

Can Aromatherapy Benefit MRI Patients?



Researchers in Germany have looked at whether inhalation aromatherapy can relax patients undergoing MRI and thus reduce patient-related motion artifacts in MRI. Their study is published online in *Acta Radiologica*.

A randomised controlled trial with two groups of 54 patients was enrolled. The primary endpoint was the number of sequences with PRMAs. Secondary outcomes were improvements of mood measured with the ASTS questionnaire as well as patient's recommendation to fellow patients tested by a visual analogue scale. Incidence and intensity of adverse events were documented.

The results from 95 patients were analysed. There was no significant reduction of PRMAs and also no significant differences in mood or in relation to the feeling before and after examination. The only differences that neared significance were "positive mood" and "recommendation". No adverse reaction was observed.

The researchers conclude that although aromatherapy has been effective in enhancing patient's mood or wellbeing in a variety of stressful clinical settings, they were not able to find a similar effect. Neither the primary nor the secondary endpoints reached a clinical meaningful magnitude.

Reference

Good scent in MRI: can scent management optimize patient tolerance? Frank Schellhammer, Thomas Ostermann, Götz Krüger, Bettina Berger and Peter Heusser. *Acta Radiol* 27 March 2013. Published online before print 27 March 2013, doi: 10.1177/0284185113482606

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