



BOOST YOUR WELL-BEING WITH ESSENTIAL OILS

OLFACTORY SUPPORT FOR TEENAGERS EXPERIENCING PSYCHOLOGICAL DISTRESS

Creation of a personalized olfactory stick



FRANCE

INTRODUCTION



715 BEDS

1300 Professionals

MULTIDISCIPLINARY CARE

(maternity services, surgery, cardiology, pediatrics, neurology, geriatrics, rehabilitation care in a marine environment, oncology ...)



AROMATHERAPY TEAM

Karine Cerclé Morice
Dietician



Ludivine Guillou
Pharmacy Assistant



Dietician



Pharmacist, pharmacy technician and pharmacy supervisor



Nurse



Cécile Hélias -Merpault
Pharmacist



Adeline Lojou
Palliative care nurse

With collaboration of pediatric department : Pediatricians and paramedical team

With support of care management

THE OBSERVATION

SUPPORT FOR TEENAGERS IN PSYCHOLOGICAL DISTRESS



Between 2018 and 2022, the mental health and well-being of secondary school pupils deteriorated significantly, particularly among young girls.

This deterioration is linked to multiple risk factors such as the COVID-19 pandemic, conflicts, academic pressure, the internet, social media, etc. (source: health insurance, 16/04/2024).

Sleep disorders

Self-harm

Anxiety/Distress

Eating disorders

Suicide

School dropout



Protocol



The creation of an olfactory stick based on essential oils is done at the request of the paediatrician or at the request of the adolescent. The professional involved is a dietician. *Interview procedure:*

- Work with the adolescent to define their needs based on their current emotions, experiences, perceptions, etc. (anxiety, sleep, loss of appetite, loss of joy of life, etc.)
- Collect the adolescent's medical history (epilepsy, asthma, allergies)
- Discuss with the adolescent their knowledge and/or practices regarding the use of essential oils
- Select the essential oils to be offered to the adolescent + provide information on precautions/contraindications.
- Offer to blind test several essential oils with the aim of selecting 3.

Why 3 rather than 1?

- To avoid memory and emotional anchoring, avoid associating a smell with an event that led to hospitalization

Key steps

- Selection of 3 essential oils by the teenager from among the most popular ones.
- A stick contains a maximum of 10 drops of essential oils.
- The composition will be based on the olfactory power and the desired dominant scent => personalized and individualized formulation.
- Creation of the stick with a label indicating the date and the chosen formulation.
- Delivery of the stick accompanied by a clear explanation of how to use it.
- Follow-up to assess the effects felt and any necessary adjustments.



Aromatherapy

Department: Paediatrics

Patient information

Interview conducted on

By :

Prescription Doctor: Doctor

Medical history:

Patient not epileptic not asthmatic not allergic

- Medical history
- Personal details (family/school/leisure activities):
- Context :
- Choice of formula (max. 10 drops):
- Dosage: on demand, 2-3 deep inhalations per use:
- Evaluation of effectiveness (follow -up and advice) :

ANXIETY		ANTI-NAUSEA		Others	
Essential oil	Olfactory test	Essential oil	Olfactory test	Essential oil	Olfactory test
Bergamot zest		Ginger		Ravinstara	
Sweet orange zest		Pepper mint		Provence cypress	
Chamomile noble		Citrus		Ylang ylang	
Ho wood				Neroli	
Lemon litsea				Mandarin	
Lavender					
Petitgrain bigarade					
Incense					

MATERIAL USED

List of essential oils selected by the pharmacist, suitable for adolescents

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- Lemon essence
- Sweet orange essence
- Bergamot essence
- Mandarin essence
- Litsée citronnée essential oil
- True lavender essential oil
- Peppermint essential oil
- Ravintsara essential oil
- Bois de Hô essential oil
- Ylang-Ylang essential oil
- Petit Grain Bigarade essential oil
- Chamomile essential oil
- Frankincense essential oil
- Marjoram essential oil
- Neroli essential oil



