

Case Study Collaborative — Collating Valuable Research Data

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Add your case studies here using the QR code (above) or <https://survey.alchemer.com/s3/6848764/Case-Study-Collaborative>

The field of Aromatherapy has long relied on traditional evidence passed down by experienced experts in the field for common clinical practice. There are many different ways to guide, educate, and lead clients toward healing, and each school of thought informs a holistic practice. While there are multiple approaches to Aromatherapy practice, there is one common thread that ties the Aromatherapy field together – the desire to have confidence that a protocol or plan of treatment can successfully lead most people to health.

This confidence can come from decades of professional experience, but leaps in practice can be made when we combine experiences and create a collective body of knowledge. This is what we do at Franklin Health Research. As a boutique, clinical research firm, members of our team have formal education in Aromatherapy, herbalism, health education, epidemiology, dietetics, and clinical research development. This uniquely qualifies us to complete the rigorous process of full-scale scientific studies on essential oils, botanicals, and dietary supplements through the creation of a trial protocol, submitting it to an independent ethics committee for review, study registration, guiding participants from consent to follow up, and biostatistics to analyze data from validated instruments.

The rigorous nature of clinical research often makes it seem daunting to contribute in any meaningful way as a clinician or practitioner. However, in the simplest of terms, scientific research simply means asking a question that hasn't been answered before, forming a plan to answer that question, executing the plan, and then putting that detailed work out for others to replicate.

The results you obtain with every client – whether “positive” or “negative” – comprise valuable research data. When combined with contributions from countless other professionals, this creates a body of evidence that can be used to create the next big leaps in practice and instill confidence, both in your own skills and the skills of those who follow in your footsteps. In collaboration with IJHPA we have created a way for you to take the first steps in contributing your evidence, the Case Study Collaborative Survey has been created to help collect pertinent details of your interactions with clients and the steps you followed in their specific case.

By contributing your experiences to this collaboration, you gain not only professional experience but give back to the community and the practice as a whole.¹ ☞

If you look through your old case notes, you may discover different clients with similar ailments who have come to you. This could be because you have developed a reputation and word has spread of your successful interventions for specific conditions. If so, how many clients have you seen in the last year with similar issues? Maybe one client stands out. Maybe that is the one to consider turning into a publishable case study.

— Dr. Jane Buckle

Enjoy a free reprint of Dr. Buckle's article using this QR code.



¹ Anonymous case notes/studies may not be published, but will be a part of the collective data.