Guided Imagery and Aromatherapy Pilot Program: Results with Inpatients at Norris Cancer Center
Methodology

• Participants were English and Spanish speaking patients on the hematology and oncology units, excluding the ICU.

• For Guided Imagery (GI), a pre-recorded audio device with 5 recordings to select from was provided – Healthy Sleep, Ease Pain, Chemotherapy, Relieve Stress or General Wellness in Spanish.

• With Aromatherapy, a choice of 4 essential oils were provided – Lavender, Bergamot, Peppermint, or Ginger.

• Nurses administered a pre and post questionnaire using a ten point numerical scale to assess severity of predetermined symptoms, with a score of 10 being the most severe.

• The post questionnaire portion was completed one hour after aromatherapy or following the GI recording.
Guided Imagery (N = 15)

Used in the Past = 13%
Very and Extremely Helpful = 60%
Will use in the future = 93%
Recommend to others = 87%
Aromatherapy (N = 38)

Therapeutic Scent: Average Scores

- Used in the Past = 39%
- Very and Extremely Helpful = 61%
- Use in the future = 89%
- Recommend to others = 92%