

# Pet Therapy

Can pet therapy benefit your life? Read this to find out!

## 01 *Who can benefit from pet therapy?*

### Institutions:

- Hospitals
- Prisons
- Schools
- Courtrooms

### Individuals:

- People who suffer from mental illnesses (PTSD, autism, anxiety, depression)
  - People who have certain medical conditions (diabetes, seizure disorders, allergies, etc.)
  - People who have physical disabilities (loss of limbs, sight, hearing)
  - Therapists
- 



## 02 *How does it promote well-being?*

Interactions with animals help to reduce stress and anxiety by diverting attention, providing a sense of comfort, and help top develop a pleasurable experience in the moment.

---

## 03 *What the research says*

- Can improve depression symptoms, lower blood pressure, give one motivation to take care of themselves, lessen PTSD symptoms, including night terrors, and lowers risk for suicide.
  - Gives people companionship, happiness, and love when they have no one else.
- 



## 04 *Giving Pet Therapy a face*

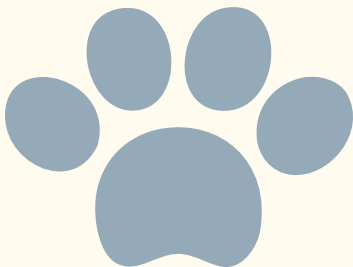
Stephen's aunt benefitting from pet therapy for PTSD and depression.

---

## 05 *Nursing Implications*

- This therapy is useful for a variety of patients but not all patients. If a patient is allergic or immunocompromised this therapy should not be used.
  - Most of these programs are a volunteer service so vetting the service is important. Ensure that the animals are trained properly and hygiene is kept up.
  - Most importantly ensure that the environment is beneficial and promotes healing and positivity, not a distraction or chaos.
- 





## Sources

- Animal-assisted therapy. (2019, January). Retrieved March 23, 2021, from <https://www.psychologytoday.com/us/therapy-types/animal-assisted-therapy>
- Altschuler, E. L. (2017). Animal-Assisted Therapy for Post-traumatic Stress Disorder. *Military Medicine*. <https://doi.org/10.1093/milmed/usx073>
- Becze, E. (2018, June 12). Animal therapy has benefits for patients-and healthcare staff. Retrieved March 17, 2021, from <https://voice.ons.org/news-and-views/animal-therapy-has-benefits-for-patients-and-healthcare-staff>
- Johnson, R. A., Meadows, R. L., Haubner, R., & Sevedge, K. (2003). Human-Animal Interaction: a complementary/alternative medical (cam) intervention for cancer patients. *American Behavioral Scientist*, 47(1), 55-69. <https://journals.sagepub.com/doi/pdf/10.1177/0002764203255213>
- Moretti, F., De Ronchi, D., Bernabei, V., Marchetti, L., Ferrari, B., Forlani, C., Negretti, F., Sacchetti, C. & Atti, A.R. (2011). Pet therapy in elderly patients with mental illness. *Psychogeriatrics*, (11), 125-129. <https://doi.org/10.1111/j.1479-8301.2010.00329.x>
- Strimple, E. O. (2003). A History of Prison Inmate-Animal Interaction Programs. *American Behavioral Scientist*, 47(1), 70-78. <https://doi.org/10.1177/0002764203255212>