assuming a relaxed seated position for 10 min, the subjects performed a mental arithmetic task for 60 min followed by relaxation for 30 min, and then a rest for 10 min. The mental arithmetic task is a method of adding numbers without using tools. Every subject performed both the control-load and aroma-load tests under the same protocol, while the ECG was measured. They smelled lavandula angustifolia during the aroma-load.

**Result** We analysed the power spectrum of high and low frequencies. The P1 (low frequency)/P2 (high frequency) was defined as the ratio of P1 to P2. There was no change in the P1/P2 of 2 out of 3 subjects by using the aroma. Subjects A and B could avoid mental stress by using the aroma during the mental arithmetic operation.

**Discussion** In an analysis of the power spectrum in the R-R interval times, the high and low frequencies in the physiological index of stress loading suggest that the aromas have an effect on the autonomic nervous system. As the strain on sympathetic nerve was relaxed, we conclude that the aroma affected the sympathetic nerves. Thus, we conclude that the aroma affected a sympathetic nerve, relaxing the strain on it.

**Results** The mean score of 8 competencies was more than 5.5 points. The mean score of 3 competencies was less than 4.5 points. All competencies’ scores differed significantly by years of experience as occupational health nurses.

**Discussion** The competencies with high scores were common to nurses who had awareness of themselves as professionals, valuing human relations with clients, and supporting clients with respect. Therefore, we considered that these were competencies that were easy to acquire for occupational health nurses who learned nursing science. We also considered that some competencies might be low because nurses were not able to acquire them without opportunities for experience and activity.

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**Abstract 562 Figure 1** Diagnostic sheet for occupational health nursing

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**Nursing Diagnosis**

<table>
<thead>
<tr>
<th>Nursing Diagnosis</th>
<th>Diffinition</th>
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</table>

**Defining Characteristics**

(Sign or symptom / Objective or subjective cue)

**Related Factors**

(Cause/ Contributing factor / Risk Factor / Determinant/ Increase risk)

**Nursing Outcome**

- Number of corresponding Defining Characteristics
- Number of Nursing Outcome

**Nursing support**

**Opinion / Question**