

# *Essential Oils & Aromatherapy: Utilization as a Self-Care Tool*

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- **An interactive review of the common uses of essential oils to use in the acute care setting for patients, family & staff.**
  1. Who we are and why we have information for you
  2. The pulse of healthcare and what is happening now in acute care setting across the country
  3. How the use of essential oils is changing healthcare and care of those who provide it.

## Who we are:

### George Cox:

NAHA Regional Director

Certification Instructor

Essential Oil Industry Leader in Healthcare

### Barb Picciano, MSN, HN-BC, RN:

Holistic Leader in Hospital Implementation

Certified Holistic Nurse and Clinical

Aromatherapist

Aromatherapy Instructor



# Healthcare settings and Essential Oils

The demand is coming from all sides.

- \* **Providers** required to provide all possible methods and meet budget
- \* **Patients** seeking natural, effective and economical resources for their needs
- \* **Insurance Companies** and government agencies catching up by offering reimbursement

# Our Timeline:

- From one hospital to >120
- Acute care and more
- Nursing Continuing Education

# Methods of Use in Acute Care Settings

Inhalers

Creams/Lotions

Neat/Undiluted

Individual Blends

# Diffusers- A Category of its own

Controversial issues in the healthcare setting

**Risks:** Wet vs Dry

Providers vs Patients

Dose vs Content

# Case Studies and Anecdotal Evidence

Patients Continue to use Aromatherapy long  
after hospital stays  
Staff

Research Opportunities



# Education and Credentials Count

Healthcare Settings Validate practice with credentials

New practice needs to be Evidence based and backed up with content experts

Questions

Thank You

