

Aromatherapy in Down Syndrome: Case report

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Abstract

Statement of the Problem: Children with Down syndrome (DS) have Neurodevelopmental Disorders including limited social awareness and sleep disorders. The use of integrative intervention is common in families with children who have DS. Aromatherapy is the therapeutic use of essential oils with benefits for pain, anxiety, sleep disorders and other conditions. The purpose of this study was to report the experience of aromatherapy in children with SD from 1 to 6 years of age, treated at a medical institution specialized in genetic syndromes. **Methodology:** Case report obtained through nursing consultations with aromatherapy. The choice of essential oils was based on age, complaints, use of other medications and olfactory test. **Findings:** Ten parents sought aromatherapy consultation voluntarily or by medical indication, due to: sleep latency period >40 minutes, agitation, low concentration and fear of being touched by other professionals. Each child had two to three of these complaints. The use of lavender essential oil (*Lavandula augustifolia*) was indicated for sleep and restlessness. Lemongrass essential oil (*Citrus limon*) to improve concentration and lemongrass EO (*Cymbopogon citratus*) to relax, improve interaction and agitation. Feedbacks occurred after 1 week of starting use and after 30 days. Parents reported an improvement in their own sleep and a decrease to 15 minutes (average) for their children's sleep latency (5); improved interaction with other children and professionals (5), improved concentration in rehabilitation (2). One mother did not notice a difference and two fathers did not adhere. **Conclusion & Significance:** The use of aromatherapy in children with DS demonstrated acceptance by parents and children, with promising results in sleep and behavioral areas. Field research is strongly encouraged.

Image



Illustrative picture

Biography

Dr. Talita Souza is a nurse and Professor of Nursing. She conducts research focused on integrative practices in different scenarios, with emphasis on massage, auriculotherapy, and aromatherapy strengthening the scientific evidence of these practices and contributing to the discussion of the topic, in addition to offering holistic care. She is Coordinator of the Working Group on Integrative and Complementary Practices in Health of the Regional Council of Nursing of São Paulo (COREN-SP), Coordinator of the Nursing and Pain Committee of the Brazilian Society for the Study of Pain (SBED). It also works with Aromatherapy associated or not with massage in nursing consultations, helping professionals, children with genetic syndromes (T21, autism, ADHD), their parents and others interested in achieving balance, treating specific conditions and contributing to their understanding of themselves with the use of integrative practices.

Publications

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