Effects of Citrus Bergamia and Angelica Archangelica on Anxiety related to Venipuncture and Mediport Access
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Problem: Some people suffer from anxiety related to having an intravenous (IV) line initiated or their mediport accessed.

Evidence: Research has shown the use of clinical aromatherapy has helped alleviate symptoms of anxiety.

Strategy: The purpose of this study was to evaluate the effect of Citrus Bergamia and Angelica Archangelica on patients’ anxiety prior to having an intravenous line (IV) inserted or a mediport (central line that is accessed with a needle) accessed.

Participants included a convenience sample of eight (n = 8) adults in an out-patient transfusion/infusion unit at a North Texas hospital. Participants who voiced anxiety or were observed to be anxious by the clinician prior to IV or mediport access were asked to inhale an equal blend of the essential oils for 15 minutes.

Practice Change: Clinical Aromatherapy policy implemented in facility. Certified Clinical Aromatherapy Practitioner's (CCAP) available for patient consults initiated by bedside staff member.

Evaluation: Participants rated their anxiety level on a scale of 1-10 (1 =least anxiety, 10 =worst anxiety) before and after inhaling the essential oils and also after the needle stick. Patient’s vital signs were also taken each time they rated their anxiety.

Results: Findings showed seven of the eight participants (87.5%) reported a reduction in anxiety after inhalation of essential oils. Results also showed the aromatherapy treatment was effective in decreasing anxiety. Decreased blood pressure and pulse rates reinforced participants’ decreased anxiety ratings.

Recommendations: The investigator plans to continue this study and enroll more participants within the next year.

Lessons Learned: Make instructions simple for participants so as not to add to their anxiety. Engage staff and management for support to increase your buy in for implementation. Don’t be afraid of failure. Failures will be an invaluable learning tool.

Bibliography:

3. Torri, S., Fukuda, H., Kanemoto, H., et. al. (6/23/08) “Contingent negative variation (CNV) and the psychological effects of odour”.


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