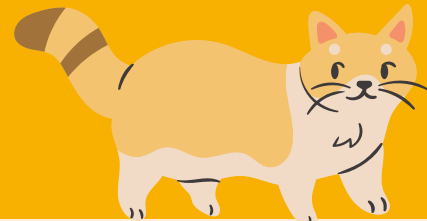
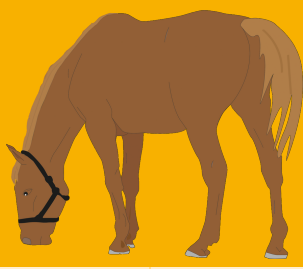


THE BENEFITS OF ANIMAL-ASSISTED THERAPY



Animals are furry,
cuddly,
pure bundles of love!



**"Pet Your Stress Away
events at universities
and colleges"**



"Just 10 minutes can have a significant impact"

-Patricia Pendry

WSU Department of Human Development



Ozzie

Chief Officer of Comfort and Joy
for Ashley House NW

Nursing Implications

Ensure SAFETY for everyone involved

- It is important to ensure the policies and guidelines are carefully followed. Animals and handlers are trained appropriately.
- Proper patient screening should be in place to identify patients with fears or allergies. It is essential to determine the severity of the allergy along with expected signs and symptoms.
- To decrease the risk of infection always perform good hand hygiene.

We all know animals make wonderful companions, but did you know about the positive affects they can have on our physiology, mental health and overall well-being?



**The Research Says
Animal Therapy Can
Help With...**

- Social interaction and loneliness
- Non-verbal and verbal communication
- Postural stability and fine motor skills
- Overall view of life and personal health
- Pain
- Anxiety and Depression
- Blood pressure
- Stress



Integration into Healthcare

- Implement pet therapy in your facility
- Do your research
- Present to your administrators, managers, and stakeholders
- Don't be afraid to ask!



Animals have the ability to help us in a way medicine isn't able to.



The effects that therapy animals can have on people is endless. If you have an animal who can help others share them with your community!

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