

Has ICU gone to the Dogs??



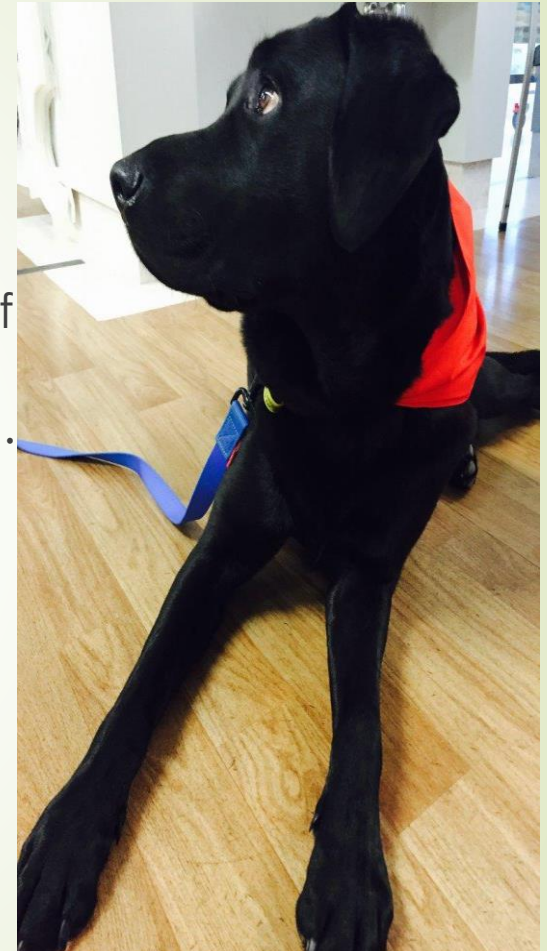
**Implementing Pet Therapy
into a tertiary level ICU**

Background into how dogs got into Wellington ICU?

- I was Inspired by an ANZICS presentation in 2015 on Pet therapy
- We occasionally organised dogs of long term ICU patients to be brought into our ICU to visit. This was on an individual basis only
- Pet therapy was already happening on the Paediatric ward within CCDHB so definitely achievable
- Fortunate to have an existing Animals on hospital premises policy, so we aligned our practice with this policy which made the whole process a lot easier to implement
- Canine Friends was approached to see if they could help

Oxford the Black Labrador

- ▶ Rick and Oxford began their pet therapy sessions in February 2016 and visit weekly on a Thursday.
- ▶ It was important we got the right temperament of dog to visit ICU. Luckily for us Oxford's food drive was too high for him to graduate as a Guide dog. But he excels as a pet therapy dog. Bigger dog more suited to ICU patients in beds or chairs.
- ▶ It was also important to get the right human for job too. Someone who is comfortable in the ICU environment and is able to talk to patients and their families and gauge a situation that may be happening on the unit.



Benefits of Pet Therapy for the patients

Physiological and Emotional effects:

- Reduced systolic and diastolic BP
- Reduced Heart Rate
- Reduced need for analgesia
- Reduced stress/anxiety levels and increased relaxation
(Allen, Blascovich & Mendes, 2002)

The Power of touch

- As soon as patients pat his coat and touch his silky Labrador ears, stories/memories of loved pets and happier times begin. The emphasis shifts from being critically unwell in an ICU bed



One of our long term respiratory wean patients sitting on the side of the bed for the second time with Oxford as a distraction

Road to recovery with man's best friend

TIM O'CONNELL

Last updated 08:49, February 20 2017



Supplied

Scooby the Great Dane and owners John and Joss Cumming.



Benefits of Pet therapy for the Staff

- We all know ICU is a high pressure, stressful and challenging environment to work in.
- There is a huge emphasis on ICU Staff burnout, Staff Resilience and coping strategies in the literature.
- The impact of pet therapy on staff was grossly underestimated. Pet therapy provides staff with a temporary pause in a challenging and high pressure environment.








Barriers and Rules of Pet therapy

Infection Control main barrier:

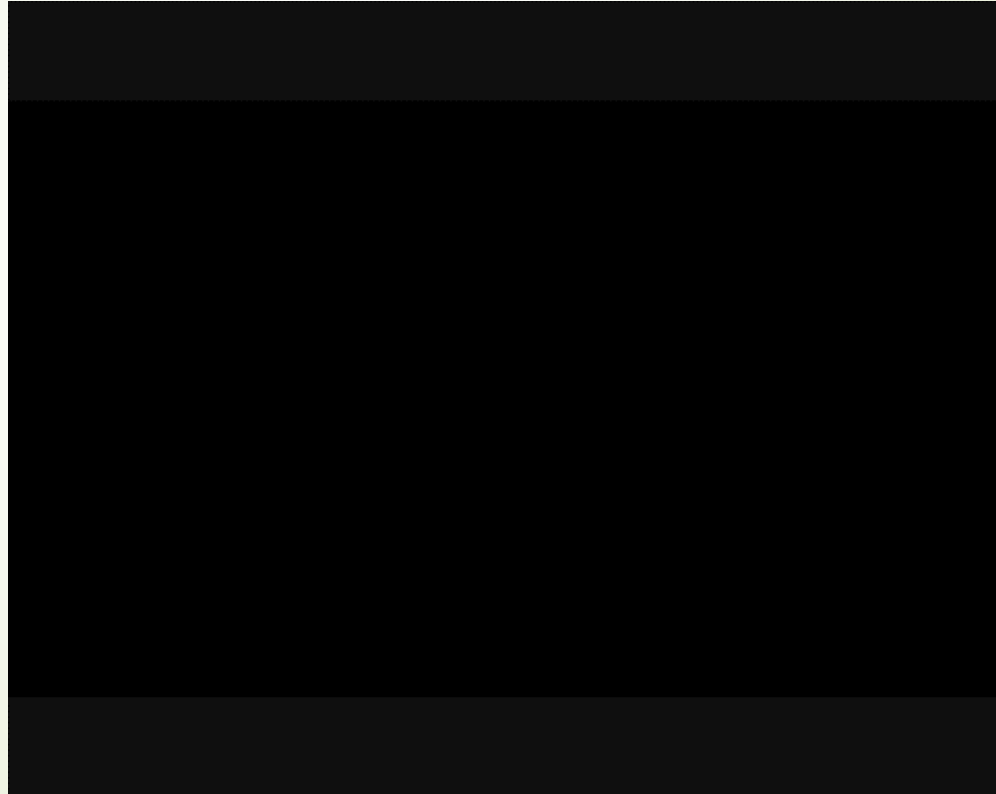
- ▶ Zoonotic infections are thought to be a risk of Pet therapy. However there has never been a report of a zoonotic infection by a pet therapy animal in the hospital setting (Lee & Higin, 2010)

Rules:

- ▶ Aligned our practice with existing CCDHB Animals on hospital premises policy and the Canine Friends guidelines. Which require dogs to be clean, maintain current vaccinations, and have passed behaviour and training tests.
- ▶ No pet therapy visits in the Isolation rooms
- ▶ Permission sought from patient or their family before Oxford approaches, in case of any allergies or a fear of dogs.



**Actions speak louder than
words....**





**EMBRACE THE K9
PET THERAPY IS GOOD FOR US
ALL!!!**

**Special thanks to Rick and Oxford who give so
much to our ICU.**

