

Discover

elequil[®] aromatabs[®]

aromatherapy designed
for the clinical setting



Relax. Relieve. Refresh.[®]

Your Solution to a Non-Pharmacological Approach

100% pure essential oils

elequil aromatabs[®]
by Beekley Medical[®]

Table of Contents

Clinical Aromatherapy

Elequil Aromatabs® Aromatherapy	1
How Clinical Aromatherapy Works	1

Current Situation in Healthcare

Non-Pharmacological Approach Supported by Government Agencies	2
Focus on Improving Patient Satisfaction Scores.....	2

How Aromatherapy Can Help

Pain.....	3
Anxiousness.....	3
Sleep.....	3
Queasiness	3
Elder Care / Memory Care	4
Behavioral Health.....	4
Hospice	4
Staff.....	4

Why Choose Elequil Aromatabs Aromatherapy for the Clinical Setting

100% Pure Essential Oils.....	5
Unique Controlled Delivery System	5

Description of Elequil Aromatabs Aromatherapy Aromas

Elequil Aromatabs Aromatherapy – Getting Started

We’re Here To Help.....	7
Evaluation Tools.....	7
Support Tools	7
Science and Safety.....	7
Clinical Studies.....	7
Inventory Management Tools	7

Instructions for Use.....

Product Ordering Information

Back Cover



Clinical Aromatherapy

Elequil Aromatabs® Aromatherapy designed for the clinical setting

- Used in thousands of hospitals and healthcare facilities
- Supports system-wide aromatherapy initiatives
- Easy implementation as a nursing intervention
- Non-pharmacological approach to help manage patient's quality of care
- Creates a comforting and healing environment
- Improves the patient experience

How Clinical Aromatherapy Works

Aromatherapy is the use and application of pure essential oils to promote wellness in these categories:

- Physiological • Psychological • Emotional Balance • Spiritual

Impact on the limbic system

The limbic system is a complex system of nerves and networks in the brain that controls basic emotions, behavior, long-term memory, and smell. When we smell something, our limbic system stores, and then interprets, the emotional significance of an aroma. That is why an essential oil can instantly trigger a behavioral response in our body, and why certain aromas put us on guard while others calm us down.

High quality oils

Essential oils, as a whole, are concentrated, hydrophobic liquids (liquids that are incapable of combining with or dissolving in water), that contain aroma compounds extracted from plants. It is important to know that not all essential oil products are high quality. Beekley Medical® is committed to using essential oils that are 100% pure, unadulterated, and free of pesticides and synthetics. In order to verify therapeutic quality, an independent lab tests each of our essential oils and provides a Certificate of Analysis and chromatogram to ensure its purity.

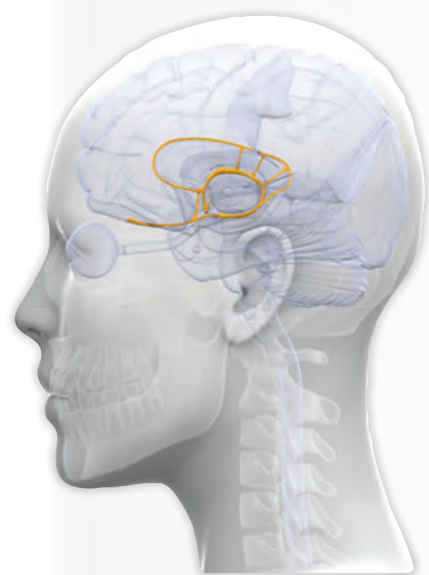
Aromatherapy vs. fragrance

Aromatherapy is the use and application of pure essential oils to promote physical, psychological, and emotional balance. Each essential oil has a unique effect such as soothing queasiness, rejuvenating, calming, etc.

Fragrances, which might smell good, are manufactured scents that can include synthetics, pesticides, or other harmful substances, and do not provide the same therapeutic benefits as aromatherapy.

