

Lavender essential oil fragrance therapeutic effect on anxiety of patients undergoing hemodialysis

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Abstract

Background: Anxiety is one of the most common mental disorders in hemodialysis patients is considered. All hemodialysis patients, hemodialysis in stages, a degree of anxiety they experience. Anxiety can increase disability and mortality should be. One of the ways to reduce anxiety aroma therapy. Therefore, this study was to determine the effect of lavender essential oil fragrance therapy on anxiety of patients undergoing hemodialysis was performed.

Methods: In this clinical trial, ۶۰ hemodialysis patients in two groups randomly (lavender essential oil and usual care) groups. Lavender essential oil in addition to standard care, inhaling essential oils facial tissues impregnated by a drop of oil for ۲۰-۱۰ minutes was performed. This method in the above three times a week for ۴ weeks was applied. Usual care group, routine care in hospital hemodialysis was performed. In both groups, obvious and hidden anxiety after hemodialysis in a pre-intervention and four stages, including during and after the first weekend, second, third and fourth with anxiety questionnaire and the size of the hidden Ashpyl Berger was measured and recorded.

Findings: The rate of anxiety and hidden at the end of the first week, second, third and fourth with lavender essential oil in the usual care group had a statistically significant difference ($P < 0.05$). Inhalation of lavender essential oil, overt or covert anxiety as significant compared to before the intervention has reduced ($P = 0.001$). Inhalation of lavender oil in significant differences in anxiety levels between the steps and hide after there was no interference with each other ($P < 0.05$).

Conclusion: Inhalation of lavender essential oil and covert anxiety levels have reduced in hemodialysis patients. So can the clinical status of the treatment by fragrance oils to be used to reduce anxiety.

Keywords: anxiety, hemodialysis, aroma therapy, volatile oils, lavender