



# What's up?

Emma Tyrer

## 2022 International René-Maurice Gattefossé Prize

In 2022, the René-Maurice Gattefossé International Prize was awarded to Emma Tyrer and her team at Dimbleby Cancer Care, part of Guy's & St Thomas' NHS Foundation Trust (London, United Kingdom).

The team had been recognised for its commitment during the COVID-19 pandemic, when they set up a continuous aromasticks delivery service to support patients and healthcare workers despite the health restrictions.

Thanks to the support of the René-Maurice Gattefossé Prize, the team continued to develop aromatherapy at Guy's Cancer Centre by creating a new service dedicated to patients in the radiotherapy department.

A mobile 'pop-up clinic' was established. Following an individual consultation to evaluate symptoms, medical history and any potential contraindications, each patient receives a personalized inhaler containing essential oils, along with advice on how to use it.

The aromatic blends offered were formulated based on data from scientific literature and the team's clinical expertise, to ensure their safety and suitability for each patient's needs.

The impact of this initiative was assessed using the MYCaW® (Measure Yourself Concerns and Wellbeing) tool.

The results show that 86% of patients reported an improvement in their main symptom after six weeks of use. The most frequently reported benefits included reduced stress, improved wellbeing and a greater ability to cope with treatment.

Following the success of this pilot phase, the mobile clinic has been made a permanent feature and now offers weekly consultation to patients undergoing radiotherapy.

This is a wonderful demonstration of the value of the René-Maurice Gattefossé Prize in supporting the development of innovative projects that combine clinical practice, a culture of evaluation and improvements in the quality of care.



Emma Tyrer and her team at the Dimbleby Cancer Care Centre