

ESSENTIAL OILS

General Scope: Procedure for use of essential oils

Applies to: All Transport Medical Staff

Guideline:

1. Determine eligibility for use of essential oil and select the appropriate oil.
 - a. **Black Pepper** – May help with anxiety, depression, nausea and fatigue; may assist with reduction of cigarette cravings and support smoking cessation.
 - b. **Calming** - May help with anxiety, promote sleep and reduce headaches.
 - c. **Ginger** - May help with nausea and pain.
 - d. **Lemon** - May help to stimulate the immune system, support the digestive system and reduce episodes of diarrhea caused by nervousness; uplifting.
 - e. **Mandarin** - May help with nausea, insomnia, nervous tension, restlessness and digestion.
 - f. **Soothing Relief** - May help with anxiety, nausea and pain.
2. Place one to two drops of one or more oils on a cotton ball and tape (with Micropore [paper] tape) to patient’s clothing or skin in the smell zone (upper chest/shoulder area).
 - a. The side of the cotton ball with oil should be placed TOWARD the tape so the oil can be inhaled through the tape.
3. For **Soothing Relief** only, three to five drops of the essential oil may be rubbed into intact skin when experiencing muscle ache type pain.
4. Cautions/Contraindications
 - a. Essential oils are not recommended for use in the 1st and 2nd trimesters of pregnancy
 - b. Essential oils are not recommended for use on children under eight years of age
5. Documentation
 - a. Document usage in TabletPCR as an intervention.

Essential Oil Quick Reference		
Nausea	Pain	Anxiety
Black Pepper	Ginger	Black Pepper
Ginger	Soothing Relief	Calming
Mandarin		Lemon
Soothing Relief		Mandarin
		Soothing Relief