



**Service Priorities and Programmes**  
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**CQI on Relieving Post-operative Nausea & Vomiting by Aromatherapy (Inhalation)**

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Clinical application of Aromatherapy

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**Introduction**

Post-operative nausea and vomiting is one of the most common complications of surgery and anesthesia. Since September 2017, the Gynaecology ward has used Aromatherapy as a complementary care for relieving post-operative nausea and vomiting of patients.

**Objectives**

1. To minimize nausea and vomiting with the use of inhalation aromatherapy for post-operative Gynaecology patients
2. To promote comfort and satisfaction of post-operative Gynaecology patients

**Methodology**

Based on the selection criteria, Aromatherapy was introduced to eligible post-operative patients. Before administration, vital signs and level of nausea and vomiting of eligible patients were assessed with the use of MEWS and Baxter Animated Retching Faces (BARF) Scale. After assessment, 2-3 drops of essential oil (Ginger or Lemon) was dropped on a piece of gauze which was clipped on the patient's gown. Repeated assessment on the level of nausea and vomiting was performed at 5, 30, 60, 120 minutes and at termination of therapy. Before discharge, patients' satisfaction on Aromatherapy was collected with the use of self-developed questionnaire.

**Result**

The evaluation was conducted from September to December 2017. The result was generated based on the data collected from 18 eligible patients who had used Aromatherapy post-operatively. The mean age of the patients was 53 years. All the patients had undergone operation for more than one hour and received some form of opioid during and after operation. Nearly 40% of patients had reported 2- 6 nausea score before Aromatherapy. Among these 40% patients, all of them reported decrease of nausea score ranging from 2-4 after Aromatherapy. These patients had reported vomit once after Aromatherapy and one patient had requested for antiemetic. The remaining 60% of patients had nausea score 0 before and after Aromatherapy and 20% of them reported vomit for once after Aromatherapy. Patient satisfaction towards

Aromatherapy for relieving post-operative nausea and vomiting was collected before discharge with the self-developed questionnaire. Only one patient had experience of using aromatherapy before. Among 18 patients, 94% of them agreed that sufficient information had received before Aromatherapy and they were satisfied with the Aromatherapy. Around 85% of patients agreed Aromatherapy was an effective method helping them to relieve their symptoms of nausea and they would recommend Aromatherapy to others who undergone similar operation. One patient expressed Aromatherapy not only relieved her symptoms but also reduced her pain. Though the sample size is relatively small, the result demonstrated Aromatherapy has some effects on relieving post-operative nausea and vomiting as well as pain for patients who had undergone Gynaecology operation. This manifested that Aromatherapy is an effective method which widely accepted by patients. In conclusion, Aromatherapy can also be promoted to different aspects such as pain relief, palliative and end-of-life care.