“Elequil Aromatabs is the **best product for calming. I get so nervous going for a checkup to get my blood drawn** and then having to wait a couple hours for the results to see where my numbers are for my cancer - they will either be good or bad. **Elequil gets me through it.**”

~ Johnny W, Patient, Waukegan, IL



Current Situation in Healthcare

Using a Non-pharmacological Approach to Help Reduce Opioids Is Supported by National/Government Agencies

- **The Joint Commission** hospital accreditation manual requires providing at least one non-pharmacological pain treatment modality to help reduce the use of opioids.¹
- **Centers for Disease Control and Prevention's** CDC Guideline for Prescribing Opioids for Chronic Pain focuses on increased use of non-pharmacologic therapies.²
- **U.S. Department of Health and Human Services** mentions complementary and integrative approaches to pain management.³
- **National Institutes of Health (NIH)** provide grants for studies on non-pharmacological alternatives.⁴
- **Center for Medicare & Medicaid Services (CMS)** State Operations Manual mentions using aromatherapy as an intervention to increase quality of life for Behavioral Health associated with dementia (FTag 679/741).⁵ CMS continues to have quarterly national calls focused on dementia care and non-pharmacological approaches.⁶



Using Patient Satisfaction Scores to Improve Quality of Care is a Focus for Healthcare Facilities

- **HCAHPS inpatient surveys** (Hospital Consumer Assessment of Healthcare Providers and Systems).
- **OAS CAHPS outpatient surveys** (Consumer Assessment of Healthcare Providers and Systems Outpatient and Ambulatory Surgery Survey).

How Aromatherapy Can Help

Elequil Aromatabs® aromatherapy was specifically created for the clinical setting and most commonly used for relaxation, anxiousness, sleep, and queasiness.

A list of clinical studies using Elequil Aromatabs aromatherapy is available upon request.

Pain

When a patient is more relaxed, pain can also decrease. In a UPMC study, there was a significant positive effect of aromatherapy in reducing pain perception.⁷

Anxiousness

Anxiousness can occur most anywhere within the hospital, from MRI to ICU.

Clinical studies using Elequil show a statistically significant reduction of anxiousness:

- Morristown Medical Center for breast biopsies.⁸
- NewYork-Presbyterian Weill Cornell Medical Center for pre-operative anxiousness.⁹

Sleep

Studies have shown that lavender can help relax, which may improve quality of sleep.¹⁰ Many hospitals use Elequil to support their Sleep at Night Initiative or include on a sleep menu provided to the patient.

Queasiness

It is proven that peppermint can help with queasiness and is most commonly used in post anesthesia care units (PACU).¹¹ When combined with orange, it also helps uplift. When combined with lavender, it helps to relax and calm.

Clinical studies using Elequil Aromatabs aromatherapy show a significant reduction of queasiness.

A recent study showed Elequil Aromatabs aromatherapy helped decrease post operative nausea and vomiting (PONV) reducing PACU time by an average of 35 minutes saving the hospital an average of nearly \$3,000 per patient.¹²



“ I was given an Elequil tab when **I experienced anxiousness, lightheadedness, and queasiness while having an IV inserted** for a hospital procedure. I don't have a history of difficulty with medical procedures, so I wasn't prepared for this kind of reaction, and I was so relieved when the nurse brought me an orange-peppermint Elequil Aromatab to ease my discomfort.

Within minutes, I was no longer nauseated and felt deeply relaxed.

What a wonderful product. ”

~ L. Hooper, New York, NY

“ My teenage daughter was diagnosed with Hodgkins Lymphoma. **Her treatment includes massive doses of steroids which had been keeping her from sleeping.** A dear friend brought us the Elequil tabs and my daughter absolutely loves them. **She puts them on her pillow and it helps her sleep.** What a fantastic product! ”

~ Beth, West Hartford, CT

“ I am a patient at Fairview Ridges Hospital. **I was feeling queasy and unsteady in bed.** My nurse suggested the Orange/Peppermint Aromatab. **Within 10 minutes I started to feel better.** I have used the Lavender/Sandalwood every night at bedtime and the orange in the afternoon each of the five days I've been here. **I believe they have contributed to my healing.** ”

~ Bob L, Burnsville, MN

Elder Care / Memory Care

Elequil Aromatabs® aromatherapy is used in the geriatric community for sleep, agitation, and anxiousness including sun-downing and wandering.

Perfect for:

- Skilled Nursing
 - Long Term Care
 - Memory Care
 - Rehabilitation
- Assisted / Independent Living
- Adult Day Care
- Home Care

A pilot study¹³ using Elequil Aromatabs aromatherapy conducted by The Pines at Bristol (Bristol, CT) with their residents concluded the following key benefits achieved:

- 74.9% sleep improvement
- 50% medication reduction
- 91.6% fall reduction



Behavioral Health

- PTSD – orange essential oils can potentially reduce fear memory and be an alternative to help mental health disorders.¹⁴
- Stress Related Illnesses – aromatherapy can assist with relaxing or uplifting and can be useful to alter the mood without becoming addictive.¹⁵

