

The importance of Aromatherapy in End-of-Life care

Dying Matters Week 5 – 11 August 2024



Carol Rose

Clinical Aromatherapist, Educator & Author

BSc (HONS) Palliative Nursing, RGN, Dip Aroma, RMT

North Haven Hospice, Whangarei, NZ



Welcome! I'm Carol Rose

Professionally, I'm a **Specialist Palliative Care Nurse**

Clinical Aromatherapist

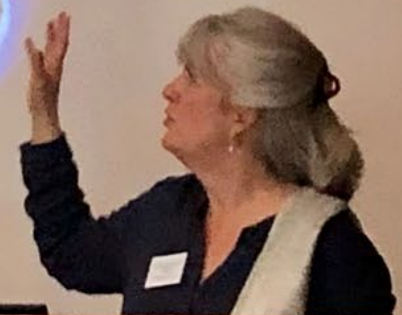
Aromatherapy Educator

Author of the textbook

'Integrating Clinical Aromatherapy in Palliative Care'

WK (2019)

'Healing touch'
Michele Angelo Petrone



Overview

- **Aromatherapy in Palliative Care**
- **‘Tools of the trade’**
 - Essential oils
 - Common extraction processes
 - Therapeutic properties
- **Aromatherapy approaches**
 - Clinical aromatherapy
 - Holistic aromatherapy
- **Working alongside a patient / whanau / caregiver**
- **Experience ‘how an oil can make you feel’**



Aromatherapy in Palliative Care

- **Complementary Therapies in Cancer Care**
(Kohn 1999)
- **Aromatherapy, massage and reflexology**
 - Touch
 - Time
 - An opportunity to talk
- **Guidelines for clinical practice**
 - National Guidelines for the use of Complementary Therapies in Supportive and Palliative Care
(Tavares 2003)
 - Integrating Clinical Aromatherapy in Specialist Palliative Care (Tavares 2011)



'The Healing Touch'
Michele Angelo Petrone (2003)

Aromatherapy in Palliative Care

- **Recent evidence-based studies**
 - Armstrong et al (2019a)
 - Armstrong et al (2019b)
 - Candy et al (2020)
- **Emphasis on personal autonomy and self-worth**
- **Complementary therapy environment**
- **Client-therapist relationship**
 - focus on the present moment
 - relief of anxiety regarding disease, situation, future
- **Enhanced psychosocial, spiritual and physical well-being beyond the complementary therapy session**



'The Healing Touch'
Michele Angelo Petrone (2003)

'Tools of the trade'

- **Essential oils**

- originate from single plant sources
- are a volatile material comprised of natural, complex and concentrated chemical compounds
- common extraction processes include:
steam distillation, cold expression (citrus fruits)

