



Data based on a recent webinar titled:

*A Multi-Modal Approach on the use of Clinical Aromatherapy*

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### 3 Clinical Studies Using Elequil Aromatabs® were Conducted at an Urban-Based, Safety-Net Community Hospital Focused on a Multi-Modal Approach using Clinical Aromatherapy for Staff Wellness and Patient Care Outcomes<sup>1</sup>:

#### Code Purple

The Parkland "Code Purple" aromatherapy study aims to focus on nurses experiencing mental or emotional stressors.

#### Pain & Anxiety

The purpose of this study was to evaluate the effectiveness of aromatherapy as an alternative and/or complement treatment for pain and anxiety in the acute care setting at Parkland Health and Hospital System.

#### Nausea & Vomiting

The purpose of this study was to assess the effectiveness of aromatherapy as an alternative and/or complement treatment in the hospital and ambulatory procedural setting.

#### Elequil Aromatabs® Aromatherapy Proven to Help Patients and Staff

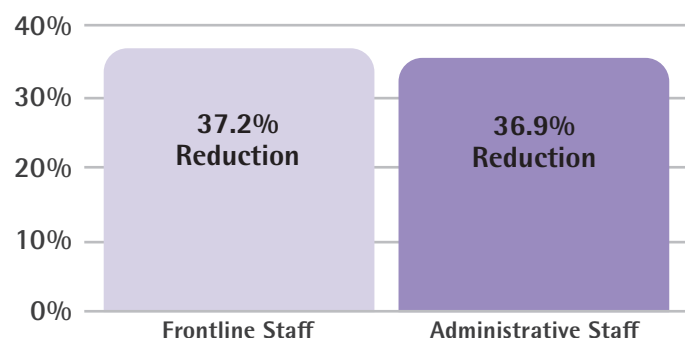
Elequil Aromatabs® is a non-pharmacological alternative that can benefit the well-being of the workforce and patient populations in the inpatient and outpatient settings. It is a cost-saving, cost effective, and proven best-practice nursing intervention tool to help with managing symptoms.

#### Code Purple:

##### Elequil Aromatabs® Aromatherapy Proven to Help Staff Stress

- 38.6% reduction in work-related stress
- 91% of staff recommend aromatherapy to coworkers for managing stress
- 84% of staff have positive experience using aromatherapy

#### Reduction In Staff Stress



#### Reduced Staff Stress Increases Quality of Patient Care

The use of Elequil Aromatabs® aromatherapy reduced frontline staff stress by 37.2%, and administration stress levels by 36.9%. A motivation for self-care can increase the likeliness of staff retention and happier staff. Increase self-care for healthcare providers, and create an improved patient experience.

*Continued...*



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## Pain and Anxiety:

### Outcomes Based on JD Buchert's Clinical Studies<sup>1</sup> Using Elequil Aromatabs®:

- 90% of patients stated that aromatherapy made them feel better
- 86% of patients stated aromatherapy helped them relax
- 80% of patients stated aromatherapy helped their pain
- 37% of patients reported reduction in pain scores

### Reduce Opioid Use and Pain Scores

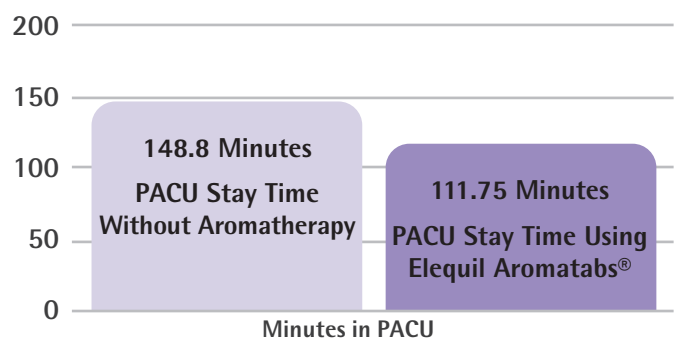
When combined with Elequil Aromatabs®, patient's first day pain scores were 33% lower than with opioids alone. 12 hours after discharge, patients that continued using Elequil Aromatabs®, reported pain scores lower than the controlled group.

## Nausea and Vomiting:

### Save \$3,000 Per Patient with Reduced Recovery Time

A 37.05 minute reduction in PACU recovery time was achieved using Elequil Aromatabs®. The hospital-reported PACU cost of \$85/minute savings per patient is over \$3,000.

### Reduction In PACU Stay Time (minutes)



### Adjunct Therapy with Antiemetics Usage

The use of Elequil Aromatabs® can be used as an adjunct therapy to antiemetics who underwent monitored anesthesia with positive results to reduce queasiness.

To access webinar directly go to [www.the-clinx.com/clinicalaromatherapy](http://www.the-clinx.com/clinicalaromatherapy)

Scan here to request the Complimentary 1.0 CEU or 1.5 ASRT CE Recorded Webinar or to learn more about Elequil Aromatabs®

To purchase Elequil Aromatabs® aromatherapy for continued use at home, visit [elequil.com](http://elequil.com).



<sup>1</sup> Buchert, JD. (2023, October 24). A Multi-Modal Approach on the use of Aromatherapy. Parkland Health.