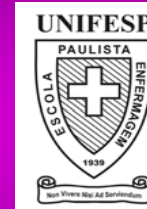


Pet and Play Therapy in PICU

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Introduction

□ Play is recognized as an essential component of a child's life.

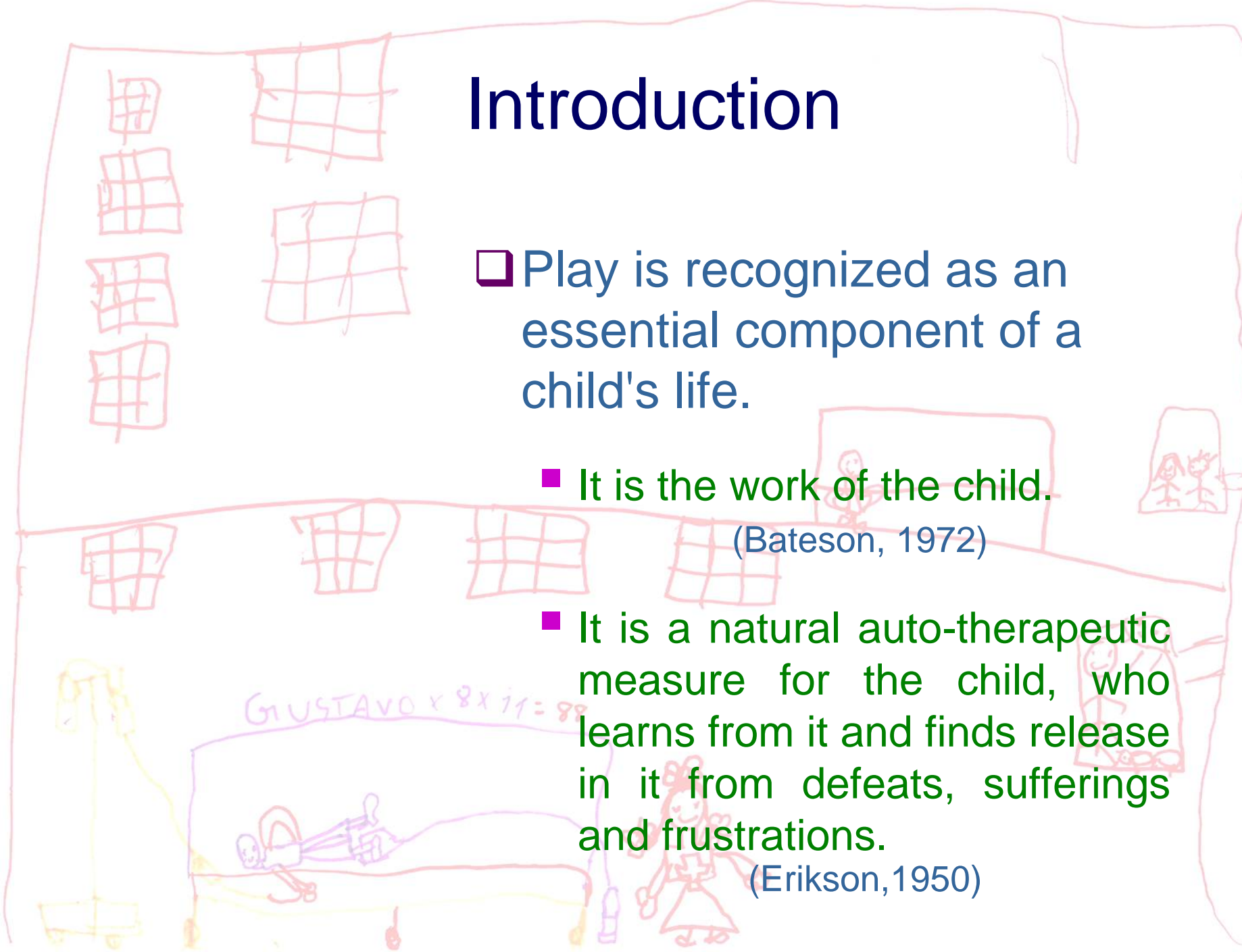
■ It is the work of the child.

