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EFFECTS OF INHALED LAVENDER OIL (LAVANDULA ANGUSTIFOLIA) IN RESPONSE TO AGITATION IN PEOPLE WITH DEMENTIA: INTERVENTION STUDY

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Introduction: lavender essential oil shows evidence of sedative properties in neurophysiological and animal studies but clinical trials of its effectiveness as a treatment of agitation in people with dementia have shown mixed results.

Objective: we hypothesize that the aromatherapy with inhaled lavender oil reduces agitated behaviour in patient with dementia.

Methods: we delivered lavender oil (*Lavandula angustifolia*) though an electric diffusor in specified regimen (dose- 5 to 10 drops; exposure time -90 min and 180 min) to ten nursing home residents with dementia who had manifested agitated behaviour. Participants were allocated to 1 of 3 groups who entered into a quasi-experimental design with nonequivalent control group. During six weeks, the intervention was monitored by the nursing staffs and the presence or absence of target behaviours were recorded and rated weekly using two scales: PAS (Pittsburgh Agitation Scale) and CMAI (Cohen Mansfield Agitation Inventory – Inventory Cohen Mansfield Agitation).

Results: inhaled lavender oil reduced the frequency of agitated behaviours in these participants in all the regimens explored. Both scales had a reducing in their scores; especially CMAI was decrease between 9% and 29% and PAS between 9% and 30% after the intervention.

Conclusions: studies of essential oils are constrained by their variable formulations and uncertain pharmacokinetics and so optimal dosing and delivery regimens remain speculative. This study we delivered inhaled pure lavender oil and the results showed modest efficacy in the treatment of agitated behaviour in patients with severe dementia.

Descriptors: dementia, aromatherapy, lavender oil, agitation.

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NURSING CARE IN CONTROL OF INFECTION IN NEWBORN INTENSIVE CARE UNIT: SYSTEMATIC REVIEW

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Introduction: According to World Health Organization, one in four children in Newborn Intensive Care Units have an increased risk of acquiring infections associated to health care, so it is a priority for nurses to combat children's morbimortality.

Objective: Gather available scientific evidence regarding nursing care in control of infection in Newborn Intensive Care Units and identify appropriate practices.

Methods: There was no restriction on the language and the publication period refers to the last 10 years. Expression used in Web of Knowledge ISI database: ((control AND infection) AND ((Neonate OR Newborn OR Premature* OR Neonatal OR Preterm) AND (Neonatology OR Neonatal Intensive Care OR Newborn Intensive Care Units OR NICU)) AND (NURS*)).

Results: From 214 articles, 7 articles were eligible, after the implementation of the protocol of systematic reviews of literature. The infection's control in newborns depends on human resources, which highlights evidence from studies related to the appropriate number of nurses per child and specialized teams in catheterization (Schelonka et al, 2006; Rogowski et al, 2013). Hand hygiene, proper and systematic monitoring and evaluation of procedures associated to catheterization and the management of the environment in incubators eliminating the presence of potentially pathogenic objects, according to Song et al (2013), Graham et al (2006), Chandonnet et al (2013) and Raginel et al (2009), reduces neonatal infection.

Conclusions: Professionals have responsibility to prevent neonates' infection therefore nursing interventions must guarantee the quality and promotion of safe care.

Descriptors: Systematic Review; Infection control; Newborn; Premature; Neonatology.

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