Hospice

In a study on cancer hospice patients, using lavender helped patients with pain, anxiousness, and overall well-being.¹⁶

Staff

Hospital staff can endure long hours and stressful situations. Aromatherapy can contribute to a healthier work environment. As referenced in a clinical study, 83.7% of staff had a positive experience using aromatherapy.¹⁷

“ We have a hospice patient who was being extremely combative with the staff and we were unable to provide any care. We were unable to even place a blood pressure cuff on her wrist without her slapping at the staff or cursing at them. Now with the use of the Aromatabs, we are able to provide the care she needs. She is calm and relaxed and she is getting the rest she needs. This has increased her quality of life during the last days of her life. ”
~ Susan Campbell, Compassus Hospice

“ My wife has been diagnosed with Alzheimer’s for about 10 years. She frequently showed excessive agitation and/or discomfort and was prone to walk excessively. I ordered the lavender aromatabs and there was a marked improvement in her agitation. She was taken off all her neurological medications and the nurses put an Elequil Aromatab on her every day. Her agitation has subsided markedly and she appears content and very sociable with staff and other residents. ”
~ Don, Massachusetts

“ Elequil Aromatabs help a lot with anxiousness, restlessness and relieved some confusion at our long term care facility. We started using them immediately on more residents. We are so happy and excited to have access to such a great natural product with no ill side effects. ”
~ Debra, Santa Maria, CA

Why Choose Elequil Aromatabs® Aromatherapy

Aromatherapy as an alternative holistic intervention is not new, however, current methods including oils applied to cotton balls and diffusers can be hazardous, messy to use, and subject to inconsistencies. As a result, the desired impact can vary from day to day and patient to patient. Elequil Aromatabs aromatherapy is most often the preferred method in the clinical setting for the following reasons.

Elequil Aromatabs Aromatherapy Uses 100% Pure Essential Oils

- ✓ Free of pesticides
- ✓ No synthetics
- ✓ Unadulterated
- ✓ Does not require a carrier oil
- ✓ Lasts 8 hours or more

Unique Controlled Delivery System

- **Consistent amount of oils** ~ perfect for clinical studies and use in system-wide initiatives.
- **Adheres to gown/clothing** for individual use ~ perfect for all patients, especially those incapable of holding a product or who have impaired motor skills.
- **Does not contain any metal/foil** ~ acceptable for use in OR, MRI, and anywhere else where metal/foil is contraindicated.
- **Minimum/Maximum tear** ~ allows customization of aroma based on need and preference.
- **Easy application method** and easy to dispose, eliminating extra work for staff.
- **Patient-friendly** ~ stays within the zone of the patient wherever they go, even as they are discharged from the hospital.

“ I had a breast biopsy yesterday. Three samples were taken, and **it was an intense experience**. I was the very first patient my clinic used these aromatherapy tabs on, and my team was very, very excited. I couldn't think of the words for how soothing this was, but I thought of it after. **It was grounding. In a hospital setting, it's easy to feel lost in an alien place, while feeling physically violated. A familiar smell really helped me subconsciously know that I was in a temporary place**, that the world outside was still there, and that hospital “This Is All There Is” trapped feeling wasn't even an issue. Overall, I am pleased with your product. ”
~ Emily, Bedford, NH



Elequil Aromatabs® Aromas

Lavender-Peppermint promotes relaxation during pain, helps comfort and calm anxiousness, and can soothe queasiness

Lavender-Peppermint

- A top note combination that lasts up to 8 hours



Lavender and Lavender-Sandalwood promote relaxation during pain, help comfort and calm anxiousness

Lavender

- A top note that lasts up to 8 hours

Lavender-Sandalwood

- A top note combined with a base note that lasts up to 24 hours



Orange-Peppermint and Orange-Ginger uplift and can soothe queasiness

Orange-Peppermint

- A top note that lasts up to 8 hours

Orange-Ginger

- A top note that lasts up to 8 hours



A note represents volatility rate at which the essential oil evaporates classified into top, middle, and/or base notes.

|| The aromatabs are a life saver. **I was trampled 5 years ago at a sporting event and have been unable to complete an MRI ever since** due to my anxiousness and fear of tight spaces. I was sitting in the room waiting, losing my mind because I forgot my Valium when I saw the sign about Aromatabs. The tech gave me one and it made a world of difference and **I was finally able to complete my first MRI in 5 years.** Thanks. ||

