

Description

Book Review: Aromatherapy and Women's Mental Health by Pam Conrad

Review by: Samuel Todd – Lead for Professional Practice and A-EQUIP, Birmingham Women's and Children's NHS Foundation Trust

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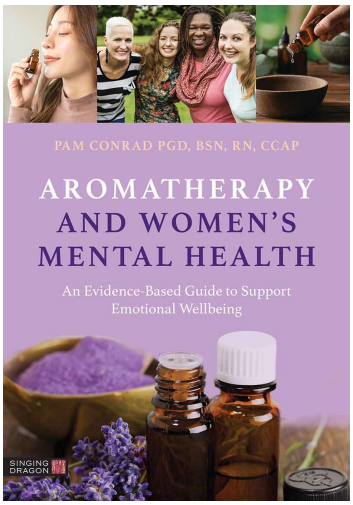

There is often a focus on the physical aspects of pregnancy and childbirth rather than the psychological. As a result, mortality and morbidity related to physical aspects have reduced. However, mortality and morbidity from a psychological perspective remain high for the perinatal period (in 2020 women were three times more likely to die by suicide during or up to after the end of pregnancy).[1]

This book explores the use of aromatherapy to support mental wellbeing during menstruation, pregnancy, post-birth and menopause. The author provides insight from a personal and professional perspective (over 20 years of clinical aromatherapy nursing practice). Examples are provided from an American perspective but are transferable to the UK.

The author explores the relationship between different life stages and associated emotional challenges, supported by appropriate evidence. The book outlines challenges to women's mental health, the use of aromatherapy to support emotional health, methods and safety and much more. It includes tried and tested aromatherapy blends for emotional support which can be used by those with appropriate training as a reference.

Throughout the book there are evidence-based reference tables detailing the condition, indicated essential oils and suggested method of administration. I particularly enjoyed the chapters on Emerging Science, exploring the role of neurotransmitters as a potential mechanism of action for aromatherapy, and Clinical Case Studies. Cases highlight the use of aromatherapy for emotional health treatment, with examples of postpartum depression and infertility. I recommend midwives and those trained to use essential oils with pregnant women and birthing people read this book to enhance their knowledge of how aromatherapy can be used to support women's mental health. **TPM**

SPECIAL OFFER: All4Maternity members receive 15% off RRP for this fantastic book. Purchase today by visiting Members Zone here

Reference

1. Knight M, Bunch K, Tuffnell D, et al, eds. MBRRACE-UK Saving Lives, Improving Mothers' Care – Lessons learned to inform maternity care from the UK and Ireland Confidential Enquiries into Maternal Deaths and Morbidity 2018-20. https://www.npeu.ox.ac.uk/assets/ downloads/mbrrace-uk/reports/maternal-report-2022/MBRRACE-UK_ Maternal_MAIN_Report_2022_v10.pdf. Published November, 2022. 2023, Singing Dragon, pbk, 144pp, £16.99, ISBN 978-1839976247

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