Informatives pictures to teenagers:

 **BOOSTE TON BIEN-ÊTRE AVEC LES HUILES ESSENTIELLES!**

Stressé(e) ? Anxieux(se) ? Fatigué(e) ? Pas bien dans ta peau ?
Et si les huiles essentielles pouvaient t'aider à gérer tout ça ?
Un petit coup de pouce naturel pour mieux vivre ton adolescence

Les huiles essentielles peuvent t'aider à :

- Te détendre et chasser le stress
- Retrouver un sommeil paisible
- Booster ta concentration
- Mieux gérer tes émotions et prendre confiance en toi
- Apaiser tes tensions face à la nourriture

COMMENT LES UTILISER SANS RISQUE ?

- En diffusion : Quelques gouttes dans un diffuseur pour une ambiance chill
- En inhalation : avec un stick olfactif ou 1 goutte sur un mouchoir, à respirer à fond

ATTENTION ! Certaines huiles sont super puissantes ! Demande conseil avant de les utiliser.

TROUVE TON HUILE ESSENTIELLE SELON TON BESOIN

Lavande Vraie (lavandula angustifolia)
Bye bye le stress et bonjour les nuits paisibles

Bienfaits : Apaise le stress, favorise un sommeil réparateur, aide à calmer les angoisses et détend les muscles. Parfaite pour les soirées détente et le lâcher-prise. Huile pour chiller.

Orange douce (citrus sinensis)
Booste ton moral et calme les fringales

Bienfaits : Énergisante, relaxante, aide à combattre les baisses de moral et réduit les envies de grignotage émotionnel. Un parfum doux et réconfortant !

Chaque huile possède ses propres super pouvoirs pour t'aider à te sentir mieux selon tes besoins ! 🌸💪 N'hésite pas à les essayer pour découvrir celles qui te conviennent le mieux, et surtout, reste à l'écoute de ton corps ✨.

Fabrique ton propre inhalateur en choisissant jusqu'à trois huiles pour créer ta synergie !



Son utilisation est simple et efficace

Ajoute les huiles essentielles de ton choix sur la tige en coton, puis d'inhale les arômes.

Conserve ton stick à l'abri de la lumière et de la chaleur.

Bien conservé et fabriqué dans des conditions d'hygiène optimales, ton produit pourra se conserver au moins 1 mois.

N'hésite pas à prendre rendez-vous à l'Hôpital de Lannion : demande le service pédiatrie au 02 96 05 73 69

le service diététique Karine Cerclé Morice au 02 96 05 71 32

Numéro vert 0800 235 236 - "Fil Santé Jeunes" : Un service gratuit et anonyme pour les jeunes, où tu peux discuter de tout type de problème (santé mentale, stress, addictions, etc.).

Numéro d'urgence 119 - "Allo Enfance en Danger" : Pour signaler toute situation de danger, de maltraitance ou de violence envers les enfants et les adolescents.

Ces numéros sont disponibles pour aider et soutenir les jeunes en difficulté. N'hésite pas à les contacter si besoin !



