

Articulating Clear Study Aims and Choosing the Right Study Design

Aromatherapy in Pre-Procedural Biopsies

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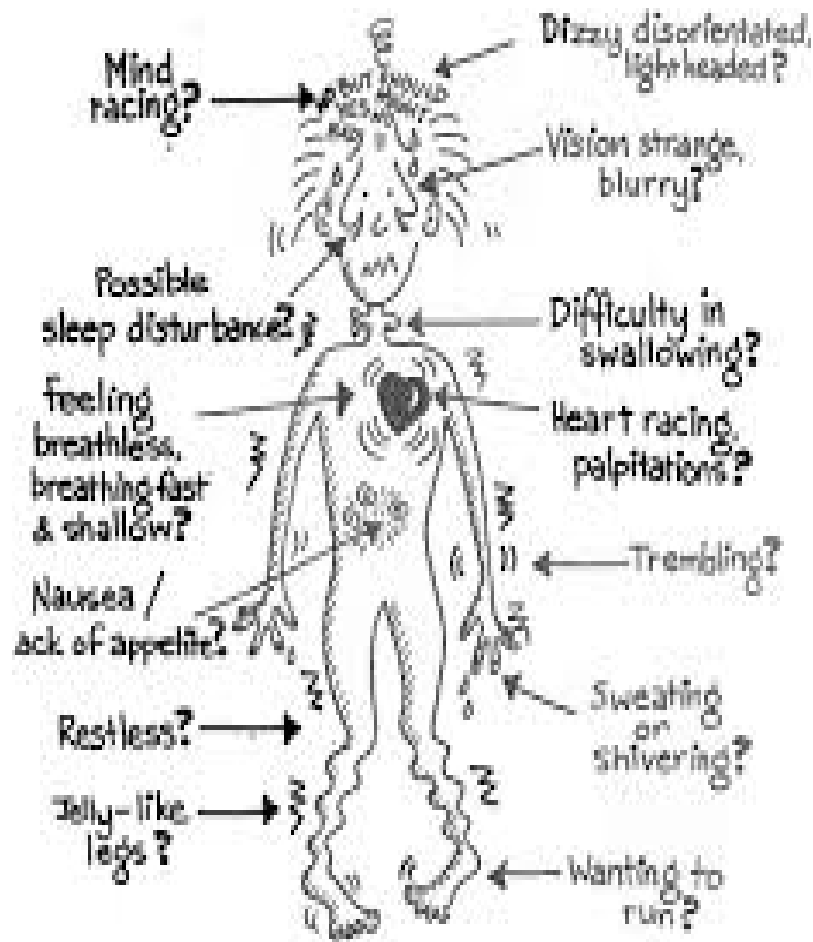
Charge Nurse Interventional Radiology

Chester County Hospital

Objectives

- ◆ To articulate clear study aims
- ◆ To choose the right study design

Background



Research Question

What is the effect of a lavender aromatherapy pad applied to patients prior to biopsy procedures in interventional radiology on reported levels of anxiety?

Aromatherapy RCT

◆ Problem

- Patient anxiety pre- biopsy

◆ Design

- Randomized controlled trial (RCT)

◆ Sample

- All patients undergoing CT or US guided biopsy

◆ Setting

- Interventional Radiology in a Community Hospital

Aromatherapy RCT

Intervention
Lavender Patch



Control/Placebo
Jojoba Oil Patch



From Practice to School to RCT

- ◆ **Pre-procedure call**
- ◆ **Procedure day/pre-biopsy**
 - Informed consent
 - Pre-Test – VAS & demographics
 - Intervention - patch application/time
 - Post-Test – VAS & patch removal/time



Visual Analog Scale (VAS)

The Experience: Lessons Learned

- ♦ **Challenging**
- ♦ **Empowerment**
- ♦ **Diligence**
- ♦ **Building relationships**