

Use of lavender and mandarin essential oils to decrease anxiety in the psychiatric population by nurse driven groups

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Abstract

The aim of this evidenced based transformational leadership project was to evaluate the effectiveness of Lavender and Mandarin Essential Oils in decreasing anxiety in the Adolescent/Adult Psychiatric Outpatient Program and Eating Disorders Program.

Method: Retrospective chart review approach was the method used for data collection. The uses of Lavender and Mandarin essential oils were taught to patients during medication education group as a means to decrease anxiety with current treatments. Pre and Post test data was collected on patient's anxiety level before and after group. Monitoring of patient data was collected and charted in the patient's electronic medical record.

Results: In 2018, the overall score for Partial Hospitalization in reducing anxiety in our Nurse Driven groups was 83%. The total number of participants for the study was 680 patients.

Conclusions: The use of Lavender and Mandarin essential oils showed it statistically decreased anxiety dramatically in the psychiatric population.

Keywords: Anxiety, Aromatherapy, Lavender, Mandarin, Nurse-Driven Groups.



Biography:

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