OPENING MINDS
Closed to the Possibilities of
USING ESSENTIAL OILS

BY TONYA MCBRIDE, R.N. AND TERESA STURGES, R.N.

A perceived challenge in modern healthcare is to have an open mind to alternative models of treatment and therapies. With traditional training, the majority of healthcare workers in the United States tend to be closed minded in regard to therapeutic use of essential oils. This is due in part to the traditional training and modern healthcare practices. Research, however, is indicating the therapeutic value of essential oils, and as a result, many medical professionals who are highly trained and educated in modern healthcare practices have become open to the possibility of integrating essential oils into the traditional healthcare system.

Through our own experiences of enlightenment, we now have a unique perspective for both traditional and alternative modalities. We have witnessed a new era developing among physicians and healthcare professionals who have a willingness to explore the therapeutic value of essential oils.

We have the privilege and opportunity of working with incredible, well-respected professionals at Vanderbilt University Medical Center who are open to change for the better. As nurses working long hours in the emergency department, we experience an environment that is challenging and rewarding, but induces high levels of stress and fatigue. For this very reason, there are many hospitals today struggling to preserve and maintain one of their most valuable healthcare resources—nurses. Through our own personal use of essential oils we have learned how to effectively reduce and manage our stress. We recognized an opportunity to improve a stressful and challenging work environment by diffusing dōTERRA essential oils, which we felt would have a positive impact on our coworkers. Our idea was well received, but also posed specific challenges. Initial concerns expressed over diffusing oils were if they would comply with hospital regulations, provide the standard of care our patients expected, and whether there would be any adverse reactions. A wellness committee was formed to review relevant research, and with time, these challenges were easily overcome.

The wellness committee approved the use of essential oils and defined a research model to analyze the direct effects of diffusing dōTERRA essential oils in a hospital environment for the perceived outcome of stress reduction and increased energy levels. Our staff was surveyed for 30 days pre and post implementation. Before the use of essential oils, 41% of the staff felt work-related stress very often; after the use of essential oils, only 3% felt work-related stress very often. The feelings of being overwhelmed changed from 25% very often before implementation to 2% after implementation. Feelings of being well equipped to handle stressors at work changed from 13% very often before implementation to 58% after implementation. Perceptions of staff optimal energy level increased from 33% to 77%. Following the implementation of the essential oil initiative, 84% of the staff strongly agreed and 10% agreed that diffusing essential oils contributed to a more positive work environment.

This initiative to create a more positive work environment in a hospital setting is an important milestone in our pursuit to bring together the traditional and alterna-

"We recognized an opportunity to positively impact our coworkers by diffusing dōTERRA essential oils in our work environment."

THE NURSES RECOMMEND

Citrus Bliss (Item No. 3102), Grapefruit (Item No. 3010), Lemon (Item No. 3012), and Lime (Item No. 3087).

tive modalities of healthcare into a synergistic relationship. For more than two years, the Adult Emergency Department at Vanderbilt University Medical Center has diffused dōTERRA essential oils with no adverse reactions. We continue the pursuit to help others understand the medicinal and therapeutic value of essential oils. Imagine the possibilities if essential oils can have this kind of impact on the working environment, even changing the perception of one's stress and energy levels. Theoretically, even this small step can improve patient outcomes based on the care they are receiving from a nurse who is feeling less stressed and more energetic.

There are, of course, many ways essential oils could be incorporated into the hospital setting and, perhaps more importantly, beyond the hospital setting. We are just beginning this journey, one experience at a time. It is our belief that in the near future complementary and alternative modalities will work hand in hand with our traditional healthcare system with the foundational groundwork being laid as we speak. With the efforts of those sharing and educating in the home and in their communities about the benefits of dōTERRA Certified Pure Therapeutic Grade essential oils, combined with the efforts of those in the medical and science fields, our mission to share the powerful benefits of essential oils with the world is well on its way.

Essential oils have the power to impact an individual's personal health and well-being. Many have witnessed amazing life-changing experiences. Their power is very real. It is especially gratifying when a closed mind becomes open through a positive essential oil experience.

About the authors

TONYA MCBRIDE, R.N.
Charge Nurse at Vanderbilt University Medical Center

Tonya has been a practicing Registered Nurse since 2001, earning her degree from Tennessee State University, with earlier experience as an EMT in 1996. Her experience is primarily in emergency and critical care nursing. Tonya has always had an interest in natural health care alternatives but quickly became immersed when introduced to essential oils in 2008, and has been a dedicated user, promoter, and educator ever since.

TERESA STURGES, R.N.
Charge Nurse at Vanderbilt University Medical Center

Teresa has been a Registered Nurse for over 10 years with the majority of her career in Emergency Nursing. She is passionate about health and wellness which has lead to her desire to learn, use, and share dōTERRA essential oils, Lifelong Vitality supplements, and skin care products with others.

RESULTS AT A GLANCE

Staff that felt work-related stress

Before the use of essential oils:
Staff that felt work-related STRESS VERY OFTEN

41%

After the use of essential oils:
Staff that felt work-related STRESS VERY OFTEN

3%

Staff that felt overwhelmed

Before the use of essential oils:
Staff that had feelings of BEING OVERWHELMED

25%

After the use of essential oils:
Staff that had feelings of BEING OVERWHELMED

2%

Staff that felt equipped to handle stress

Before the use of essential oils:
Staff with feelings of being well equipped to HANDLE STRESSORS AT WORK

13%

After the use of essential oils:
Staff with feelings of being well equipped to HANDLE STRESSORS AT WORK

58%

Staff that felt they had an optimal energy level

Before the use of essential oils:
Staff that had feelings having an OPTIMAL ENERGY LEVEL

33%

After the use of essential oils:
Staff that had feelings having an OPTIMAL ENERGY LEVEL

77%