

Healing Aromas: Enhancing the Surgical Experience Through Scent

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Introduction

Aromatherapy is widely used in perioperative settings to reduce anxiety and nausea.

Adhesive patches often detach or are discarded prematurely, costing \$2.80 each, leading to waste and increased expense.

Method

- Replaced adhesive patches with branded inhaler.
- Hospital branding added.
- Duration of use: 3-6 months.
- Cost per unit: \$1.00 vs \$2.80.
- Implemented in pre-op & PACU holding area.

Feature	Adhesive Patch	Branded Inhaler
		
Cost Per Unit	\$2.80	\$1.10
Duration of Use	Single Use	3-6 Months
Sustainability	High Waste	✓ Reusable
Hospital Branded	No	Yes.

Conclusions

- Branded aromatherapy inhalers improved patient outcomes.
- Significantly reduced waste and costs.
- Effective branding tool beyond the perioperative area.

Future Directions

- Expand use to other perioperative areas.
- Evaluate long-term patient satisfaction.
- Explore additional complementary care options.

- **Cost Savings:** 60% reduction in aromatherapy supply costs.
- **Patient Satisfaction:** 95% preferred inhalers and appreciated taking them home.
- **Sustainability:** Reduced waste and improved continuity of care.
- **Staff Feedback:** Easier application and fewer disruptions.