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BACKGROUND AND PURPOSE

- Dogs are commonly known as man’s best friend and most people have had a dog once in their life.
- Therapy dogs help with management of fear, anxiety, pain, sadness, quality of life and much more.
- Many studies have been conducted on the effectiveness of therapy dogs in various healthcare settings.
- Pediatric patients lack the coping skills that adults have learned.
- We want to discover if the risks of having therapy dogs in the hospital setting are worth the reward of stress reduction.
- In pediatric patients what is the effect of the use of therapy dogs on stress reduction?

(Silva & Osório, 2018)

Results of Literature Review

- There is evidence of a significant decrease in anxiety with the introduction of pet therapy (Hinich et al., 2019).
- “83% (17-21) said the dog made them feel relaxed/not worried on the post scan [MRI]” (Perez et al., 2019).
- According to Uglow (2019), many of their patients wanted to encourage other hospitals to use therapy dogs.
- The literature review supported our research question & went beyond by looking at different places and populations to use therapy dogs.

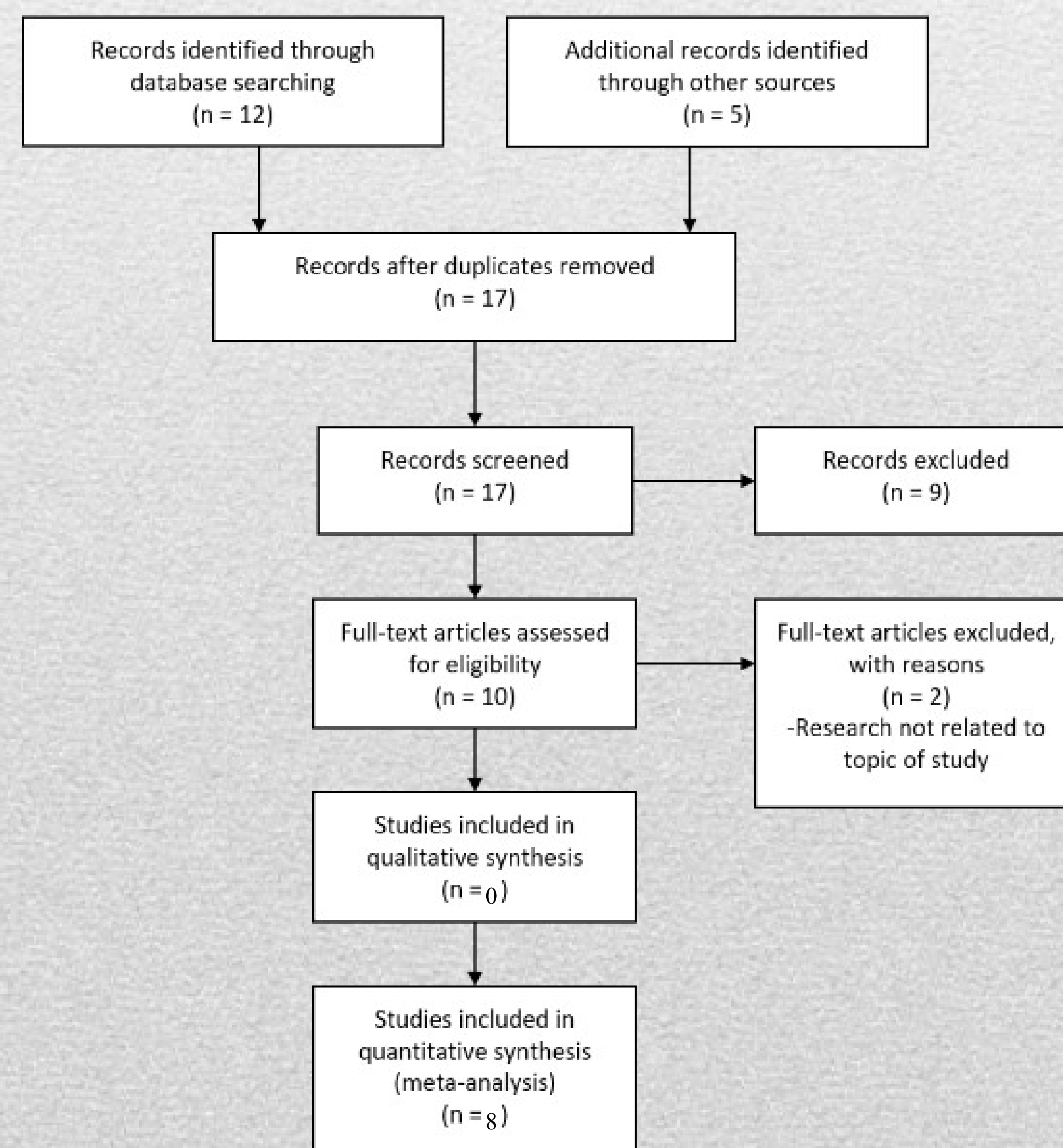
PRACTICE GUIDELINES RECOMMENDATIONS

- Service animals will be permitted in the hospital unless the animal's presence would alter the nature of the service provided.
- Animals need to be within its handler’s control.
- If the animal poses a direct threat on safety, they will be removed.
- Service animals need to be in a vest or some other identifiable harness.
- Animals will only be permitted when providing services through the pet therapy program.
- Animals need to be bathed 24 hours prior to arrival at the hospital and upon returning.
- Therapy dogs need to be trained through a hospital approved therapy program.

(Hendricks Regional Health, 2017)

PRISMA FLOW DIAGRAM

We used the database CINAHL to find this information.



Anxiety comparison across groups.

	Pre-anxiety med (min-max)	Post-anxiety med (min-max)	p-Value
Puzzle comparison group	30 (20-48)	28 (20-40)	<0.001*
Pet therapy intervention group	31 (20-46)	25 (20-40)	<0.001*
P value difference	0.537**	0.002**	

* Wilcoxon matched-pair signed rank test used to calculate p-values.

** Mann-Whitney U test used to calculate p-values.

(Hinich et al., 2019)



(Brawley, 2018)

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