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Introduction

Scenting has been widely used in healthcare to improve the experience of patients. Also, they influence how patients feel during and after diagnosis. It has been discovered that some scents can relax patients or create conducive environments for patients. Hospital waiting rooms, dental clinics, and hospitals generally create stress and anxiety for patients. This raises the importance of diffusing relaxing odors to these areas to create a relaxing environment for hospital staff and patients. This will improve the provision of services in the medical center. This is because people's emotions are affected by what they smell by 75%. Influencing the feelings of patients will, therefore, reduce the anxiety in patients and thus take medication positively. In most cases, the aromas in hospitals are accidental, but it has been established to cause a calming effect on patients (Birnbach et al. 2013). This improves the experiences patients acquire in hospitals and reduce the negativity that patients acquire. Some healthcare practices such as surgery, blood clinics, and dental surgery may cause stress to patients, and thus, relaxing odors such as vanilla and lavender can be used to reduce such fears. This is because the two smells have been discovered to minimize tension and claustrophobia. The use of these scents in hospitals has reduced the number of patients that require calming drugs before medication. It has also reduced the number of hospital cancellations by 50%. As such, the use and application of odors in healthcare facilities in Florida are appreciable. This paper will thus look at common uses of scents in hospitals, and applications that aid in diagnosis contexts in hospitals. This will be aimed at giving suggestions of the scent applications suitable for hospitals in Florida.

The smell is one of the most potent human senses that influence how people behave. Hospitals and medical staff have turned to this sense to create relaxing environments for doctors and patients. This has been widely used in waiting rooms. Waiting rooms can be tiresome and

traumatic due to long queues and anxiety that patients face as they seek medication. The use of soothing scent in these waiting rooms, such as eucalyptus, can trigger a calming emotional response that will improve the waiting rooms' experiences earned by patients. Anxiety is also experienced in doctors' offices that affect the diagnosis of diseases. The use of scent in these offices reduces the tension and anxiety that patients experience and thus increases and improve diagnosis. The most commonly used scents are citrus scents that uplift fragrances and ease tension. The waiting rooms experience combinations of airborne bacteria that cause diseases to patients. Scents have been used as antibacterial to reduce cases of airborne diseases contracted at waiting rooms or doctors' offices. This has saved the lives of hospital staff and patients. Mostly eucalyptus scent has been used for this purpose due to its antibacterial properties (Elrod & Fortenberry 2018).

Scents have been applied in the diagnosis of brain disorders such as ²Alzheimer's disease, obsessive-compulsive disorder, Huntington's disease, schizophrenia, and Parkinson's disease. Alzheimer's disease affects the olfactory bulb, which acts as a link between the nose and the brain. Scent tests have been used to detect the disease early before its symptoms appear. This has helped the treatment of the disease before its symptoms become complicated. Tests on Alzheimer's disease show weak identification of scents and thus indicating occurrences of the disease. This has not only helped patients to determine their risk of contracting Alzheimer's disease but also have lowered the cost of developing new drugs for the treatment of the disease. It, therefore, reduce the cost of treatment if Alzheimer's disease. People who have schizophrenia have been known due to their inability to identify smells. The use of odors in hospitals is thus helpful when detecting schizophrenia. Patients who have Huntington's disease have shown weak identifications of odors, and thus doctors have used scents in the diagnosis of the disease. This

has given doctors simple means of detecting mental disorders that are associated with smells. These tests have been done by the University of Melbourne (Australia) since 2006, and they have aided in the treatment of mental disorders (Thomas 2010).

There is an alarming response by magnetic resonance imaging (MRI) over the number of patient cancellations on the issue of scanning. MRI is used to produce pictures of the inner side of the body to determine the progress of healing or defects affecting the body. It can be used to scan almost every part of the body, including the brain, joints and bones, the spinal cord, breasts, and even internal organs like the prostate gland and liver. Research on how aromatherapy influences the MRI scanning has shown that scents create a calming mood of the patients and thus help in the scanning. This has helped reduce the number of scan cancellations done by patients due to fear of the scan machine. This has been made possible by the calming effect of most of the odors used in hospitals (Rimkute et al. 2016).

Researches have shown that odors are not only used in healthcare but also used in other fields like marketing. The use of pleasant scents has influenced the decision of people during shopping and thus shops more on goods with a pleasant smell. Also, fragrances have influenced memory of people. This is because scents activate buried memories, and thus people buy what they have experienced before. Scents have thus been described as cerebral glue as it brings thoughts and experiences together.

Recommendations for scent use in hospitals

Hospitals in Florida should thus use this technique of scenting hospitals to influence the moods of patients. This will make them calm down as they wait for their turn in the waiting rooms. Also, odors will reduce the tension and anxiety that patients experience as they wait for

medication. Decreases in anxiety will enable more patients to seek a remedy in hospitals and avoid cases of medical negligence.

Also, they should use scents to revive memories in patients. During the diagnosis of a disease, patient memory is essential in explaining what has been happening and the symptoms that the patient has experienced. This will not only help the doctors serve the patients effectively but also doctors will avoid cases of treating the wrong diseases. The revival of memory will ease the diagnosis of diseases and thus save time during the treatment process (Gombeski et al. 2010).

Due to anxiety and tension in waiting rooms, doctors' offices, and during medication, people may lose concentration and thus give the wrong symptoms of the disease the patient is suffering from. This leads to the wrong medication. As such, hospitals should use scents to create and maintain mental alertness in patients.

Most hospitals are the cause of airborne disease. This is because people contact these diseases from other patients in the waiting rooms. As such, the hospitals should use antibacterial scents to control the spread of these diseases. This will save patients' funds for illnesses contracted in the hospital.

Conclusion

Scents are termed distracting to some people, but if used appropriately, they serve a variety of purposes ranging from medication, prevention of infection to influencing marketing. As such, hospitals such embrace the use of scent in hospitals to impact patients and improve the experiences patients acquire during medication. This will improve the health sector in Florida. They should also use fragrances in the diagnosis of diseases and thus avoid incurring more expenses that can discourage patients from seeking medication attention. This is mostly

applicable to related mental disorders. By doing this, medical services will improve and also patients' experience.

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- Reading assignment: Part II, Chapters 5-8.

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