

Milkbones® Are The Best Medicine

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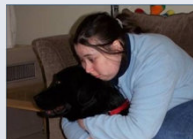
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Introduction

Animals can be part of medical treatment

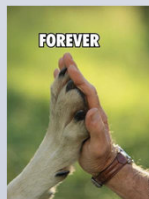
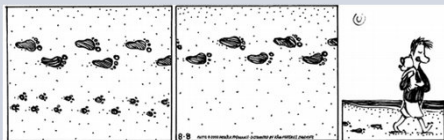
Research has shown that animal interaction can result in

- lower blood pressure
- less stress & anxiety
- decreased sense of loneliness and depression.
- Animals can promote improved social interactions and more participation community based activities
- Specialized therapy with animals can improve and maintain functional ability



Objectives

1. Describe the Physical Benefits of Animals
2. Identify Psychological advantages of Animals
3. Recognize the Social Benefits of Animals
4. Examine the role of service dogs in improving functional ability and health maintenance



Physical Benefits

Dogs remind you to take a cleansing breath.

A warm snuggle can relieve aches and pains better than heating pad

Pet owners exercise more. Such as taking dogs for a walk, fetch, and grooming activities.

Specialized treatment *with animals*: help with strength, endurance, balance & trunk control. Re-teaching muscles. Fine motor controls.

- Research has shown that animal interaction can result in lower blood pressure and lower triglycerides.



Identify Psychological Advantages

Loneliness- someone to interact with. A companion, part of the family

Decreased Stress & Anxiety – a calming effect. Focus on others not yourself

Depression Pets make you smile. Others around you also smile.

Sense of loss: Many people feel a loss when animal not present, look forward to animal visitors.

Sense of responsibility. Someone else needs you.

Need to follow a routine. Dogs & cats know when it is supper time

Learn/maintain self esteem. Kids learn respect & kindness for others. **Learn to care for others.**

Team Building: Tight bond between persons & their service animal.



Recognize the Social Benefits of Animals

Facilitate human interaction; people may approach a service dog team to inquire about tasks the dogs do.

Walking in the community, and meeting other animal lovers

Companionship and people with similar interest.

Social Benefits in Autism

Increased connection to his/her environment with others

Increased communication tools

Need of a structured environment and routine.

Fear of leaving home

Appropriate behavior – Do not kick or bite.



Role of Service Dogs

Increased sense of security

Guide/Leader dogs prevent injury and avoid obstacles

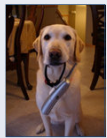
Seizure dogs may alert to upcoming seizure or get help/sound alarm when seizure occurs

Get help, pull cords, retrieve phone or caregiver

Hearing dogs alert to sounds or alarms people calling your name

Autism dogs prevent self injury and running away

Diabetes dog alert to low/high blood sugar



Gain/Maintain Independence

- People with multiple disabilities typically rely on assistance from family members, volunteers or paid personal aides.
- A Service/Guide Dog could help them achieve greater independence and enhance their quality of life.
- Less wear and tear on the body, help with ADL's, shopping tasks, fine motor tasks
- Autism dogs used to model behavior - brush hair and teeth
- Self esteem
- Ability to live/ travel alone
- Less care taker hours



References

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