





J.D. Buchert MSN, M.Ed., MS, RN; June Van Hoose RN, CNOR; Ressie Schwalls BSN, CCRN-K; Steven Brown MS, CPH

Background

- Stress occurs when the physical and psychological borders of an organism are threatened.
- If stress is experienced continuously and intensively for a long time, it causes anxiety.
- Stress management for hospital nurses is a complex and dynamic challenge that can affect patient safety and outcomes, teamwork effectiveness, professional practice, and employee wellness.
- Aromatherapy may contribute to a healthier work environment and decrease nurse anxiety associated with occupational stress.

Aim

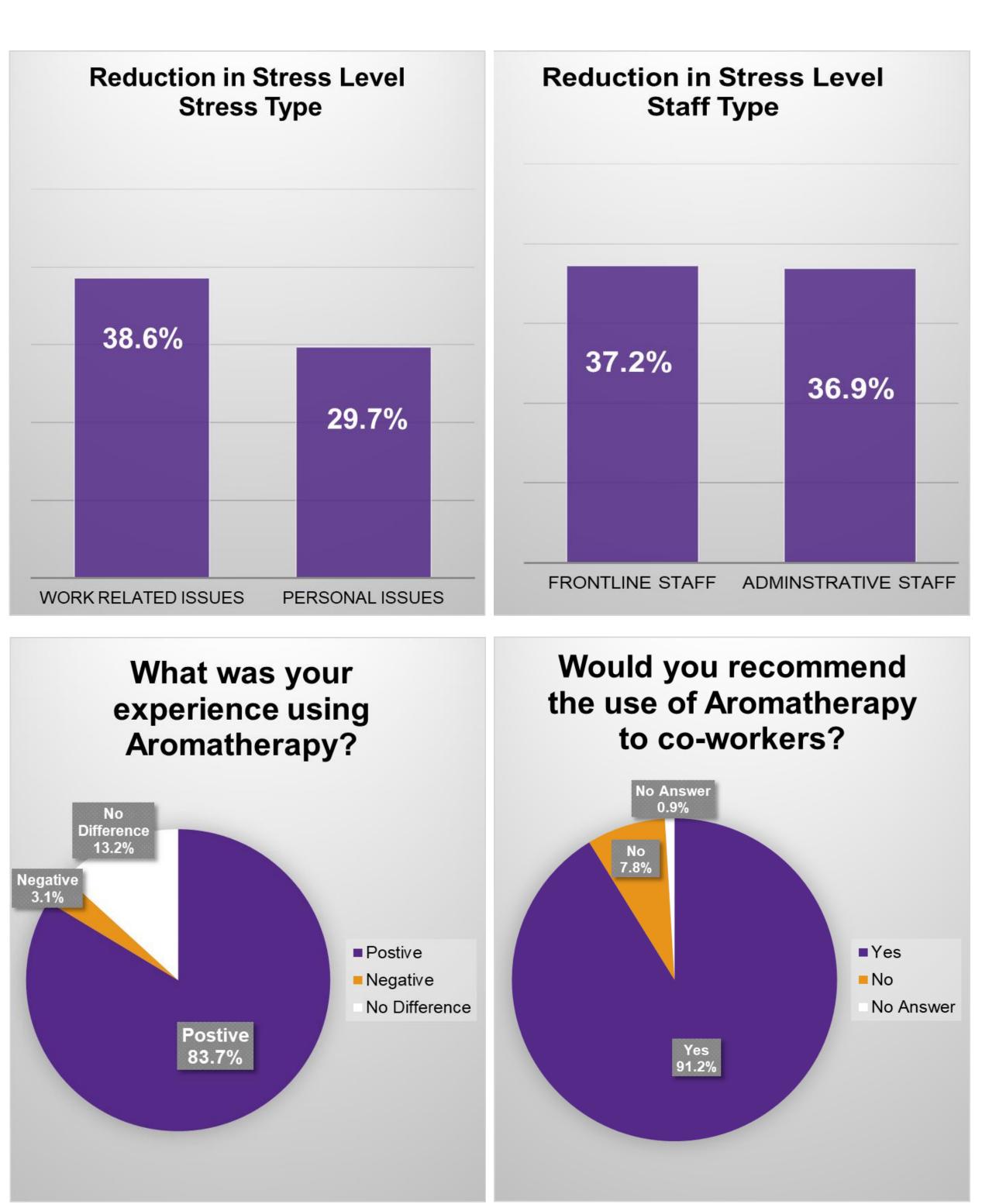
This study examined the efficacy of lavender scented aromatherapy stickers in reducing job stress-related symptoms among nurses. The primary endpoint is the percentage of nurses who agree that the intervention reduced their stress.

Methods

The quasi experimental, self-controlled study was conducted on nursing staff in all hospital settings to include front line staff and administration. The data was collected through a personal information survey accessed with a QR Code.

Paired T-test used to evaluate difference in Likert scale questions (0-10) BEFORE and AFTER aromatherapy.



