

SAFE AND SOUND

Pain Management

PRESCRIBING

Aromatherapy

Aromatherapy is the therapeutic use of essential oils for the comfort of patients. It can be helpful with conditions such as insomnia, nausea, vomiting, pain, inflammation and stress.

An essential oil is a highly concentrated, aromatic oil within plants that can be extracted by steam distillation, hydrodiffusion, or pressure.

The effects of aromatherapy are thought to be the result of the binding of chemical components in the oil to receptors in the olfactory bulb impacting the limbic system.

Mode of delivery include:

- Direct inhalation – Nasal inhaler
- Indirect inhalation – diffuser (prohibited at CCMC)
- Topical massage with carrier oils

Indications

- Acute and chronic pain conditions such as:
 - Postoperative pain
 - Musculoskeletal conditions
 - Cancer pain.
- Nausea/Vomiting
- Depression/anxiety
- Insomnia
- Inflammation

Contraindications

- Respiratory infection and/or disorders (asthma, cystic fibrosis, etc)
- Patients in SPAV (bone marrow transplant) may not have topical application

Use with Caution

- Pregnancy
- Epilepsy
- Hypertension
- Estrogen-dependent tumors
- Patients with sensitivities and allergies

A Certified Clinical Aromatherapy Practitioner (CCAP) studies the science and an art of clinical aromatherapy. They are skilled at mixing the appropriate oils to meet the unique needs of the patient.

The following are a few examples of essential oils and their use:

Pain & Inflammation Eucalyptus, frankincense, oregano, tea tree

Nausea Ginger, peppermint

Anxiety Bergamot, cedarwood, chamomile, cypress, frankincense, geranium, grapefruit, jasmine, lavender, lemongrass, marjoram, orange, and vanilla.

Insurance does not cover aromatherapy.

As of August 2018 this is not an available inpatient therapy. Work is in progress to hire a certified clinical aromatherapy practitioner. Please check back, information will be updated quarterly.