~ Kisha, Greenbelt, MD

|| Last summer my husband had emergency surgery and had to stay in the hospital for several days. I stayed and never left his side. As anyone who has slept at a hospital knows it is a miserable and uncomfortable experience, especially considering **I am prone to anxiousness.** I found these little packets in the bag they leave the patient with bathroom essentials and figured I'd try them. The Lavender-Sandalwood was the scent that we had been given. It was a perfect blend and **really helped me relax. I stuck it on my upper chest so I could easily inhale it and the scent easily lasted 24 hours.**

I'm definitely ordering more!! ||

~ Debbie New York, NY

Elequil Aromatabs® Aromatherapy – Getting Started

We're Here To Help

We have a team of Certified Aromatherapists available to answer questions and support your aromatherapy initiative.

Government accounts and Veterans' Affairs are supported by an exclusive dedicated Account Manager.

To get you started, we have tools available to set guidelines in place in your department, hospital, or to implement as a standard of care within your healthcare system.

Evaluation Tools

- Customizable Policies and Procedures Template
- Customizable Evaluation Assessment Tools & Tracking Sheet
- Patient and Staff Surveys

Support Tools

- 7-Minute Educational Video with competency quiz
- Nurse Station Guide
- Patient posters and information sheets introducing Elequil
- Patient cards instruct how to purchase Elequil directly as a continuum of care

Science and Safety

- Certificate of Analysis that includes chromatogram
- Safety Data Sheets

Clinical Studies Using Elequil Aromatabs Available upon Request

Our goal is to partner with you on your aromatherapy initiative. Anything we can do to help launch your program for better patient care, please ask us to assist!

Take Advantage of Beekley Medical's Inventory Management Tools

Our team can work with procurement to set up ordering information in your system. Prearranged shipping services, no backorders, same or next day shipping, no restocking fees, and open communication are all part of our commitment to you.

Your healthcare system may have Beekley Medical in your system as an approved vendor. We have over 30 years of experience selling into the hospital market and are a leading vendor within the radiology department.

Elequil Aromatabs is available for purchase directly from Beekley Medical® or through Cardinal Health™, Owens & Minor®, Medline®, or McKesson®. Beekley Medical now has a National GPO Contract with Vizient for Elequil Aromatabs.



Instructions for Use

1. Determine the scent level of Elequil Aromatabs® aromatherapy tab by selecting:

MAX SCENT for the full effect of the essential oil or
MIN SCENT for a lighter effect of the essential oil



2. Using your thumb, press down and hold the self-adhesive aromatherapy tab in place on the paper backing. With your other hand, pull and tear the clear cellophane pouch away from you at the preferred NOTCH to expose the scented tab.



3. Lift the self-adhesive Aromatabs® off the paper backing.





4. Place a self-adhesive Aromatabs on the upper chest or back of clothing or hospital gown during use.



No metal/foil (safe for MRI and/or Intraoperative Procedures)

Warnings and Precautions

- The use of peppermint essential oil is contraindicated for patients with cardiac fibrillation or G6PD Deficiency
- The use of peppermint essential oil is not recommended for children under 3 years old
- External use only; do not ingest or swallow
- Do not use if sensitive or allergic to plants as essential oils are natural aromas derived from plants
- Intended for placement on clothing
- To prevent possible skin irritation: do not place directly on skin
- Do not reuse 
- Discard after use
- Not made with natural rubber latex
- Non-sterile 



Scan QR code
to watch the
Instructions for
Use video

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To learn more visit beekley.com or call
1.844.ELEQUIL or email info@beekley.com



Lavender-Peppermint

Lasts up to 8 hours

REF 373

QTY 50 / box



Lavender-Sandalwood

Lasts up to 24 hours

REF 370

QTY 50 / box



Lavender

Lasts up to 8 hours

REF 372

QTY 50 / box



Orange-Peppermint

Lasts up to 8 hours

REF 371

QTY 50 / box



Orange-Ginger

Lasts up to 8 hours

REF 374

QTY 50 / box

Did you know you may already have an account with us?
Email orders@beekley.com to find out!

Elequil.com is our consumer website that allows patients
to leave your healthcare facility and continue use by
ordering Elequil Aromatabs® aromatherapy direct.

Available for purchase directly from Beekley Medical® or through
Cardinal Health™, Owens & Minor®, Medline®, or McKesson®.

Manufactured by Beekley Corporation
One Prestige Lane, Bristol CT 06010-7454 USA
Tel: 1.800.233.5539 or +1.860.583.4700 Fax: 1.800.735.1234

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