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The effects of lavender oil on the anxiety and vital signs of benign prostatic hyperplasia patients in preoperative period

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Purpose: This study was performed to determine effects of lavender oil on levels of anxiety and vital signs of benign prostate hyperplasia patients in preoperative period.

Material & Method: This research was conducted between January 2016 and January 2017 at the urology clinics of Malatya State Hospital as a quasi-experimental research with pretest- posttest control group designs. The study population consisted of BPH patient's hospitalized suitable admission of research conditions at the urology clinics of Malatya State Hospital. The sample group consisted of 110 patients (55 test, 55 control) selected with random sampling and determined according to power analysis. Patient identification form, patient registration form and state and trait anxiety inventory (STAI) was used for materials of data collection. In the experimental group, firstly patient identification form, patient registration form and STAI were applied to patients, after that lavender oil inhaled at least 5 minutes (mean: 5-10 min). Following this process STAI and patient registration form were applied again. While in the control group; patient identification form, patient registration form and STAI were applied to patients and after at least 20 min (mean: 20-25 min) STAI and patient registration form were applied again.

Results: Under scope of research; the mean level of anxiety before aromatherapy in test group was 65.07 ± 6.24 decreased to 26.60 ± 7.47 after aromatherapy. However, in the control group it was 66.29 ± 4.20 before the aromatherapy and reached to 63.50 ± 2.94 after aromatherapy. There was a significant reduction in test group compared with control group. Changes of vital signs rates were examined in test group before and after aromatherapy, revealed the mean of SBP rate decreased from 127.54 ± 20.27 to 124.36 ± 16.27 , the mean of respiratory rate decreased from 21.85 ± 2.51 to 20.54 ± 3.09 , the mean of SpO₂ rate increased from 93.63 ± 1.89 to 94.09 ± 1.54 and determined mean differences of these variables were statistically significance.

Conclusion: In this study, the obtained findings showed that lavender oil inhalation reduced the anxiety levels and had effects vital signs of BPH patients in preoperative period

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