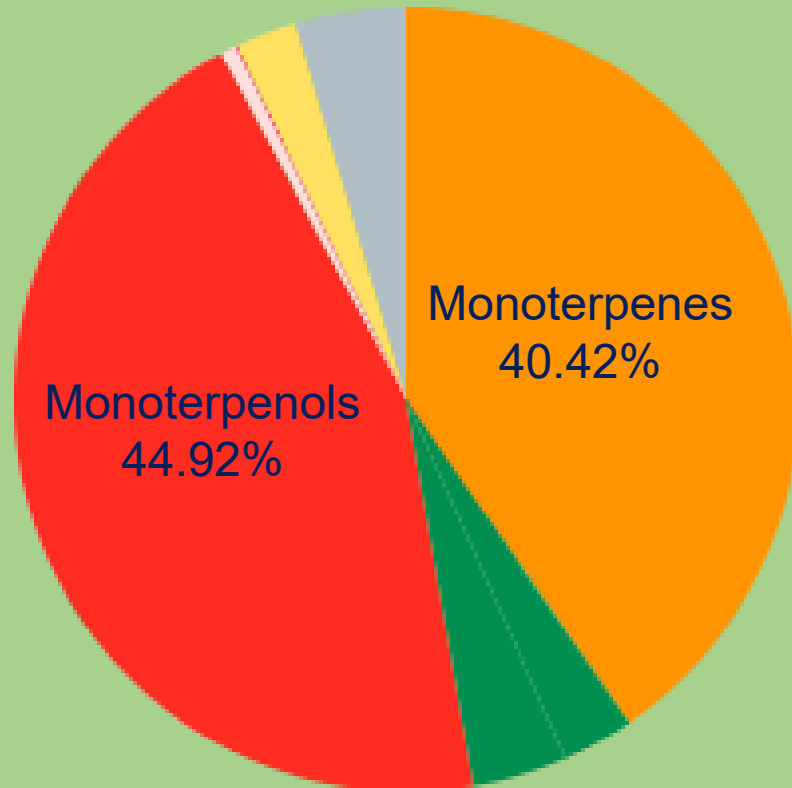


Essential oil volatile compounds

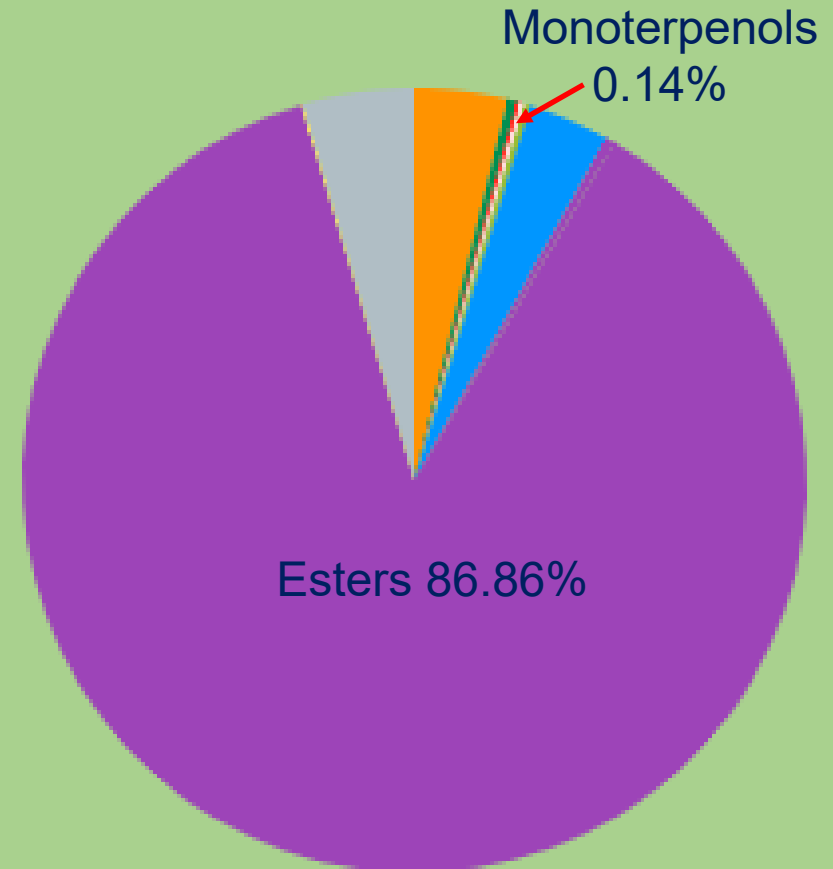
- **Hydrocarbons (terpene derived)**
 - monoterpenes
 - sesquiterpenes
 - diterpenes
- **Oxygenated compounds**
 - alcohols
 - oxides
 - aldehydes
 - ketones
 - esters
 - phenols



Essential oil chemistry



Melaleuca alternifolia
(tea tree)



Anthemis nobilis
(roman chamomile)

Reproduced with kind permission from
DROPSMART

Clinical Aromatherapy

- **Qualified Aromatherapist**
 - advanced level training
- **Formulate using essential oil chemistry**
- **Management of specific symptoms, including**
 - anxiety, nervousness, fear, depression
 - insomnia
 - fatigue
 - nausea and vomiting
 - constipation
 - pruritus (itch)
 - xerostomia (dry mouth)
 - breathlessness



