



Thesis

Nursing and Midwifery Faculty

A Thesis Presented for the Degree of
Master of Science in nursing(Medical-Surgical)

Title:

A compersion effect of Citrus aurantium and Geranium aroma on anxiety and severity of fatigue among patients with acute myocardial infarction

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Abstract

Introduction: Most patients with acute myocardial infarction (AMI) admitted to cardiac care units (CCUs) experience high levels of anxiety and fatigue. Aromatherapy is thus proposed in nursing as a holistic intervention and a relaxation mediator to reduce anxiety and fatigue. The present study aimed to examine the effect of Citrus aurantium and geranium aroma on anxiety and Severity of Fatigue among patients with AMI admitted to CCUs.

Methods: A total of 120 patients with AMI were selected using convenience sampling and allocated to Three groups (Citrus aurantium, geranium and placebo) using stratified randomized blocks. Patients in Intervention groups 1 and 2, On the second and Three day3 drops of Citrus aurantium and geranium essential oil inhaled through absorbable patches connected inside oxygen masks for 20 minutes a day on two consecutive days. The placebo group (N = 40) was similar to that of sunflower oil Intervention groups. Anxiety and Severity of fatigue were measured by Spielberger State-Trait Anxiety Inventory (STAI) and MFI-20 questionnaires30 minutes before, 15 and 30 minutes after the intervention. Data were analyzed in SPSS Version21 and descriptive statistics (frequency, percentage, mean and standard deviation), and inferential statistics (one-way ANOVA, Chi-square and repeated variance analysis of variables) were analyzed.

Results: Analysis of the results showed that the average scores of anxiety and fatigue after aromatherapy with Citrus aurantium and geranium essential oil were significantly reduced compared to before intervention, and the findings showed a significant difference in the two groups of intervention compared to the placebo group ($P < 0.05$). Also, the reduction Fatigue in physical exhaustion was greater than other dimensions. Although the aromatherapy with Citrus aurantium and geranium essential oil was very effective on the anxiety and fatigue severity of patients with acute myocardial infarction, there was no significant difference in the comparison of these two aroma in relation to the variables ($P > 0.05$).

Conclusion: According to the results of this study, the use of Citrus aurantium and geranium to form of aromatherapy is an easy, inexpensive and non-invasive intervention that reduces anxiety and fatigue in patients with acute myocardial infarction. Therefore, the aromatherapy of Citrus aurantium and geranium essential oils is can be implemented and taught to reduce the anxiety and fatigue of patients with acute myocardial infarction, by nurses of the heart.

Keywords: Acute Myocardial Infarction, Anxiety, Fatigue, Aromatherapy, Citrus aurantium , Geranium, Complementary Medicine, Cardiac care unit.