

## Optimising quality of life in palliative care: The potential of Aromatherapy

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The Aromary, Kerikeri  
&



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### “Reflections”

- What are essential oils?
- Traditional applications
- Holistic Aromatherapy



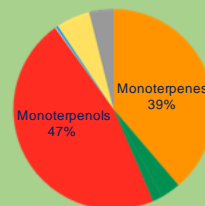
### “Predictions”

- Clinical Aromatherapy
- Supportive approaches to symptom management

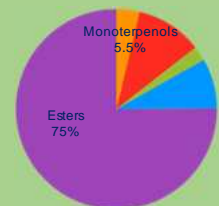


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### Essential oil chemistry

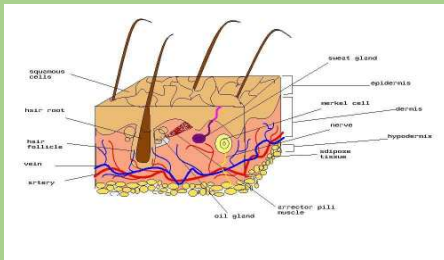


Tea Tree  
*Melaleuca alternifolia*

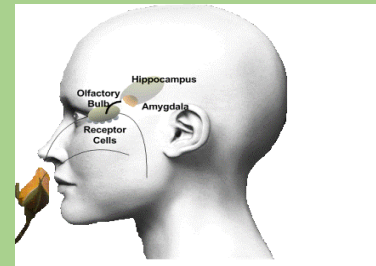


Roman chamomile  
*Anthemis nobilis*

### Dermal absorption



### Inhalation



### Holistic Aromatherapy

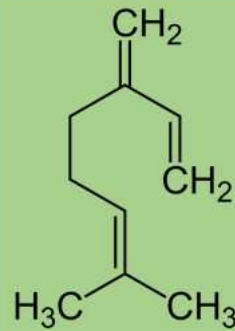


Aromatherapy  
massage

Aromatic  
inhalation

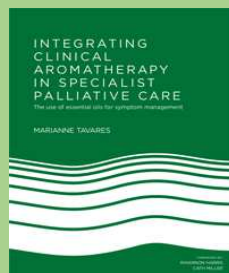


### Clinical Aromatherapy



### Integrating Clinical Aromatherapy in Specialist Palliative Care Marianne Tavares (2011)

- Wound care
- Skin care
- Mouth care
- Spiritual distress
- Nausea & vomiting
- Dyspnoea
- Pain
- Fatigue



### Spiritual distress

Psychological manifestations

- Fear
- Insecurity
- Nervousness
- Anxiety
- Depression
- Panic attacks
- Fear of the unknown



### Aromastick

- Portable & simple to use
- Speed of action
- Cost effective
- Personalised
- Compliance increased
- Aromatic anchoring
- Other symptoms



### Aromapatch



### Rollerball



### Clinical Aromatherapy offers:

- Supportive approaches to symptom management within Palliative Care
- Range of essential oils, hydrosols & botanical products
- Variety of aromatic applications
- Utilised with patients, family & carers
- From diagnosis to bereavement



The Aromary

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