold &amp; flu, MRSA</td>
</tr>
<tr>
<td>Rosemary</td>
<td>Muscular aches, constipation, odor</td>
</tr>
<tr>
<td>Ginger</td>
<td>Dyspepsia, nausea</td>
</tr>
<tr>
<td>Orange</td>
<td>Nausea, anxiety, insomnia</td>
</tr>
<tr>
<td>Geranium</td>
<td>Dry skin, agitation, burns, itching, wounds</td>
</tr>
<tr>
<td>Helichrysum</td>
<td>Wounds, burns, cuts, hematomas, eczema</td>
</tr>
</tbody>
</table>

Those Same Hospice-Worthy Essential Oils & Wholesale Pricing

<table>
<thead>
<tr>
<th>Essential Oil</th>
<th>Wholesale Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lavender</td>
<td>$8.00</td>
</tr>
<tr>
<td>Eucalyptus globulus</td>
<td>$2.50</td>
</tr>
<tr>
<td>Peppermint</td>
<td>$4.00</td>
</tr>
<tr>
<td>Tea Tree</td>
<td>$4.50</td>
</tr>
<tr>
<td>Roman Chamomile</td>
<td>$25.00</td>
</tr>
<tr>
<td>Fennel</td>
<td>$3.50</td>
</tr>
<tr>
<td>Bergamot</td>
<td>$9.50</td>
</tr>
<tr>
<td>Ylang Ylang (2ml size)</td>
<td>$15.00</td>
</tr>
<tr>
<td>Melissa</td>
<td>$45.00</td>
</tr>
<tr>
<td>Lemon</td>
<td>$3.00</td>
</tr>
<tr>
<td>Rosemary</td>
<td>$3.00</td>
</tr>
<tr>
<td>Ginger</td>
<td>$5.25</td>
</tr>
<tr>
<td>Orange</td>
<td>$2.00</td>
</tr>
<tr>
<td>Geranium</td>
<td>$7.75</td>
</tr>
<tr>
<td>Helichrysum</td>
<td>$10.25</td>
</tr>
</tbody>
</table>

Starter Kit Price = $144.50

Polling Question:
Does your organization use essential oils in any capacity?

Possibilities

<table>
<thead>
<tr>
<th>Respiratory issues</th>
</tr>
</thead>
<tbody>
<tr>
<td>Odor</td>
</tr>
<tr>
<td>Thrush</td>
</tr>
<tr>
<td>Anxiety and/or agitation</td>
</tr>
<tr>
<td>Stress</td>
</tr>
<tr>
<td>Muscular aches and pains</td>
</tr>
<tr>
<td>Depression</td>
</tr>
<tr>
<td>Edema</td>
</tr>
<tr>
<td>Dry skin</td>
</tr>
<tr>
<td>Bed sores</td>
</tr>
<tr>
<td>Inhaler sticks</td>
</tr>
<tr>
<td>Sprays</td>
</tr>
<tr>
<td>Lotions or creams</td>
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<tr>
<td>Nasal gels</td>
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<tr>
<td>Lip balms</td>
</tr>
</tbody>
</table>

How Do We Know Essential Oils are Effective?

Lab tests, animal studies and human trials show them to be:

- Antiviral
- Antifungal
- Immunostimulant
- Antipsychotic
- Calmative
- Expectorant
- Antidepressant
- Carminative
- Decongestant
- Sedative
- Digestive
- Antibacterial
- Diuretic
- Anti-infectious
- Hepatic
- Anti-inflammatory
- Rubefacient

...and the list goes on

Polling Question:

How are your essential oils mainly used?
Essential Oils & Cancer

Dr. Anne-Marie Giraud-Robert, a French physician, followed 1,506 cancer patients for a 10-year period and tracked their progress.

The average survival rate of patients using only allopathic medicine was 1.2 years.

The average survival rate of patients using both allopathic medicine and essential oils was 2.4 years.

The use of essential oils greatly improved both symptoms and quality of life.

Some of her favorite essential oils for cancer treatments include:
- Greenland Moss (lessens nausea)
- Helichrysum (reduces hematomas and is anti-inflammatory)
- Niaouli (stimulates the immune system)

Cancer Support Uses

Dr. Anne-Marie Giraud-Robert used essential oils with her patients for many of the following:
- Reduction of vomiting and nausea during chemotherapy
- Inflammation of mucus membranes
- Burns or wounds
- Nose bleeds
- Neuropathic pain
- Joint pain

Question: How does that information translate to hospice?

Studies on Depression/Agitation/Anxiety

Depression and Anxiety

Lavender and Rose Otto were used on postpartum women.
The control group showed “significant improvement.”

