### Aromatherapy Methods

#### Fan Diffuser Method
- Use undiluted oils
- Place 5-8 drops on cotton ball in sealed bag
- Place batteries into fan diffuser and position in patient room
- Change pad when "sticky" only; pads are single patient use
- Follow facility specific instructions for signing out and cleaning diffusers

#### Cotton Ball Method
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- Replenish with diluted oils PRN, at least every 24 hours
- Preferred method to encourage patient participation

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### Ginger
- Constipation
- Nausea
- Pain
- Digestion issues
- Muscle aches/pains

### Essential Oils
- Lavender
  - Anxiety/agitation
  - Pain
  - Insomnia
  - Depression or sadness

### Peppermint
- Belching/bloating/gas
- Inflammation
- Neuralgia
- See contraindications
  - Only available as diluted oil

### Eucalyptus
- Bronchitis
- Odors
- Viruses
- Respiratory Symptoms r/t flu (with lavender)

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