



AMERICAN ACADEMY OF FAMILY PHYSICIANS

F O U N D A T I O N

Abstract of Study Funded with a Research Stimulation Grant in 2010

Aromatherapy with Lavender to Reduce Pain and Anxiety During Cervical Colposcopy: A Randomized, Controlled Trial (G1003RS)

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Abstract

Background: Complementary and alternative medicine (CAM) is increasingly accepted among both clinicians and patients. Surveys of patients show widespread use of CAM. Many modalities have been studied in both prospective cohort and randomized trials. Acupuncture, massage, music, guided imagery have shown benefit in alleviating both acute and chronic pain. Music reduces anxiety associated with medical procedures. Many naturopaths and patients claim broad benefits for the use of inhaled essential oils. However, little research is available to assess whether this CAM modality is effective and should be offered to patients. Women undergoing colposcopy for cervical dysplasia experience pain and anxiety—few interventions have been studied to assess reducing these undesirable symptoms.

Objective: To determine if aromatherapy with lavender oil lowers 1) pain or 2) anxiety levels during colposcopy.

Design: Single-center randomized controlled clinical trial

Setting: One Family Medicine Residency and one Women's Health Center

Participants: 238 non-pregnant women over age 18 undergoing colposcopy for dysplasia. Exclusion criteria--asthma, allergy to lavender, breastfeeding, taking analgesic or anxiolytic meds

Intervention: We will randomly allocate participants to one of 2 arms--placebo group or aromatherapy with lavender.

Main outcome measures: **1.** Pain level as measured by numeric rating scale (0-10). **2.** Anxiety level as measured by numeric rating scale (0-10).

Results: We will compare whether inhalation of lavender reduces preprocedure, intraprocedure, or postprocedure pain or anxiety by 18% (2 points on an 11 point scale) when compared to placebo.

Conclusion: We will submit results for publication to a Family Medicine or Gynecology journal.