Agitation

Melissa was used in a double-blind placebo-controlled study. It was applied twice daily to patients with severe dementia. It was not only effective in calming the patients, but had an additional benefit to quality of life.

Cognitive Function in Alzheimer’s Patients

Rosemary and Lemon were applied in the mornings and Lavender and Orange in the evening.
The Touch Panel-type Dementia Assessment Scale (TPOAS) showed significant improvement in personal orientation related to cognitive function.

Wounds and MRSA

Tea Tree - Antimicrobial, anti-inflammatory and activates monocytes

1. Small studies show Tea Tree is effective in treating osteomyelitis and infected chronic wounds for both Methicillin-resistant and Methicillin-sensitive infections.

2. In 2007, a 41-year-old woman developed an abscess between two of her toes due to a gardening accident. It quickly extended almost to the ankle. She had several oral therapies but by 2008, significant bacteria was identified in the wound.

   Essential oils were started after the abscess was excised. Granulation tissue and epithelisation grew quickly and without complications. The scar formation was fine, thin and at skin level.

Muscular Aches, Constipation, Edema

Muscular Aches

Rosemary was tested at the receptor level and was found to improve blood circulation and to alleviate pain. Good for muscular aches and pains due to its internal warming capacity on muscles.

Constipation

Rosemary, Lemon and Peppermint were used and found to be effective. Our blend includes Fennel (works on smooth muscle, promoting peristalsis).

Edema

Only anecdotal evidence, but my massage therapist uses our blend (with lemon and cypress) and reports a visible reduction while she works.

Respiratory

A study was conducted using the oxide isolate cineole (eucalyptole) in Eucalyptus globulus.

Findings: The severity and duration of exacerbations were significantly lower in the cineole group. Secondary outcome measures - changes of lung function, respiratory symptoms and quality of life - validated the findings. Improvement of dyspnea was significant compared to the placebo group.

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Wounds & MRSA cont…

MRSA of Eye and Nares
102-year-old nursing home patient
Lavender formulated by pharmacy
Infection completely cleared in 6 weeks

Odor
An Australian study in a palliative care unit (essential oils not listed) found that traditional dressings and creams had little effect but essential oils were effective in reducing the odor from fungating wounds.

Our formula has Lavender, Tea Tree, Peppermint and Lemongrass
Ulcer on volunteer's husband's back – Tea Tree and Helichrysum

How to Determine What to Treat?
1. Find out what the diagnosis is
2. Determine the symptoms that require management and the likelihood of effectiveness
3. Get as full a picture as possible – nurses, doctors, pharmacy, social worker and/or spiritual care

Polling Question:
Pick one main determining factor for whether your organization would decide to use aromatherapy or what the major factor was in deciding to initiate a program

Training Requirements
Minimum requirements for a well-trained aromatherapist
- National Association for Holistic Aromatherapy (NAHA)
- Aromatherapy Registration Council (ARC) – Registered Aromatherapist status

What Are Your Options if You Don’t Have a Trained Aromatherapist?
- Don’t do blending: Use minimum amount and safest essential oils – Esters and Alcohols
- Use simple diffusers and/or incorporate into bed baths
- Perhaps start by using only Lavender
- Hire a consultant to design a program that fits your needs
- Find an aromatherapy program and invest in the training for one or two staff members

Training Benefits
1. A hospice aromatherapist will be able to “speak your language.”
   They’ll understand common terminology like COPD, DVT, MRSA, decubitus ulcer, dyspnea, Candida etc. and what that means for their essential oil choices
   (However, the right person can be trained).
2. You will have a greater likelihood of ensuring the safety of your patients.
3. A thorough understanding of how the essential oils work maximizes usage.
   It’s not enough to tell a nurse that an essential oil is calming. Back it up with studies showing how we know this.
4. Having a trained aromatherapist will make it easier to get liability insurance for their work if they are blending and possible grant money for studies.
5. It’s great for marketing your hospice as having something no one else in your area has for its patients and families.
Basics to Advanced

I. Determine budget and how much involvement you will need

II. If no trained aromatherapist:
- Odor spray
- Bed baths
- Inhaler sticks
- Simple blends for massage creams – Lavender or stress

III. If trained but no budget:
- Choose 4-5 affordable essential oils that could be used for as many purposes as possible - Lavender, Peppermint, Lemon, Tea Tree, Eucalyptus, etc.

IV. If trained and good budget:
- Determine allowable level of participation & create applicable forms
- Start slowly until each baby step has been accepted
- Suggest "helping" with common symptoms – constipation, stress, etc.

References


References cont...
