Examining the Evidence of Aromatherapy Practice in Nursing and its Most Prevalent Applications

Article by: Valerie Cooksley, RN, OCN, FAAIM, CERT
CNE by: Elizabeth Pasquariello, MSN/ED, RN, HN-BC, RYT; Darcy Nelson, PhD, RN; Cynthia Burke, MSN, RN, AGCNS- BC, HN- BC; Maria Perez, PhD, RNC-OB, LHRM, MSN-RNC-OB, LHRM

Overview
The purpose of this article is to review the controlled and skilled practice of aromatherapy in nursing, with a focus on application of the therapy for particular conditions.

Learning Outcomes:
Following this education activity, the participant will be able to:
1. Define aromatherapy.
2. Discuss the history of the use of the therapeutic use of aromatherapy in nursing.
3. Review the evidence base of the therapeutic use of aromatherapy for particular conditions, symptoms, and/or wellbeing.
4. Acknowledge the value of high quality, evidence-based, clinical-focused, and expert-mentored aromatherapy certification programs for holistic nurses.

Contact Hour(s): 1.4

Requirements for Successful Completion
Requirements for successful completion includes: read the entire article, score 70% or better on the posttest, complete the online evaluation form.

Conflict of Interest
The planners and faculty have declared no conflicts of interest related to this activity.

Commercial Support
There is no commercial support or sponsorship for this activity

Expiration Date of Contact Hours
Posttest must be completed on or before July 31, 2022

Beginnings, AHNA Member Magazine, August 2020 Issue

This nursing continuing professional development activity was provided by the American Holistic Nurses Association (AHNA), an accredited provider by the American Nurses Credentialing Center’s Commission on Accreditation.

Provider approved by the California Board of Registered Nursing, Provider #10442

Accredited status does not imply endorsement of any product/service by AHNA or ANCC.

AHNA’s CNE activities do not include any unannounced information about off-label use of a product for a purpose other than that for which it was approved by the Federal Drug Administration (FDA)