Cancer is a challenging disease that affects patients’ physical and emotional health (Linden et al., 2012). Patients with cancer require support to maintain their quality of life (Mao et al., 2022), and research indicates an association among cancer diagnosis, emotional distress, and decreased quality of life (Golant et al., 2003). On average, 10%–19% of patients receiving oncology care report feelings of anxiety during cancer treatment (Linden et al., 2012; Mitchell et al., 2011, 2013; Oberoi et al., 2020). Anxiety is a complex symptom, and each patient’s experience of it is unique. Patients diagnosed with cancer can develop anxiety from an emotional response to their diagnosis, loss of control, or fear of experiencing treatment-related side effects (Imanishi et al., 2009; Ozkaraman et al., 2018; Pitman et al., 2018).

Integrative therapies can be used to manage feelings of anxiety and enhance patients’ quality of life (Lusk & Kahn-John, 2019; Ringdahl et al., 2019). Aromatherapy is an emerging intervention for decreasing feelings of anxiety (Lusk & Kahn-John, 2019) and can be safely combined with massage to support symptom management (National Center for Complementary and Integrative Health, 2020). Examples of integrative therapies that can be offered by nurses include acupressure, guided imagery, meditation, and music (Ringdahl et al., 2019). Lack of knowledge surrounding integrative therapy and its applications is a barrier to nurses providing these interventions (Admi et al., 2017). Although some nurses working in cancer care believe that integrative therapies can improve patients’ quality of life, many do not feel confident in educating patients about these interventions (Admi et al., 2017). Providing oncology clinicians with education about complementary and integrative therapies is imperative (Mao et al., 2022). It is important for oncology nurses to be proficient with integrative treatments so that they can assess patient use and provide education about safe, evidence-informed interventions for symptom management (Chui et al., 2018).

A study comparing patients with cancer who received topical aromatherapy massage with patients who received usual care found that individuals in the topical aromatherapy group had a decrease in their anxiety and depression scores for as many as two weeks following the intervention (Wilkinson et al., 2007). Similarly, the anxiolytic effects of topical aromatherapy in patients with breast cancer were explored, and results showed a significant