



Nursing and External Applications in Palliative Care

Matthias Girke, Britta Wilde

Application	Ingredients	Effect	Indications
Aconite Nerve Oil WALA (also available as Acontie Pain Oil and Akonit Schmerzöl) as an oil compress or oil rub. See also: http://www.pflege-vademecum.de/aconit_schmerz_oel.php	<ul style="list-style-type: none"> - monkshood: - camphor: - lavender: - quartz: - peanut oil 	takes hold of the neuralgic pain process stimulates blood circulation soothing, relaxing shaping	neuralgic, sharp pain; polyneuropathic pain (e.g., after chemotherapy)
Arnica 10%, 30% ointment WELEDA	<ul style="list-style-type: none"> - Arnica planta tota: - peanut oil - lanolin 	stimulates and harmonizes metabolic and formative processes in cases of tissue and organ damage, especially after mechanical trauma and disturbances of the blood supply	blunt injuries, inflammatory and degenerative diseases of the locomotor system
Arnica comp./Cuprum oil WELEDA as an oil compress or oil rub	<ul style="list-style-type: none"> - arnica: - copper: - calendula - birch (leaves): - lavender: - rosemary: - olive or peanut oil 	leads the pain-sensitive soul and spirit into a proper physiological connection to the organism warming, antispasmodic anti-inflammatory, counteracts congestion processes activates metabolism and excretion soothing, relaxing improves blood circulation, warms through	painful muscle tension
Arnica essence WELEDA compresses (for uninjured skin) apply 1 tbsp in ¼ liter water to the painful area	<ul style="list-style-type: none"> - Arnica planta tota: 	Leads the pain-sensitive soul and spirit into a proper physiological connection to the organism	blunt injuries, such as strains, bruises, contusions, hematomas headache, angina pectoris concussion

Arnika gel WELEDA apply to the affected part	- Arnica planta tota: - glycerol	see above, cooling	blunt injuries, such as strains, bruises, contusions, hematomas
Aurum/Lavandula comp. cream WELEDA as a heart ointment cloth compress or for a Pentagram Rhythmical Einreibung. See also: http://www.pflege-vademecum.de/pentagrammeinreibung.php	- gold: - lavender: - rose: - paraffin, petroleum jelly	soothing relaxing harmonizing promotes the action of the 'I' and soul body after anesthesia or in critical phases of an illness	anginal complaints after anesthesia, post-operative heart problems. In vital threatening phases of illness. Climacteric (menopausal) restlessness and heart complaints. Premature labor (ointment cloth compresses on the lower abdomen). Heart complaints (oppressive feeling in the chest) in people who are dying.
Chamomilla e floribus 10% Oleum WALA as an abdominal oil compress or rhythmical oil application	- chamomile flowers - olive oil	warming, antispasmodic, soothing anti-inflammatory	painful cramps in the gastrointestinal tract nervous unrest at night. spasmodic symptoms before the onset of menstruation
Eucalyptus 10% oil WALA as an oil compress or oil rub (for the bladder)	- eucalyptus: - olive oil	antispasmodic, relaxing, stimulates blood circulation, anti-inflammatory	acute and chronic bladder pain, bladder inflammation, irritable bladder, urinary retention
Farmer's cheese compresses (also known as quark) See also: http://www.pflege-vademecum.de/quarkauflage.php	use low-fat farmer's cheese, if possible Demeter or organic	analgesic, cooling, relieving. as the farmer's cheese dries it creates a gentle suction effect, which relieves watery congestion	inflammatory processes, e.g., mastitis, erysipelas, "warm" edema, inflamed and warm joints. Can spare dying patients who have bubbling respiration from having to be aspirated
Ginger massage oil LICHTERDE as an oil cloth compress or oil rub	ginger:	warming, stimulating, reduces hardening	cramps (stomach, intestines, muscles)
Gold/incense/myrrh oil DR. HEBERER (available as Gold/Weihrauch/Myrrhe-Öl), see also http://www.pflege-vademecum.de/grl-oel.php	gold: incense: myrrh:	has a brightening and uplifting effect on the 'I' strengthens the power of thinking opens the soul's feelings for the spiritual strengthens vitality and will forces	anxiety, fear of death, overcoming heaviness finding a balance between the power of radiance and the might of heaviness. Too much attachment to the earthly world. Predominant processes of death and degradation.
Gold-Rose-Lavender oil (available as Gold-Rose-Lavendel-Öl Jungebad)	gold: rose: lavender:	promotes light, uprightness harmonizes, promotes formative forces, clarity and protection relaxing, soothing	anxiety, fear of death, overcoming heaviness finding a balance between the power of radiance and the might of heaviness. In case of exhaustion and weakness agitation

