



SOOTHING  
SCENTS



**QueaseEASE and STILL**

NAUSEA MANAGEMENT SYSTEM



## A word from the creator of QueaseEASE



I've worked as an anesthesia provider for over 25 years, and in that time I had grown frustrated with the lack of effective remedies to treat nausea, one of anesthesia's more common and distressing side effects.

What was needed was a product that worked quickly, was safe and easy for a patient to self-administer, and could be used in an OR, the recovery room, and all the way through to patient discharge.

"QueaseEASE has exceeded my expectations in every way. I am so pleased to be able to offer it to my patients struggling with nausea, especially knowing it is all natural, safe and effective. I know your patients will love it too!" - **Wendy Nichols, BSN, CRNA**

After researching essential oil therapy extensively, I found enough compelling scientific evidence to suggest four essential oils that could assist in the treatment of nausea, namely lavender, ginger, peppermint and spearmint.

I developed the product QueaseEASE using an aromatic blend of those essential oils, in their purest form. The result was a portable, all-natural essential oil inhaler that could help manage nausea immediately, without drowsiness or other unwanted side effects.

# QueaseEASE.

QueaseEASE has become a trusted companion to nurses and patients, soothing nausea quickly and effectively without the need for an order.

QueaseEASE's proprietary blend combines four powerful essential oils to manage feelings of nausea, no matter what the cause.

Recommended for medical and travel-related queasiness, such as seasickness, car sickness, chemotherapy and postoperative nausea, QueaseEASE gets to work immediately, is non-drowsy, and has no unwanted side effects.

Lasts up to 6 months once opened. No doctor's order needed. Safe for all ages.





# Frequently asked questions

## HOW LONG DOES QueaseEASE LAST?

A single Quick Tab is usable for 48-72 hours once opened. The clip-on inhaler ("Clippy") will last up to 3 weeks, while the aromatic inhaler tube will last for up to 6 months, providing the twist cap is firmly closed between uses.

## IS IT FDA REGULATED OR APPROVED?

Because QueaseEASE is not a drug, no regulation is required. Hospitals treat it like any other regular supply item, like alcohol pads or emesis basins.

## IS THE EFFICACY OF QueaseEASE SUPPORTED BY HOSPITAL STUDIES?

QueaseEASE has been evaluated by many medical institutions, including the Mayo Clinic, St. Jude Children's Research Hospital, Madigan Army Hospital, Floyd Memorial Hospital, and Queen's Medical Center. Studies published in peer-reviewed journals show that QueaseEASE significantly relieves nausea, decreases discharge time and increases patient satisfaction. Additionally, it is highly effective for managing post-discharge nausea. Abstracts and full text of all studies may be obtained via our website.

## DO YOU ACTIVELY SUPPORT MEDICAL TRIALS AND STUDIES?

We enthusiastically support the development and implementation of independent studies of QueaseEASE. While the efficacy has been thoroughly documented, there are many uses for QueaseEASE that can be explored further. We're happy to provide assistance with research projects and facilitating peer information sharing.

## HOW OFTEN CAN IT BE USED?

QueaseEASE can be used as often as needed. Patients can use it throughout their hospital stay, in the car ride home, and throughout the course of their recovery.

## DOES IT NEED A DOCTOR'S ORDER?

Since QueaseEase is not a drug, and is classified as aromatherapy, an independent nursing intervention, no management by the pharmacy or a doctor's order is needed.

## WHY CHOOSE QueaseEASE?

QueaseEASE is a highly-effective, fast-acting rescue remedy that is safe, easy to use, and cost-effective. No order is needed and it can be sent with the patient after discharge, to be used as often as needed throughout their recovery.



New, improved  
aromatic inhaler



- Effective for up to 6 months of unlimited use (when closed between uses)
- Internal wick system encloses essential oil blend
- No spills or leaks
- Safe during pregnancy
- Does not interfere with other medication
- Pleasant aroma

- New look, same trusted product
- Twist-to-open cap
- Highly portable and easy to self-administer
- PET container free of BPA's, and is fully recyclable
- Safe for patients of any age
- Available in cost-effective 24 unit packs

# Safe.

Essential oil therapy has an outstanding safety record. There are no known contraindications for inhaling QueaseEASE. Since the container has been designed specifically for the medical environment, it can be used safely and confidently for drowsy or medicated patients.

