

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



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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

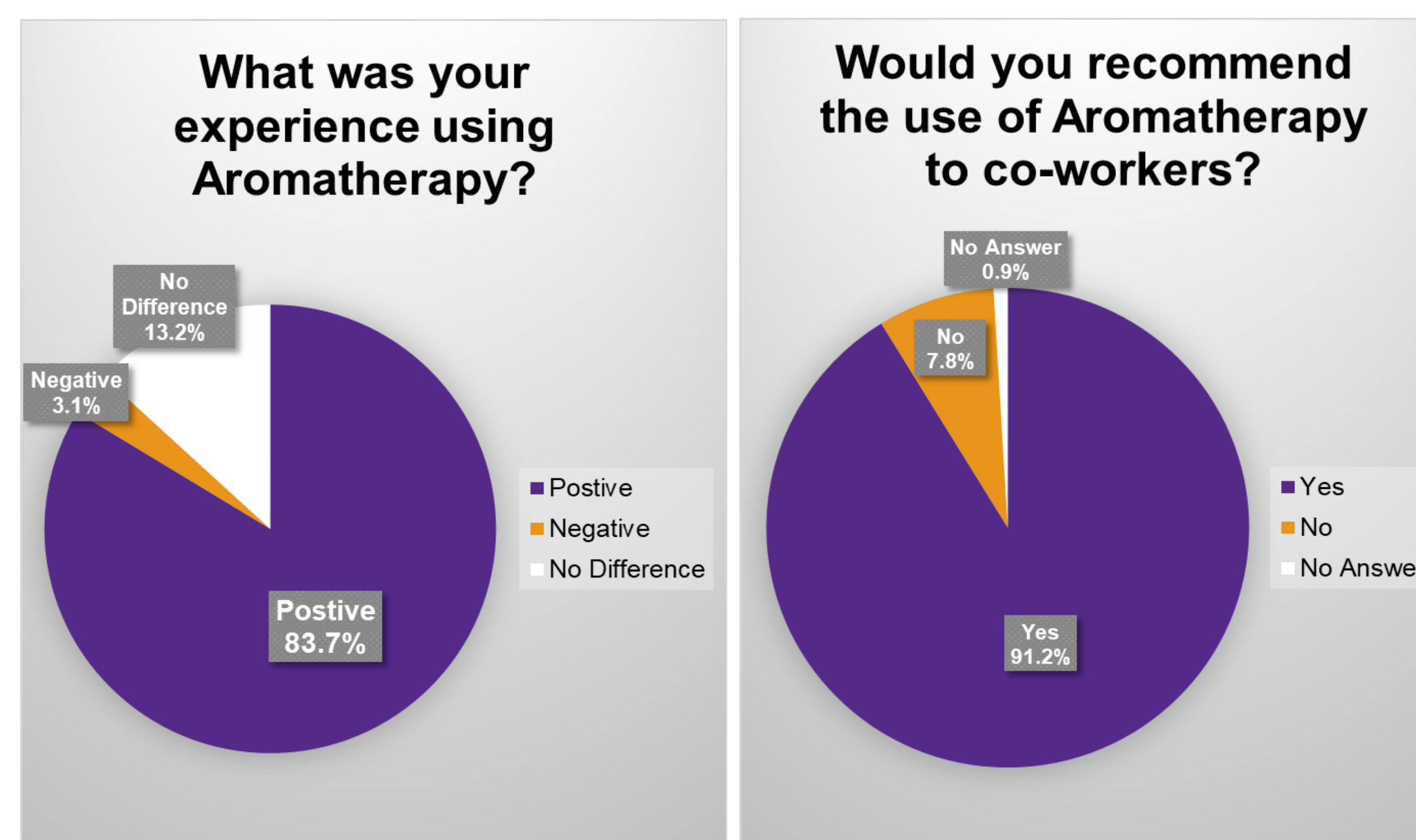
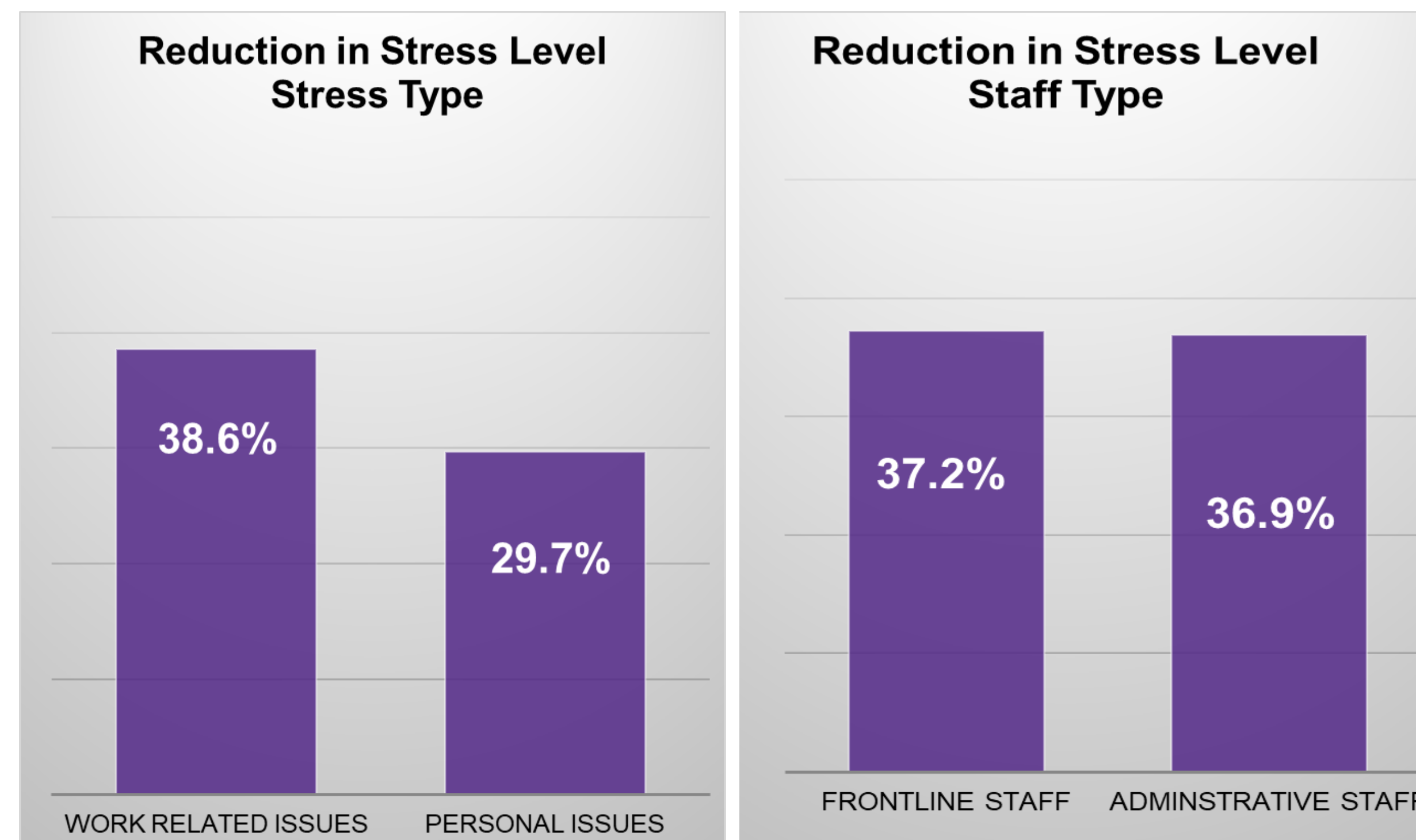
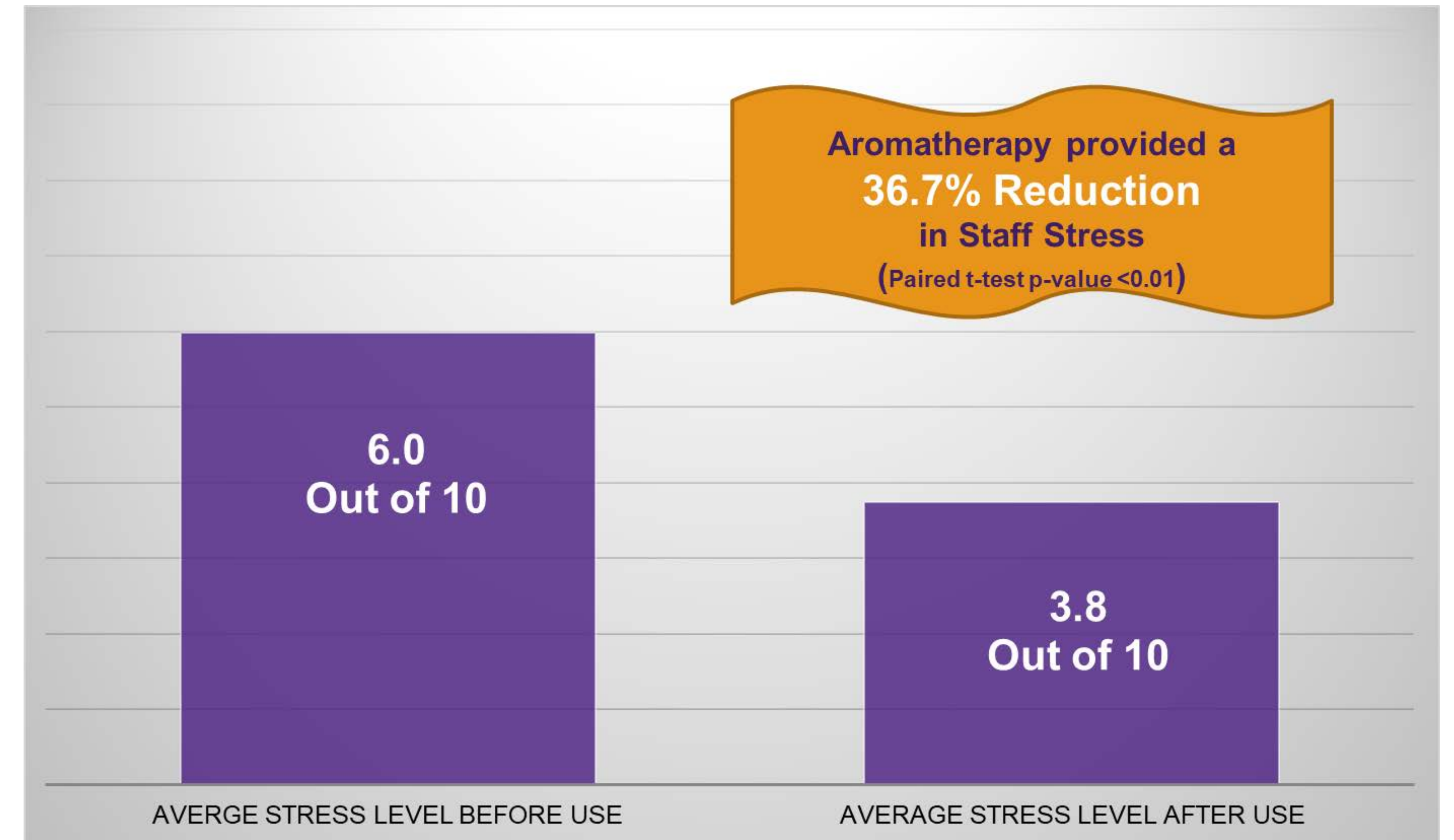
The quasi experimental, self-controlled study was conducted on nursing staff in all hospital settings to include front line staff and administration. The data was collected through a personal information survey accessed with a QR Code.

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

Results

Sample of the study was 319 total participants.

- The use of aromatherapy provided a significant reduction (36.7%) in stress self-reported 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, time-pressures, 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.

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.

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