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The effects of aroma therapy on agitation in patients with dementia: A systematic review and meta-analysis

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The aim of this study was to systematically review the literature to explore the effectiveness of aromatherapy for treating agitation in patients with dementia. The EMBASE, CINAHL, Ovid-MEDLINE, PubMed, KMBase, KoreaMed, National Assembly Library, RISS, Kiss, and DBpia databases were searched until November 2017 using the search terms dementia/Alzheimer disease/cognition disorders, aroma/aromatherapy, and lavender/Melissa/lemon oil. Of the 419 unique studies identified in a systematic search, the full texts of 13 studies meeting the criteria for inclusion were reviewed systematically and 3 studies were used for the meta-analysis. A meta-analysis of the 3 studies revealed that aromatherapy is an effective treatment for agitation in patients with dementia (ES = -0.63, 95% CI=-1.17 to -0.09, p=0.02). However, only a few studies were included in the analysis. Further studies using strict randomization, blinding, and concealment should be conducted.

Biography

Heeok Park interest area is the behavioral and psychological symptoms in patients with dementia and she has been doing research to develop the application program to reduce caregiver's burden and do meta-analysis of caregiver's burden in patients with dementia.

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