**YOUR PATIENTS WILL LOVE QueaseEASE!**

"Our patients love the aroma. I would highly recommend this product because it works!" - Carol Bowen, RN, PACU Director

# Fast.

Because the essential oil vapor in QueaseEASE travels through the nose directly to the olfactory bulb, it rapidly contacts the central nervous system, allowing it to go to work quickly. This makes QueaseEASE a preferred choice over medication that requires a waiting period before taking effect.

"Patients love it because it doesn't require a 'poke' or is something 'yucky' to swallow." - **Denise Defendis, RN, BSN, PACU**

## New improved quick tab dispenser

Does not  
interfere with  
other medication

Effective for  
up to 72 hours  
once opened

Internal core  
contains oil blend

No spills or leaks

Pleasant aroma

Safe for patients  
of any age



New look, same  
trusted product

Peel-to-open  
design

Highly portable  
and easy to  
self-administer

PET container  
free of BPAs, and  
is fully recyclable

Available in  
cost-effective  
30 unit packs

Safe during  
pregnancy

## DuoBAND + Clippy

- Works immediately
- 100% natural, premium essential oils
- Effectively relieves post-operative nausea and vomiting (PONV)
- Easy, compact QueaseEASE clip-on inhaler
- Effective for up to 3 weeks if tab replaced after each use

- Dual-action nausea management system
- Employs P6 acupressure bands
- Endorsed and used by nurses in hospitals across America
- Non-drowsy, no unwanted side effects
- Safe for people of all ages

# Effective.

While many studies show that QueaseEASE works, the best proof is found in the testimonials of happy patients and healthcare providers that use it to relieve queasiness, reduce costs, decrease recovery times and allow patients to become more involved in their own care and recovery.

"Sooner is the best time to use QueaseEASE, because there are no harmful side effects. It works, it is soothing and relaxing, it saves on disposable equipment and personnel costs. What more could you ask for?"- **Grace Durham, RN, PACU**

# QueaseEASE data collection tool

Patient age \_\_\_\_ DOB \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Gender ☐ M ☐ F

Procedure \_\_\_\_\_

History of PONV ☐ Yes ☐ No; Motion sickness ☐ Yes ☐ No

Smoker ☐ Yes ☐ No Antiemetics given intraop? ☐ Yes ☐ No

Was QueaseEASE used as a first line rescue remedy? ☐ Yes ☐ No

Additional antiemetics given? ☐ Yes ☐ No

Which statement below represents the patient experience with QueaseEASE the most?

- It took away the nausea completely
- It helped somewhat, but still felt slightly nauseated
- It gave them minor relief, but they still felt nauseated
- It had NO effect on nausea

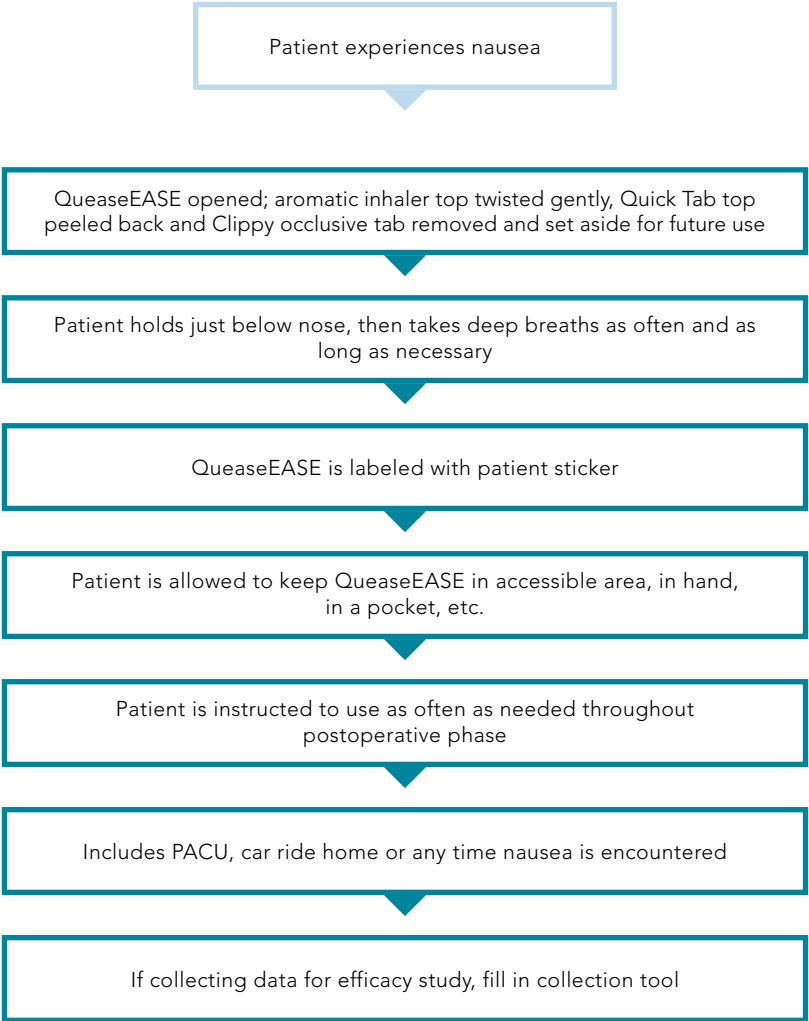
Did patient feel QueaseEASE was beneficial? ☐ Yes ☐ No