Holistic aromatherapy

- **Skin absorption**
- **Aromatic inhalation**



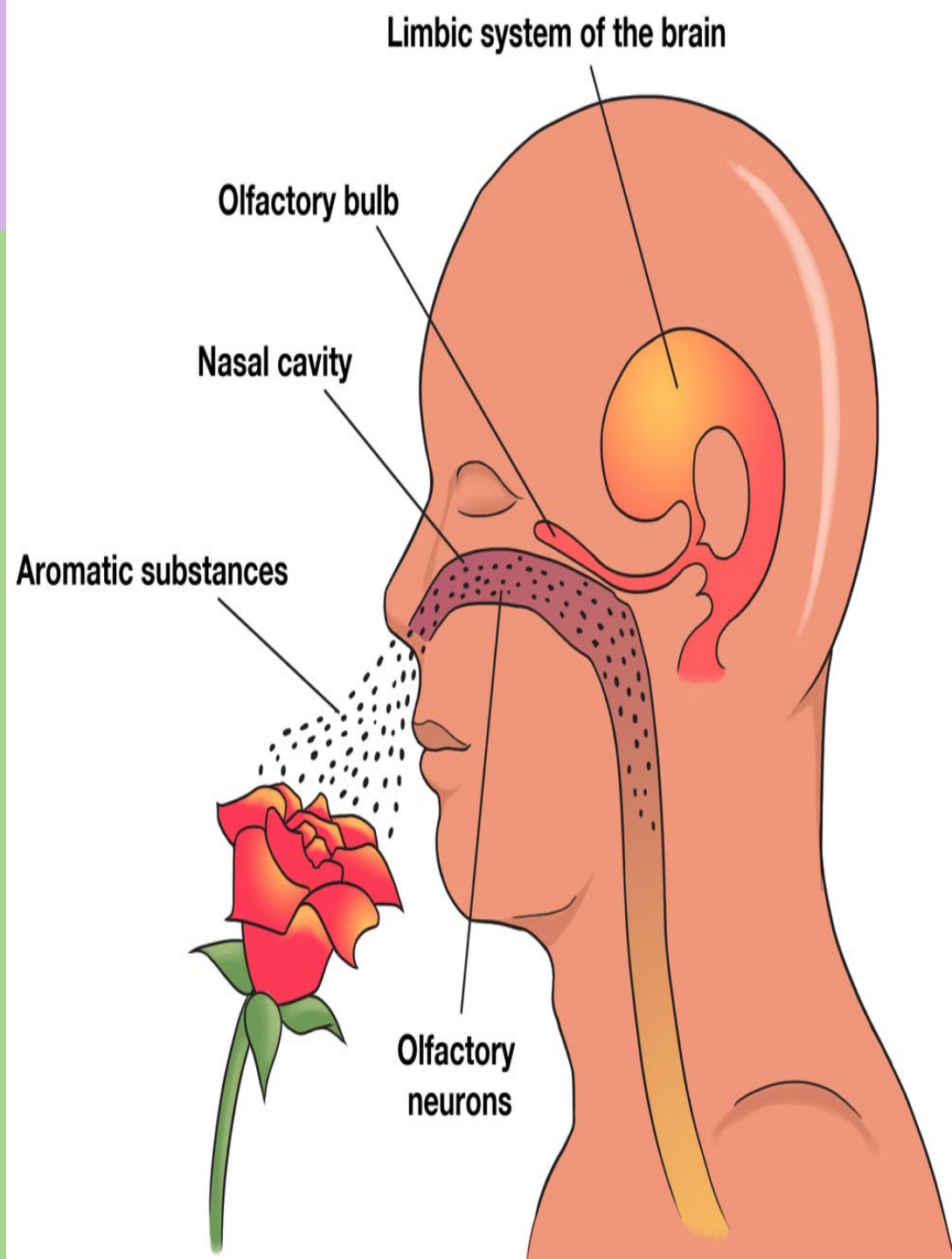
Skin absorption

- **Essential oils**
 - fresh and well stored
 - minimise degradation by heat, light and oxygen
 - dilution in a fixed oil
 - low-level concentration 1% or less
- **Aromatherapy massage**
- **Aromatic bath**
- **Aromatic footbath**



Aromatic inhalation

- Utilises olfactory route (sense of smell)
- Aromatic molecules attach to olfactory receptors
- Information travels via olfactory nerve to limbic system
 - amygdala
 - hypothalamus
 - hippocampus
- Aromatic-anchoring



Aromatic inhalation


- Tissue
- Cold-air diffusion
- Personalised aromatherapy inhaler stick
- Shower



Working alongside the patient, whanau and caregiver

- **Holistic care model**
 - physical, emotional, spiritual and social dimensions
- **Identify the individual's priorities of concern**
- **Select a small range of oils known to assist the specific issues**
- **Invite the person to choose 2-3 oils from the selected range**



A hand is shown from the bottom right, holding three smooth, light-colored stones stacked vertically. The top stone is labeled 'Spirit', the middle stone is labeled 'Body', and the bottom stone is labeled 'Mind'. The background is a soft, out-of-focus bokeh of light and green.

Spirit

Body

Mind

Ask yourself.....

How do I want to feel?

'Sleep-easy'

- *Lavandula angustifolia*
(lavender true)
- *Pelargonium graveolens*
(geranium)
- *Origanum majorana*
(sweet marjoram)



'Refresh'

- *Citrus limon*
(lemon)
- *Citrus bergamia*
(bergamot)
- *Agonis fragrans*
(fragonia)





Ask yourself.....

What is happening within my body?

Where are my thoughts leading me?

How does this make me feel?

Carol Rose

Clinical Aromatherapist, Educator, Author
BSc (HONS) Palliative Nursing, RGN, Dip Aroma

Email: carol@thearomary.co.nz



Carol at The Aromary

Website: www.thearomary.co.nz

CAROL ROSE

Foreword by Rhiannon Lewis

Integrating Clinical Aromatherapy *in* Palliative Care

SINGING
DRAGON

