

MADIGAN STUDY

A Prospective, Randomized Study of the Effectiveness of Aromatherapy
for Relief of Postoperative Nausea and Vomiting

Hodge, N., Pierce, R., McCarthy, M., Feider, L., Center for Nursing
Science & Clinical Inquiry, and
Sumner, C., Medical-Surgical Nursing Unit
Madigan Healthcare System, Tacoma, WA 98431

[Back to Main Menu](#)

- Background
 - Postoperative nausea and vomiting (PONV) is the number one concern for patients having surgery under general anesthesia; it causes subjective distress, along with increased complications and delays in hospital discharge. Aromatherapy represents an alternative and complementary therapy for management of PONV.
- Purpose
 - To study the effectiveness of aromatherapy for PONV in postoperative patients admitted to the surgical unit for at least 24 hours.
- Methods
 - A prospective, randomized two group design with the treatment group receiving an aromatic inhaler (QueaseEASE®) and the control group receiving a placebo inhaler. Patients were recruited from the Surgical Services Center, enrolled 1-5 days prior to surgery, and received the study intervention with the first complaint of nausea. The self-administered inhaler was used as an immediate treatment for nausea. Patients completed two Likert-type scales rating nausea at baseline and after 3 minutes, and questionnaires addressing satisfaction with nausea treatment and perceived effectiveness of aromatherapy.

- Results
 - Of 339 enrolled patients, 121 patients experienced PONV; 25 patients were lost to attrition. A change score was computed for the initial and follow-up nausea assessment scores. Nausea scores in both the treatment group and the placebo group decreased significantly, $p < .01$ and $p < .01$ respectively, and there was a significant difference between the two groups, $p = .03$. Satisfaction with overall management of PONV was high regardless of group. Perceived effectiveness of aromatherapy was significantly higher in the treatment group, $p = .02$.
 - Implications: Aromatherapy was favorably received by most patients and represents an effective treatment option for post-op nausea.
- The views expressed are those of the authors and do not reflect the official policy of the Department of the Army, the Department of Defense or the U.S. Government.
- Madigan Army Medical Center
- Bldg 9040 Jackson Avenue Tacoma, WA 98431
- (253) 968-1110
- DSN: 782-1110



Center for Nursing Science and Clinical Inquiry

Madigan Healthcare System, Tacoma, WA 98431-1100

Madigan Healthcare System has adopted the use of a natural aromatherapy inhaler, QueaseEase[®], to alleviate post-operative nausea and vomiting (PONV), the number one concern for patients having surgery under general anesthesia. QueaseEase[®], an alternative and complementary therapy derived from plant based essential oils, is now stocked in unit supply systems and widely used throughout the facility. In a prospective, randomized, placebo-controlled clinical trial of 339 enrolled patients, 121 experienced PONV. Madigan surgical patients using the aromatic inhaler at the first complaint of nausea perceived the treatment as highly effective, with a significant difference between the treatment group and control ($p=.02$).

To use QueaseEase[®], the patient removes the cap and takes a few deep breaths of the aroma. In addition to its administration for post-surgical nausea, QueaseEase[®] has been used effectively for nausea caused by chemotherapy, motion and morning sickness.

POC: Center for Nursing Science & Clinical Inquiry, MHS, 253.968.2289

[Back to Main Menu](#)