Was QueaseEASE sent with patient post-operatively? ☐ Yes ☐ No

Total recovery time \_\_\_\_\_

Additional Comments

# Algorithm for use







### YOUR PATIENTS WILL LOVE QueaseEASE!

"QueaseEASE is the first thing I reach for with the start of any PONV." - **Haley Arnold, RN, BSN Clinical Supervisor ASU/PACU**

## Which essential oils relieve nausea?

Four key essential oils have shown to assist in nausea relief:

Peppermint (*Mentha piperita*) has been a classic essential oil choice for the treatment of nausea for many years. Studies have shown it to be effective for reducing PONV, chemotherapy-induced nausea, pregnancy-related nausea, and colonic spasms during colonoscopies. Peppermint is believed to exert its influence on the gastric lining and colon through its alcohol compounds, menthone and menthol.

Spearmint (*Mentha spicata*) has similar antiemetic benefits to peppermint, but may prove effective for longer periods of time, and has shown to help in reducing both nausea and vomiting. It also contains menthol, but it is the alcohol molecule carvone in spearmint that provides its pleasant aroma.

Lavender (*Lavandula angustifolia*) has a strong anxiolysis component, which helps to reduce the stress of nausea and vomiting after surgical procedures. Lavender is absorbed rapidly when inhaled, achieving relaxation via a serotonergic neurotransmission pathway.

Ginger (*Zingiber officinale*) is a centuries-old remedy for nausea. The molecule zingiberene is believed to be the root of its anti-inflammatory and antiemetic properties. The botanical form of ginger has shown to alleviate PONV, chemotherapy-induced nausea, pregnancy-related nausea, and motion sickness.

Most studies have been conducted with oral ingestion. However, inhalation of the essential oil vapor achieves the same results without the difficulty of swallowing and retaining consumed tablets when nauseated and vomiting.

### WHY USE FOUR ESSENTIAL OILS?

Apart from the obvious benefits of utilizing each EO's contribution to relieving nausea, the resulting complex aroma helps prevent the unwanted side effect of conditioned aversion. In a study involving children who underwent chemotherapy using peppermint oil for nausea relief, researchers found that the smell of peppermint caused the patients to experience nausea whenever they came into contact with other peppermint products, like toothpaste, gum, mints etc.

# Still.

With STILL, we've blended four sweet and soothing essential oils – picked directly from the earth – to ease anxiety and help you relax. Studies have shown that separately these oils work to reduce stress, improve mood, and create a sense of harmony. Together, they're perfectly primed to ease tension, when and as it arises.

Lasts up to 6 months once opened. No doctor's order needed. Safe for all ages.



## Treating pain AND suffering

Treating pain has gotten more complex. The current opioid addiction crises places emphasis on the difficulty of providing safe yet effective relief for patients' suffering. Recently, The Joint Commission (TJC) mandated that accredited facilities must provide non-pharmalogical options for treating pain, yet finding effective, evidence-based therapies suitable for the healthcare environment has not been straightforward.