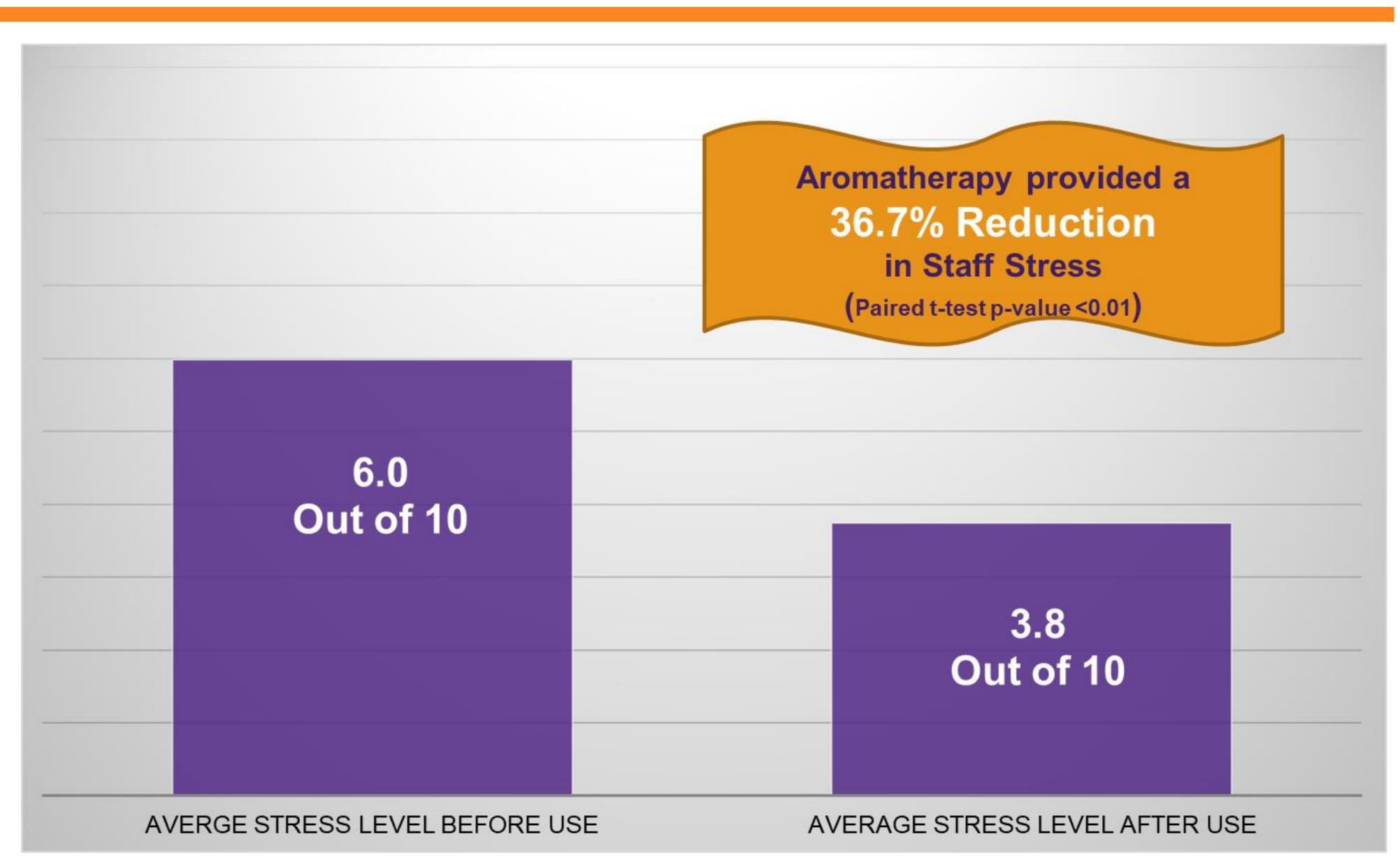


CODE PURPLE! THE USE OF AROMATHERAPY IN REDUCING NURSING STRESS IN AN URBAN-**BASED, SAFETY NET COUNTY HOSPITAL**

Results

Sample of the study was 319 total participants.

- The use of aromatherapy provided a significant reduction (36.7%) in stress selfreported by staff.
- 83.7% of staff surveyed had a **positive** experience using aromatherapy.
- 91.2% of staff surveyed would **recommend** aromatherapy for managing stress.
 - The most common stressors were compassion fatigue, violence, timepressures, exposure to infectious disease, needlestick injury, sleep deprivation, role ambiguity and conflict, understaffing, dealing with difficult or critically ill patients, or death.



- Largest reduction in stress levels seen in nurses with 3-6 years of experience at 49.2%.
- Lowest reduction in stress seen in nurses with over 20 years experience at 30.9%.
- Female nurses made up 91.2% of all participants.
- Nurses in their 30's had highest participation at 36.1% followed by nurses in their 20's at 30.7%.

Conclusions

The Parkland "Code Purple" aromatherapy project aimed to focus on nurses experiencing mental or emotional stressors. This intervention showed a 36.7% decrease in levels of stresses occurring in the work environment.





The authors are thankful to nurses who acted as research assistants and to West Coast University for their opportunity in funding this Hospital-University Collaboration Project.



Next Steps

 Recommendation to hospital leadership to implement aromatherapy opportunities for the reduction of staff stress into the entire health system workforce.

Maintain a data base tool to track the use of aromatherapy and associated stressors seen by staff.

Acknowledgement

