

SJD Pediatric Cancer Center Barcelona · Hospital

- Europe's largest **monographic centre for childhood cancer**.
 - **2019**: we created Spain's **first** Integrative Paediatric Oncology Unit (**UOPI**), a pioneering model in Europe.
 - **Philanthropy and donations**.
 - **We integrate** complementary treatments, including aromatherapy, in a synergistic and safe manner with oncological treatments.
 - Our patients are children, adolescents and young adults with cancer, **between the ages of 0 and 25**.
- **ONCOLOGICAL AROMATHERAPY**: management of symptoms and toxicities secondary to treatment and to the disease itself, during treatment and in the follow-up of cancer survivors.



SJD PCCB – UOPI aromatherapy team

Fra · oncology massage

Vanesa · reflexologist

Esther · 1 pediatrician



The UOPI team is made up of three professionals who are experts in aromatherapy:

- 1 pediatrician
- 2 experts in reflexology and oncological massage

INNOVATIVE INTERVENTION IN SPAIN

- Helps **humanize** pediatric oncology care
- A non-pharmacological, **safe** and protocolized intervention.
- Reduces polypharmacy.
- Reduces toxicity.
- Supports better control of treatment-related symptoms and side effects.
- Empowers patients and their families.
- Contributes to psychological, physical and emotional well-being.
- Deliver within a care model that is **UNIQUE**
- No additional cost to patients (universal and equitable resource).

Gratuito (donaciones)
Selección de AAEE con buena tolerancia y seguridad en niños
Información escrita: FLYER
PRESCRIPCIÓN INDIVIDUALIZADA cuando es necesario

**WELCOME
KIT**



	MANDARINA <i>Citrus reticulata</i>	LIMÓN <i>Citrus limon</i>	LAVANDA <i>Lavandula angustifolia</i>	MENTA DE CAMPO <i>Mentha arvensis</i>	YLANG YLANG <i>Cananga odorata</i>
NauseaVomiting	✓	✓		✓	
Anxiety Insomnia	✓		✓		✓
Cephalalgia			✓	✓	
Neuropathic painCancer pain				✓	✓
Fisura anal			✓		
Irritación cutánea Cicatrices Acné postcorticoideo			✓		
Mal sabor de boca		✓			



PROTOCOL

Delivery of the WELCOME KIT + leaflet are provided at the first visit with the pediatrician in charge of the UOPI.

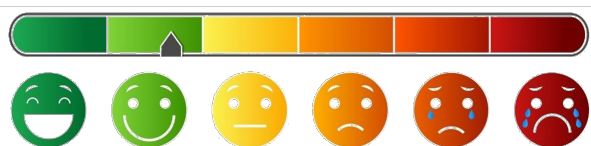
The kit is universal, but its use is tailor-made: ASSESS ALLERGIES, UNDERLYING CONDITIONS AND INDIVIDUAL NEEDS

USE OF ESSENTIAL OILS:

- Topical - diluted to 1% with vegetable oil or cream.
- Inhaled - using a gauze pad on which we apply one or two drops of essential oils.
- Use is **individualized**, for example:
 - If the patient will receive highly emetogenic chemotherapy we prioritize the kit's antiemetic use.
 - If rehabilitation is very painful, the use of oils that may increase the pain threshold.
 - If the family experiences anxiety or insomnia, the use of sedative oils will be recommended.

DOCUMENTATION IN THE MEDICAL RECORD

- Evaluation on impact using standardized scales,
- pre- and post- intervention



REASON FOR CONSULTATION AND USE OF AROMATHERAPY

- Chemotherapy-induced nausea and vomiting
- Neuropathic pain
- Arthralgia
- Stress and anxiety
- Respiratory symptoms
- Insomnia
- Mucositis
- Dermatological issues

Article

Patient Acceptability of the First Integrative Pediatric Oncology Unit in Spain—The Pediatric Cancer Center Barcelona Experience: A Retrospective Study




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Table 4. Provided treatments and acceptance.

Treatment	Patients Offered n (%)	Patients that Accepted n (%)	Rejection of the Treatment n (%)	Number of Treatments Provided n
Acupuncture	227 (52.42)	215 (94.7)	12 (5.3)	1352
Aromatherapy	196 (45.2)	196 (100)	0	196 *
Reflexology	129 (29.7)	124 (96.1)	5 (3.9)	414

* Aromatherapy was a single session intervention.

In 2024, we published a retrospective study in **CANCERS (Q1 in oncology)** on the first two years of UOPI implementation in terms of ACCEPTANCE OF COMPLEMENTARY TREATMENTS.

The study was based on a review of **433 medical records**, all patients treated by the UOPI from 2019 to 2021. Individual aromatherapy interventions and reasons for consultation were analyzed in **196 patients** (45.2% of patients treated).

OBJECTIVE: to generate evidence that the application of aromatherapy in a pediatric oncology center is feasible and safe. This is an important concept to assess in such an innovative approach to public health,

Conclusiones

- El uso de la aromaterapia clínica dentro de un centro oncológico pediátrico es **FACTIBLE** y **SEGURO**.
- Cada año entregamos más de 200 kits de aromaterapia.
- El modelo asistencial de la UOPI es innovador integrando los aceites esenciales dentro del TRATAMIENTO MÉDICO.
- Es un modelo que **HUMANIZA LA ATENCIÓN SIN AUMENTAR LA TOXICIDAD**.
- Queremos ser un modelo **INSPIRACIONAL, RIGUROSO y CIENTÍFICO** para otros centros oncológicos de niños y de adultos de todo el mundo.
- Queremos aportar valor y **reconocimiento** en ESPAÑA y EUROPA de la aromaterapia clínica.
- Las publicaciones son importantes pero el *feedback* de los pacientes es nuestra **mejor recompensa**.