It is emerging that untreated anxiety plays a large role in patients' perception of pain, and that management of stress and anxiety strongly influences the quality of pain control. Therapeutic Inhaled Essential Oils (TIEO) also known as 'aromatherapy', have been shown to provide significantly beneficial anxiety management in both human and animal studies. In addition, essential oil (EO) vapor produces physical responses quickly, with components detected in the blood stream in as few as 5 minutes after inhalation.

Four EOs in particular have been found to be effective in reducing anxiety; lavender, sweet orange, bergamot and ylang ylang. While these EOs do work individually, it has been observed that blended EOs are more effective through their synergistic effects, than the use of a single oil.

## Introducing STILL for management of anxiety/pain

STILL, from Soothing Scents, combines these four evidence-based essential oils in a personal inhaler designed with the safety features required in the healthcare environment - such as low ambient vapor concentration and a leak-proof design that prevents skin and eye contact with the essential oils.

Available in both a re-closeable tube, lasting for 6 months, and a clip-on version, effective for up to 3 weeks, STILL provides patients with a safe, fast and effective non-pharmacological method to manage their anxiety and pain.

## Benefits of TIEO therapy as an adjunctive pain control method include:



The diagram shows a vertical, cylindrical inhaler device. The top is a light green cap. Below the cap is a white section with three vertical slots. The main body is grey and has the word 'STILL' printed vertically. Below that, 'SOOTHING SCENTS' is printed vertically. To the right of the device, there are five callouts, each with a line pointing to a specific part of the device or a general benefit. The callouts are: 1. 'Facilitates natural sleep patterns' pointing to the top of the device. 2. 'Increases sense of well-being' pointing to the middle of the device. 3. 'Nursing intervention - requires no order or pharmacy involvement' pointing to the bottom of the device. 4. 'Lower risk - no side effects, won't interact with medication.' pointing to the top of the device. 5. 'Self-administration contributes to empowerment and participation in recovery' pointing to the middle of the device. 6. 'Lower cost - multiple uses from one personal inhaler' pointing to the bottom of the device. 7. 'Can be used anywhere, anytime, by anyone - regardless of age or medical condition' pointing to the bottom of the device.

- Facilitates natural sleep patterns
- Increases sense of well-being
- Nursing intervention - requires no order or pharmacy involvement
- Lower risk - no side effects, won't interact with medication.
- Self-administration contributes to empowerment and participation in recovery
- Lower cost - multiple uses from one personal inhaler
- Can be used anywhere, anytime, by anyone - regardless of age or medical condition



## How STILL Works in the Body

Using STILL is as simple as opening the top and inhaling deeply. The molecules suspended in the vapor travel via the olfactory tract, to the olfactory bulb in the cerebrum where it's believed they exert their physiological and psychological effects.

Linalool, a primary constituent of lavender, bergamot and sweet orange, weakly occupies the same GABA receptor sites as benzodiazepines (such as Valium) providing EEG and vital sign changes consistent with relaxation and decreased autonomic nervous system arousal.

Research has shown that when patients have a sense of control over their treatment, they need less medication, report less anxiety and experience better pain control. STILL can be safely sent home with patients, providing this beneficial adjunct for pain control.





# Nurse burnout



Nurses across America are experiencing stress and exhaustion at alarming rates.

With understaffed hospitals, sicker patients, and relentless documentation demands, the country is seeing a record number of nurses suffering from burnout and work-related anxiety - as well as leaving the profession entirely.

After seeing how well it works for patients, facilities have turned to STILL for an effective and convenient way for nurses to manage their own stress.

**"I work in an ambulatory surgery unit that is fast paced and, at times, overwhelming. I keep STILL in my pocket everyday. After a few deep breaths, I feel calmer. It's subtle, but it really works!"**

- Pam C. RN | Ambulatory Surgery Unit

A personal inhaler that gets to work immediately, STILL can easily be carried and used anytime, anywhere - as often as needed. Because it has no unwanted side effects and is compliant with hospital safety standards, STILL is an ideal way for healthcare managers to show how much the well-being of their nursing staff means to them.

**Send Soothing Scents  
home with your patients.**

**Want to order Soothing  
Scents products, or just have  
questions? Give us a call or  
drop us an email and we'll  
gladly assist you.**

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