

# Week 1 References and Resources



## Books

- Buckle, J. *Clinical Aromatherapy: Essential Oils in Healthcare, Third Edition*. (2015). Elsevier: St. Louis, MO.
- Tisserand, R. & Young, R. *Essential Oil Safety: A Guide for Health Care Professionals, Second Edition*. (2014). Elsevier: Edinburgh.

## Video: Dental Patient Case Study

Lehrner, J., Marwinski, G., Lehr, S., Johren, P., & Deecke, L. (2005). Ambient odors of orange and lavender reduce anxiety and improve mood in a dental office. *Physiology and Behavior*, 86(1–2), 92–95. <https://doi.org/10.1016/j.physbeh.2005.06.031>

Zabirunnisa, M., Gadagi, J. S., Gadde, P., Myla, N., Koneru, J., & Thatimatla, C. (2014). Dental patient anxiety: Possible deal with Lavender fragrance. *Journal of Research in Pharmacy Practice*, 3(3), 100-3.

## Video: Evidence Research Examples

Karadag, E. , Samancioglu, S. , Ozden, D. and Bakir, E. (2017). Effects of aromatherapy on sleep quality and anxiety of patients. *Nurs Crit Care*, 22: 105-112. doi:10.1111/nicc.12198

Watanabe, E., Kuchta, K., Kimura, M, Rauwald H. W., Kamei, T., & Imanishi, J. (2015). Effects of Bergamot (*Citrus bergamia* (Risso) Wright & Arn.) Essential oil aromatherapy on mood states, parasympathetic nervous system activity, and salivary cortisol levels in 41 healthy females. *Forsch Komplementmed* 2015;22:43-49. doi: 10.1159/000380989

Johnson, J., Rivard, R., Griffin, K., Kolste, A., Joswiak, D., Kinney, M., & Dusek, J. (2016). The effectiveness of nurse-delivered aromatherapy in an acute care setting. *Complementary Therapies in Medicine*, 25: 164-169. ISSN 0965-2299, <https://doi.org/10.1016/j.ctim.2016.03.006>.

## Video: Why Healthcare Includes Aromatherapy

Hunt, R., Dienemann, J., Norton, H.J., Hartley, W., Hudgens, A., Stern, T., & Divine, G. (2013, Sept). Aromatherapy as treatment for postoperative nausea: a randomized trial. *Anesthesia & Analgesia* 117(3):597-604. doi: 10.1213/ANE.0b013e31824a0b1c. Epub 2012 Mar 5.



Earl E. Bakken Center for  
**SPIRITUALITY & HEALING**  
UNIVERSITY OF MINNESOTA