

## Aromatherapy: Use of Essential Oils to Decrease Pain, Anxiety, and Nausea in Acute Care

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### Phase 1:

1. "Choose your scent"
2. Hamilton, W., Bradley, D., Backus, C., Zenteno, J., Block, W., Landt, C., Demotica, R., Samorn, A., & Dickinson, C. (2022). Aromatherapy: Use of Essential Oils to Decrease Pain, Anxiety, and Nausea In Acute Care. *Medsurg Nursing*. 31(2), 110-113. <https://www.proquest.com/scholarly-journals/aromatherapy-use-essential-oils-decrease-pain/docview/2648610282/se-2>
3. Which scents of essential oils were used in this study?
  - a. lavender, sage, orange, mint, tea tree
  - b. lavender, mandarin, spearmint, and Quease
  - c. peppermint, eucalyptus, lavender, Chamomile
  - d. eucalyptus, tea tree, cedar, and lemon grass
4. \*answer\* → "The education consisted of the types of essential oil products (lavender, mandarin, spearmint, and quease (EASE)." Pg 2 paragraph 6