



*"Don't judge each day by the  
harvest you reap but by the  
seeds that you plant"*

*Robert Louis Stephenson*

## Aromatherapy Consensus Day

### Northwest Group report on:

Aromatherapy Provision in Supportive & Palliative Care: A Consensus Day hosted at St Ann's Hospice, Heald Green. Held on the 22nd of November 2023.

Lead Facilitators: Ann Carter & Dr Peter Mackereth. Hosted by Carol Fogwill (Complementary Therapist, St Ann's Hospice)

### Our Purpose:

A consensus is general agreement among a group of people; in this case the group were Aromatherapists working in Supportive & Palliative Care (S&PC).

The purpose of the event was to develop consensus on areas which are challenging and warrant clarification when delivering aromatherapy to patients, carers, and staff in S&PC settings.

The day focussed on the work of aromatherapists in Specialist and Palliative Care. Participants were asked to identify their top concerns and issues in a prequestionnaire, plus provide some information about essential oil practices/challenges at their place of work/volunteering.

The findings of the questionnaire were shared and then in groups we explored possible strategies to address these concerns/challenges/issues.

participants took part in a recorded Focus Group to evaluate the experience of meeting together and devising a way forward in identifying key areas for future work.

The organisers of the Consensus Day will complete a short report, which will inform a 2nd Consensus Day.

If you would like host our 2nd Aromatherapy Provision in S&PC Consensus Day, please email Dr Peter Mackereth [peter-mackereth@icloud.com](mailto:peter-mackereth@icloud.com)

Ideally, we are looking for another Regional Group to host in early 2024, with a minimum of 7 and a maximum of 14 aromatherapists participating, in a free venue (10-4pm) with access to refreshments (we don't currently have any funds for this activity) – participants will need to bring their own lunches.

The 3rd stage will be a free online event with a report of the two meetings and a further recorded Focus Group with international participants.

The event will take place in the Summer of 2024 and will likely occur in the early evening for a maximum of 90 minutes (e.g., 6-7.30 pm).

The findings of the project will be submitted for publication.

Towards the conclusion of the day,