<p>Hypericum, Flos 25% Oleum WELEDA as an oil application. See also: http://www.pflege-vademecum.de/hypericumoeleum.php</p>	<ul style="list-style-type: none"> - St. John's wort flowers - sesame oil 	<p>stimulates and structures the sensory organization, e.g., in case of depression, pain syndromes</p>	<p>back pain, muscle pain, nerve root irritation, chronic pain syndrome</p>
<p>Melissa oil WALA as an oil compress or oil rub (abdomen) See also: http://www.pflege-vademecum.de/2714.php</p>	<ul style="list-style-type: none"> - caraway: - Melissa: - marjoram: - peanut oil 	<p>antiflatulent, antispasmodic soothing, antispasmodic promotes the formation of digestive secretions, promotes passage and relief of gas</p>	<p>abdominal cramps, intestinal gas, poor digestion</p>
<p>Oxalis 10%, 30% ointment WELEDA as an abdomen rub or oil cloth compress. If moist Oxalis compresses are experienced as being too moist and cool, apply ointment cloth compresses as an alternative.</p>	<ul style="list-style-type: none"> - Oxalis Folium - sesame oil - lanolin, - yellow wax 	<p>Oxalic acid is related to formic acid: it leads deposited and accumulated substances back into upbuilding metabolic processes, stimulates metabolic processes, has an antispasmodic effect and strengthens the vital forces.</p>	<p><u>Abdomen:</u> for exhausted and weakened patients, weakness in the digestive tract, nervous, vegetative disorders in the gastrointestinal tract, e.g., spastic, spasmodic intestinal complaints. Apply after meals. <u>Upper abdomen:</u> post-treatment of shock-like conditions or traumatic experiences. Apply before going to bed; can stay on all night.</p>
<p>Oxalis 20% tincture WELEDA</p>	<ul style="list-style-type: none"> - Oxalis Folium - ethanol, glycerol 	<p>see above</p>	<p>postoperative bloating accompanied by cramps and restlessness</p>
<p>Oxalis e planta tota W 10%, Oleum WALA as an oil compress</p>	<ul style="list-style-type: none"> - Oxalis planta tota - olive oil 	<p>see above</p>	<p>for prolonged shock effects. Leads the soul and spirit, separated from the body by shock, back into the body.</p>
<p>Oxalis essence WALA as an abdominal compress or bath. See also: http://www.pflege-vademecum.de/oxalis_essenz_bauchwickel.php</p>	<ul style="list-style-type: none"> - Oxalis planta tota 20% 	<p>see above</p>	<p>anxiety and panic disorders in palliative care, with stressful, unresolved soul content surfacing at night</p>
<p>Red Copper Ointment Wala (Kupfersalbe rot) rubbed into the skin (feet, lower legs, hands) or as an ointment cloth compress (placed on kidneys)</p>	<ul style="list-style-type: none"> - Cuprum oxydatum rubrum: - viscous paraffin - white petroleum jelly 	<p>warming, antispasmodic, relaxing, soothing</p>	<p>for nervous, agitated, tense patients. For pain patients in whom the mental or spiritual aspects of pain play a major role</p>

<p>Solum oil WALA as an oil compress or oil rub. See also: http://www.pflege-vademecum.de/solum-oel.php</p>	<ul style="list-style-type: none"> - peat extract: - chestnut: - horsetail: - lavender: - olive oil 	<p>lessens pain processes associated with edema and pathological congestion counteracts congestion processes has a shaping and invigorating effect on the fluid organism soothing, relaxing</p>	<p>chronic pain, e.g., rheumatic complaints, bone metastases; when the patient needs enveloping warmth or must be shielded from external influences</p>
<p>Yarrow liver compress after lunch. 2 tbsp yarrow leaves in 1 liter boiling water, let stand for 10 minutes. See also: http://www.pflege-vademecum.de/schafgarben_leb_erwickel.php</p>	<ul style="list-style-type: none"> - etheric oils - azulenes - bitter substances: - tannins: - potassium salts 	<p>warming, antispasmodic improves secretion and appetite astringent, anti-inflammatory, hemostatic</p>	<p>liver capsule pain, e.g., liver metastases, congestive liver, hepatitis</p>
<p>Yarrow mouth rinse 1 tbsp in 150 ml hot water, let stand for 10 minutes</p>	<p>see above</p>	<p>anti-inflammatory, hemostatic</p>	<p>bleeding mucous membranes (e.g., oral mucosa)</p>