

# Peer Review Project Criteria and Examples



## Overview

The peer-reviewed project for this course requires you to identify someone who has pain, anxiety, nausea, or fatigue and who might benefit from using essential oils as an adjunct for symptom management.

This project will develop your ability to:

- Describe the current and potential role of aromatherapy in health and healthcare.
- Identify safety and ethical issues and discuss their application in practice situations.
- Assess, administer, and evaluate the use of essential oils for management of pain, anxiety, nausea, and fatigue.
- Discuss evidence to support the clinical use of essential oils.

## What You Need to Do

There are five sections to the project. You can provide the information in each section as a narrative or as bullet points. Note that the examples feature an essential oil that is not included in the course to avoid limiting your ideas. **You must focus on an essential oil that was included in the course.**

### 1. Assess Your Patient or Client

- Give their age and sex.
- Identify their condition and/or symptoms.
- Describe why you think they are a good candidate for using aromatherapy as an adjunct for symptom management.
- Discuss how you would explore if they are interested in trying aromatherapy.
- Don't include details that could identify the person (name, personal relationship to you, etc.).

#### Narrative Example

I am a wellness coach working in the wellness department of a corporate organization. My client is a 42-year-old male. He is experiencing frequent bouts of anxiety related to an upcoming work presentation. He has never liked public speaking, and this project has caused so much stress that he hasn't been sleeping well and is gaining weight due to his stress eating.

My client doesn't want medications to "cloud his mind," and is looking for other options. For this reason, I think essential oils might be a good choice since some of them have therapeutic properties to help with feelings of anxiety and sleep. I would promote the non-pharmacological aspect of essential oils when assessing whether he is interested in trying aromatherapy.



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## Bullet Point Example

**Age:** 42

**Sex:** Male

**Relevant condition and/or symptoms:**

- Anxiety and stress related to an upcoming work presentation
- Weight gain due to stress eating

**Why they are a good candidate for using aromatherapy for symptom management:**

- Doesn't want medication to "cloud his mind"
- Has asked about other options

**How I would explore if they are interested in trying aromatherapy:**

- Introduce essential oils as a non-pharmacological option
- Explain the therapeutic properties that may help with feelings of anxiety and promote sleep
- Discuss different delivery methods and ask if they want to learn more

## 2. Select an essential oil, then identify its therapeutic properties and supporting evidence

- Pick **ONE** oil covered in class and identify it by its common and botanical name.
- Discuss expected therapeutic effects on patient/client symptoms.
- Summarize evidence provided in class that supports using the oil to manage patient/client symptoms.
- List references for the information you provide.

## Narrative Example

While assessing my client, I would offer him samples of different essential oils on a cotton ball to smell, all with therapeutic benefits related to his concerns. One example would be ylang ylang (*Cananga odorata*). Ylang ylang has sedative, hypotensive, and nervine therapeutic properties. There is clinical evidence that suggests ylang ylang increases calmness, which could help my client's anxiety, stress, and sleep issues.

### References

Battagilia, S. (2018). *The Complete Guide to Aromatherapy*, 3rd Ed., Vol. 1. Zillmere, Australia: Black Pepper Creative Pty Ltd.

M. Moss, S. Hewitt, L. Moss, and K. Wesnes. (2008). Modulation of cognitive performance and mood by aromas of peppermint and ylang-ylang. *International Journal of Neuroscience*, 118(1), 59-77.



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## Bullet Point Example

### Essential oil:

- Ylang ylang (*Cananga odorata*)

### Expected therapeutic effects

- Ylang ylang has sedative, hypotensive, and nervine therapeutic properties.

### Evidence summary:

- Clinical evidence suggests ylang ylang may increase calmness, which could help with anxiety, stress, and sleep issues.

### References

Battaglia, S. (2018). *The Complete Guide to Aromatherapy*, 3rd Ed., Vol. 1. Zillmere, Australia: Black Pepper Creative Pty Ltd.

M. Moss, S. Hewitt, L. Moss, and K. Wesnes. (2008). Modulation of cognitive performance and mood by aromas of peppermint and ylang-ylang. *International Journal of Neuroscience*, 118(1), 59-77.

## 3. Discuss delivery methods and identify safety considerations

- Compare and contrast two potential delivery methods you would suggest to the patient/client.
- Identify at least one potential risk and/or contraindication relevant to the patient/client.

## Narrative Example

I could discuss inhalation via aromastick and 2% topical massage as options. An advantage to using the aromastick is that it is convenient and portable; he can use it anywhere, anytime. The 2% topical massage might be a nice option to do at home in the evening, and could help him set a bedtime routine to further promote sleep.

Ylang ylang is non-toxic, non-irritating, and non-sensitizing. Some people may experience nausea or headache, especially with excessive use.



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## Bullet Point Example

### Two delivery methods:

- Inhalation via aromastick is convenient and portable; he can use it anywhere, anytime.
- 2% topical massage could help him set a bedtime routine to further promote sleep.

### Potential risks/contraindications:

- Ylang ylang is non-toxic, non-irritating, and non-sensitizing.
- Some people may experience nausea or headache, especially with excessive use.

## 4. Educate and evaluate

- Provide instructions for one delivery method and follow-up in patient-friendly language.

## Narrative Example

I would begin by showing my client how to prepare an aromastick, adding 15 drops of ylang ylang essential oil to the wick that was in the aromastick tube, and placing the cap on.

I would then describe how to inhale the essential oil and explain how it works:

When you open the aromastick and breathe in the ylang ylang, the light vapors raise and enter your nose. The chemical properties of ylang ylang have the potential of interacting with receptors in your brain that have to do with calming. To use, unscrew the aromastick cap and slowly wave the stick in front of your nose as you take slow, easy breaths. You can do this for a few breaths or many breaths, then replace the cover of the aromastick. You may repeat this several times an hour throughout the day. You may also want to try this method before bedtime to help you sleep.

If you notice that you get a headache or become nauseous, or notice anything else that is different, quit using the aromastick and call me. I'd like you to call me in a couple days to check in, or before that if you have any questions. Here are written instructions with the same information I just gave you. Now, I'd like you to demonstrate for me how you will use this.



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## Bullet Point Example

### Instructions for delivery:

- When inhaled, the chemical properties of ylang ylang can interact with receptors in your brain that have to do with calming.
- You can make an aromastick by adding 15 drops of ylang ylang essential oil to the wick in the aromastick tube, then place the cap on.
- To use, unscrew the aromastick cap and slowly wave the stick in front of your nose as you take slow, easy breaths. Let's practice now.
- You may repeat this several times an hour throughout the day to help with anxiety and stress, and before bedtime to help you sleep.

### Follow-up:

- If you get a headache or become nauseous, or notice anything else that is different, quit using the aromastick and call me.
- I'd like you to call me in a couple days to check in, or before that if you have any questions.

## 5. Address scope of practice and policy considerations

- Identify how your scope of practice and local policy affect how you administer essential oils.

## Narrative Example

As a wellness coach with aromatherapy education, I can offer essential oils to my clients. I am required to document the essential oil and its indication for use, the delivery method, and the education provided to the client.

## Bullet Point Example

### Scope of practice:

- I can offer essential oils to my clients because I am a wellness coach trained in aromatherapy.

### Local policy:

- The organization I work for requires me to document the following information:
  - The essential oil and its indication for use
  - Delivery method
  - Education provided to the client



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