Centre Hospitalier
LANNION-TRESTEL

Benefits for teenagers

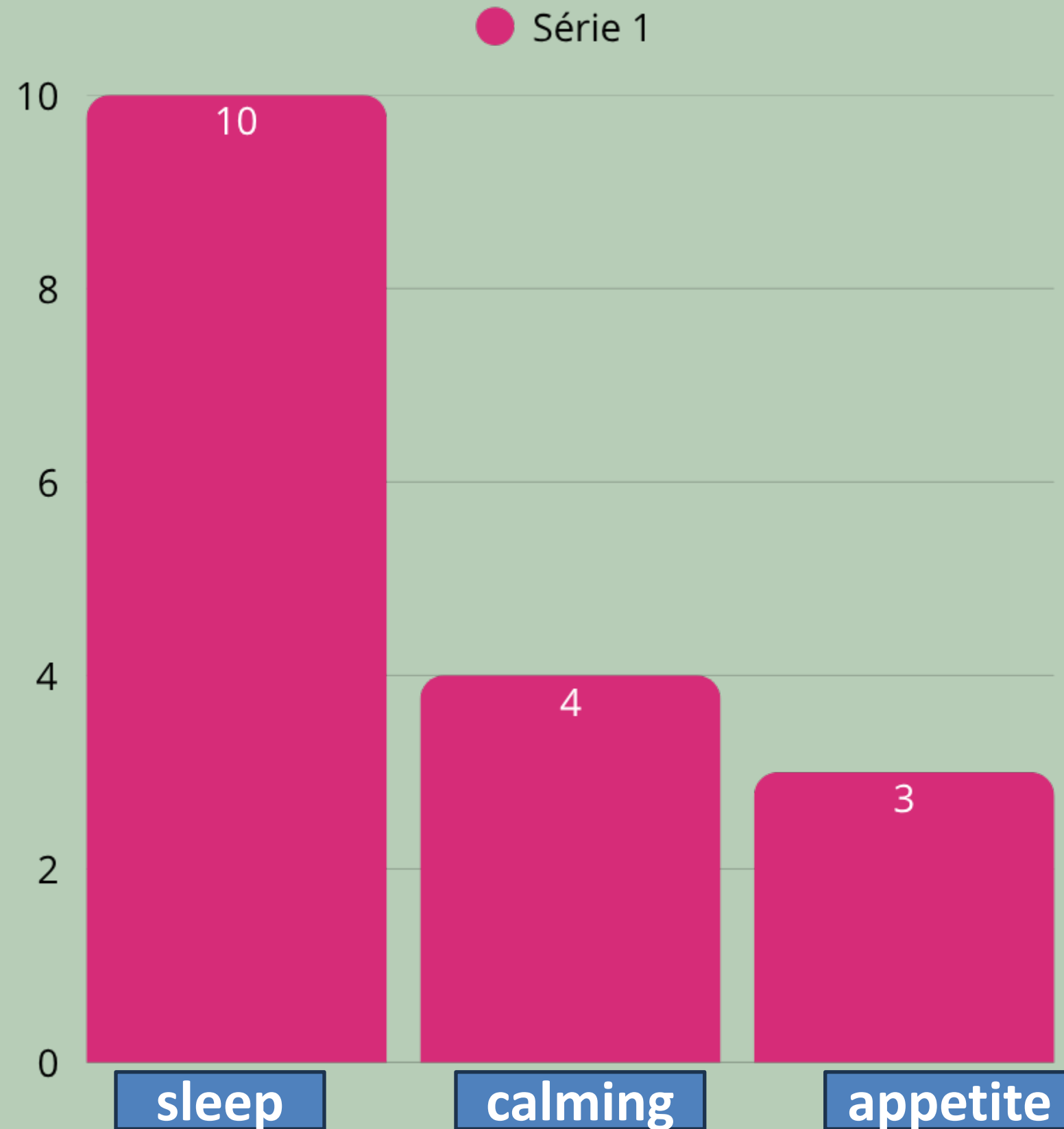
This study of 17 adolescents shows that more than half of them are satisfied with the essential oils used to improve their well-being.

These plant extracts have properties that can:

- calm the mind
- reduce stress
- improve sleep
- stimulate appetite
- improve concentration for many of them.

Before using them, an olfactory test is carried out: the teenagers smell the oil to see if they like its scent and if they can tolerate it well.

This simple little gesture helps to avoid unpleasant reactions and choose the oils that really suit them.



Conclusion

- An innovative and effective project for supporting teenagers
- A personalized and efficient approach ; perceived improvement in well-being
- The concept of the olfactory stock allows for simple, practical, on-demand use
- Aromatherapy is a simple method that helps reduce anxiety and promotes well-being without undesirable side effects
- Reduced use of allopathic therapeutic treatments (anxiolytics)
- Potential for broader implementation; wider integration of aromatherapy within the Lannion hospital.
- Improved caregiver-teenager relationship

