**TOPIC**: **IN SUPPORT OF EDUCATION IMPLIMENTED IN ALL NURSING SCHOOLS AND HEALTH CARE INSTITUITIONS IN IOWA OF AROMATHERAPY AS COMPLEMENTARY ALTERNATIVES TO MEDICATIONS**

**SUBMITTED BY: Grand View University**

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WHEREAS, “Chronic pain consumes approximately $70 billion per year and affects 80 million Americans. Increasingly, aromatherapy has been used as part of an integrated, multidisciplinary approach to pain management” (Buckle, 1999, p. 42); and

WHEREAS, “The analgesic effects of aromatherapy are: a mixture of volatile chemicals reaching the pleasure memory sites within the brain, certain analgesic components within the essential oils that effect the neurotransmitters (dopamine, serotonin, and noradrenaline) receptor sites in the brain stem, and the interaction of touch with sensory fibers in the skin affect the transmission of referred pain” (Buckle, 1999, p. 44); and

WHEREAS, “Clinical and laboratory studies have reported beneficial effects of essential oils on physiological and psychological processes.” (Lai, 2011, p. 38); and

WHEREAS, “Massage and aromatherapy are popular complementary therapies in palliative care.” (Lai, 2011, p. 42); and

WHEREAS, “Use of aromatherapy massage was more effective than massage without aromatherapy.” (Darsareh, 2012, p. 998); and

WHEREAS, “Many studies have found that olfactory stimulation produces immediate changes in pain level in physiological parameters”(Shin, 2007, p. 248); and

WHEREAS, “Aromatherapy massage, reflexology, and osteopathy were sometimes used to supplement other CAM (complementary and alternative medicine) therapies and conventional medicine for both physical and emotional problems.” (Schaefer, 2009, p. 62); therefore be it

RESOLVED, That Iowa Association of Nursing Students (IANS) promotes education on effective aromatherapy treatment in pain management by informing students and the health professions by offering a breakout session at IANS convention or an article on the IANS website page if feasible; and be it further

RESOLVED, That IANS promote the importance of well-being among students by suggesting the use of aromatherapy; and be it further

RESOLVED, That IANS promotes the awareness of aromatherapy by sending the above noted article to all health care facilities in Iowa via an email; and be it further

RESOLVED, That IANS sends a copy of this resolution to the American Nurses Association, American Association of Colleges of Nursing, National Organization for Associate Degree Nursing, American Holistic Nurse Association, National League for Nursing, and all others deemed appropriate by the IANS Board of Directors.