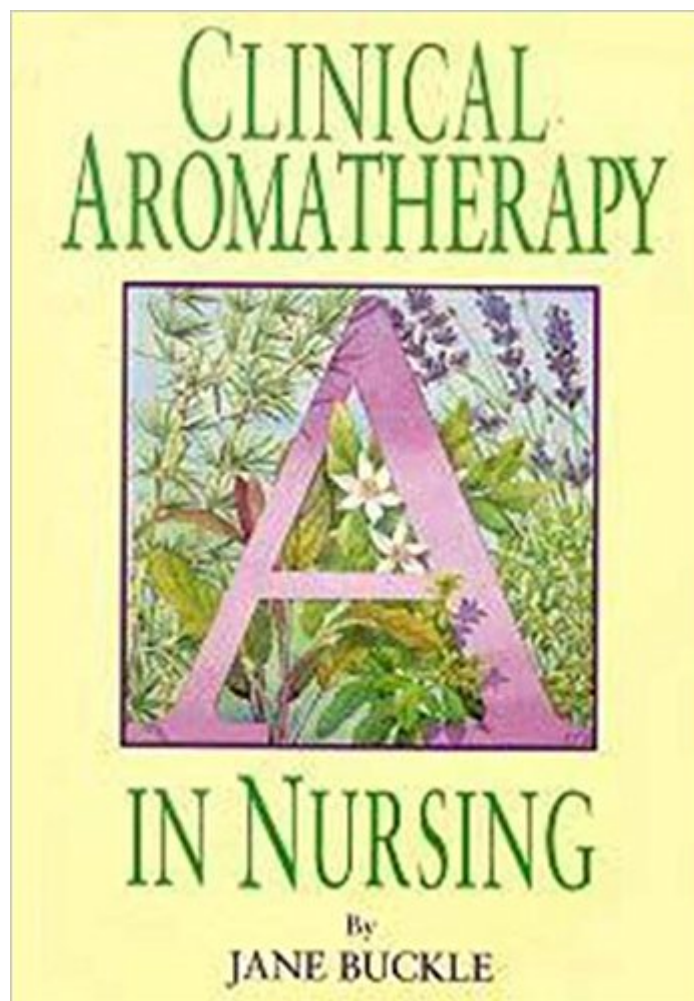


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# Clinical Aromatherapy In Nursing



## Synopsis

Aromatherapy is the fastest growing form of complementary therapy in the UK and USA, and is rapidly being employed by nurses and other health care professionals in the hospital, hospice and community settings. Written by a nurse for nurses, this well referenced book highlights how clinical aromatherapy can enhance nursing care and the role of a nurse. It discusses the implications of essential oils becoming prescribed items, and covers pharmacokinetics and the use of essential oils with orthodox medications. The book explains the difference between different types of aromatherapy and shows how this complementary therapy could become part of a nursing diagnosis or be seen to be part of nursing theory.

## Book Information

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## Customer Reviews

...packed with practical advice and guidance for nurses undertaking aromatherapy. I believe it may also benefit other health care professionals forming the 'caring team'. Is exceptionally well referenced - a must I believe for the nurse aromatherapist. *Journal of Child Health Care*

Rather than being just another aromatherapy cookbook, *Clinical Aromatherapy in Nursing* is a comprehensive guide on the use of this complementary modality in the clinical arena. It provides a strong clinical focus from the nursing perspective, including the incorporation of Aromatherapy into the Nursing Diagnosis and Care Plan as well as regulations and health and safety policies. The author presents a refreshing and very compassionate approach to nursing care, one that I feel could

fundamentally change the paradigm of the way we deliver care to our patients. For nurses who are experiencing care-giver burnout, this book is an inspiration to what our profession is really about. While this book will not qualify a nurse to practice clinical aromatherapy without formal training, it will be an instrumental framework for incorporating this modality into the nursing model. Having completed Janes 5 module training program after reading this book, I can highly recommend both the book and the course to all health care professionals.

Jane clearly defines the important role Essential Oils play in the Art of Nursing. She is able to describe case studies and the clinical application needed to address the clinical issue. Her knowledge and experience is tremendous and a true gift to the nursing profession. Jane is able to articulate her clinical expertise, and the importance the "m" technique has in the application of the Essential Oil blends. Her approach is caring and truly speaks to the Art of Nursing. I highly recommend this book and Jane's course, which are both specific to the Clinical Application of Aromatherapy. She has brought new light, new touch and caring into my practice. Linda Rimmer MS, RN, CRNI, OCN

This book covers aspects of aromatherapy of interest to the scientific minded, the nursing professional as well as anyone wanting to get a broader view of how to apply this complimentary healing art to their lives. The author has provided well documented information about the use of essential oils in nursing and also brings up many issues which surround complimentary therapies in the traditional healing professions. This book is a great resource, covering information from the scientific make up of the oils to the practical situations in which they can be used in nursing practice. Highly recommended.

As a Licensed Massage Therapist working primarily with people in pain, I HIGHLY recommend this book. Jane has done a beautiful job explaining the therapeutic potential of Aromatherapy dealing with problems such as pain, inflammation, stress management (and much, much more) on the physical as well as emotional level, all of which we encounter in our daily practice. This book is an excellent reference for Massage Therapists who want to use Aromatherapy as a complement to their practice. Don't be without it!

As a consultant and instructor of Clinical Aromatherapy, I have students representing a wide variety of professions. I consider this book to be a MUST for anyone seriously interested in learning the

Science of Aromatherapy as well as the Art. When consulting with hospitals or medical practitioners, this book answers the questions that most frequently arise and is used as one of the primary references. Jane's easy to read book is invaluable.

Very informative. I am on the holistic committee at work and this is a great reference work that I can turn to for information.

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