



# Use of lavender and mandarin essential oils to decrease anxiety in the psychiatric population by nurse driven groups

Sue Morin<sup>1</sup>, Gloria Fortune<sup>2</sup>, Kathy Jochen<sup>3</sup>, Amy Dittler<sup>4</sup>, Maureen Cataldo<sup>5</sup> and Pasqua Spinelli<sup>6</sup>

Mather Hospital, USA

## Abstract

The aim of this evidenced based transformational leadership project was to evaluate the effectiveness of Lavender and Mandarin Essential Oils in decreasing anxiety in the Adolescent/Adult Psychiatric Outpatient Program and Eating Disorders Program.

**Method:** Retrospective chart review approach was the method used for data collection. The uses of Lavender and Mandarin essential oils were taught to patients during medication education group as a means to decrease anxiety with current anxiety level before and after group. Monitoring of patient data record.

**Results:** In 2018, the overall score for Partial Hospitalization in reducing anxiety in our Nurse Driven groups was 83%. The total number of participants for the study was 680 patients.

**Conclusions:** The use of Lavender and Mandarin essential oils showed it statistically decreased anxiety dramatically in the psychiatric population.

**Keywords:** Anxiety, Aromatherapy, Lavender, Mandarin, Nurse-Driven Groups.

## Biography:

Dr. Pasqua Spinelli PhD, PMHNP-BC is a Board Certified Psychiatric Nurse Practitioner. She has completed her PhD from