**Exploration of an Independent Nursing Intervention**

Essential oils (EO) have been long utilized as effective tools for physiologic and psychological patient ailments and for the promotion of wellbeing. Inhaled essential oil use has been beneficial in post-operative and acute care areas for treating nausea; benefits may be identified through use in the emergency department (ED) setting. Although nausea is a frequent complaint among ED patients, nursing interventions for nausea prevention or treatment are not commonplace. The purpose of this project was to explore the use of EO for nausea in the ED and gather the nursing perspective about the inhaled EO as an option for an independent nursing intervention for nausea. The concept for this project was developed through the ED shared governance committee and the ED leadership team with input from the ED medical director and pharmacy.

**Project Objectives**
- Explore the use of EO for nausea in the ED
- Gather the nursing perspective about the inhaled EO as an option for an independent nursing intervention for nausea
- Determine if EO availability is an option for implementation

**Methods**
- Soothing Scents brand essential oil blend selected for possible implementation in the Emergency Department setting
- Baseline data for arrival time to intervention for nausea was established through retrospective chart review ED records for patients with chief complaints of abdominal pain, nausea, or vomiting
- Implemented QueaseEASE inhaled EO in the ED in March 2018
- Administered EO to patients with chief complaints of abdominal pain, nausea, or vomiting
- Retrospective chart review was completed following the trial period to identify the effect on arrival time to intervention with EO
- Post-implementation survey was distributed among ED nurses to explore their perspective about the value of EO as an option

**Results**
- Baseline data suggested that the median time from arrival to antiemetic administration was 43 minutes (n=100)
- 50% of patients (n=52) to whom QueaseEASE was provided demonstrated improvement of symptoms
- The median time from arrival to EO intervention was 17 minutes (n=52)
- Survey of ED nurses (n=16) demonstrated the following results:
  - 63% see value in having QueaseEASE available as a resource for treatment of nausea
  - 75% indicated they found it beneficial to have an immediate resource available to promote a positive patient experience

**Implications for Nursing Practice**

There is potential for improvement of nursing care efforts to alleviate discomfort quickly; this can make a great impact on the overall experience of the patient. Further research regarding not only essential oil effectiveness but also on the experience of the patient could be beneficial. Further research about essential oil use may have a positive impact on ED patient care including exploration of cost reduction associated with anti-emetic use, ED throughput with a rapid nurse-driven intervention, and an improved patient experience. Mercy ED is planning to discuss full implementation, intradepartmental sharing, and possible research on this subject matter in the future. The use of EO as an independent nursing intervention could be duplicated and spread to other EDs locally and nationally.

**References**