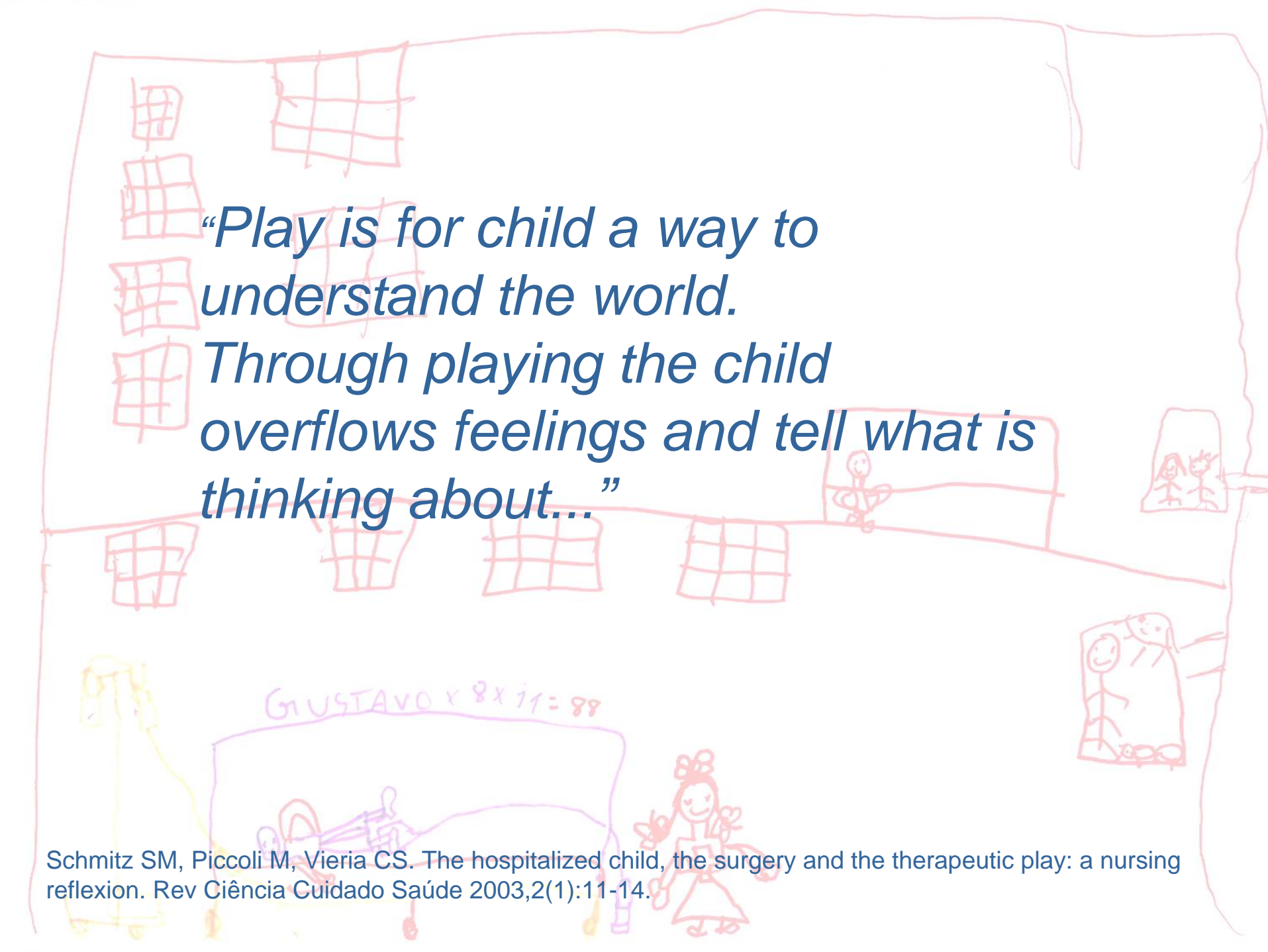
(Bateson, 1972)

■ It is a natural auto-therapeutic measure for the child, who learns from it and finds release in it from defeats, sufferings and frustrations.

(Erikson, 1950)

GIUSTAVO x 8 x 11 = 88





“Play is for child a way to understand the world. Through playing the child overflows feelings and tell what is thinking about...”

During hospitalization

- ❑ Child lives with the high risk of death and restrictions caused by the clinical condition.
- ❑ The suffering and possible sequels can be minimized by an environment specifically structured to support child's growth and development.
- All types of playing activities are good considering that even the sick child needs to play.





United Nations



Children have a right to health services which are appropriate and meet their needs. This should include services that offer opportunity for play and recreation.

Hall C, Reet M. Enhancing the state of play in children's nursing. J. of Child Health Care, 2000; 4(2):49-54.





United Nations Children's Fund World Health Organization



■ The Child Friendly Hospital Initiative

- 12 standards for children's hospital
 - Standard 7- Art. 28 and 31.

“School teachers and play staff should be encouraged to work in the hospital, and play and educational materials appropriate for all ages should be provided.”

Hall C, Reet M. Enhancing the state of play in children's nursing. J. of Child Health Care, 2000; 4(2):49-54.

Types of Play

□ Normative play

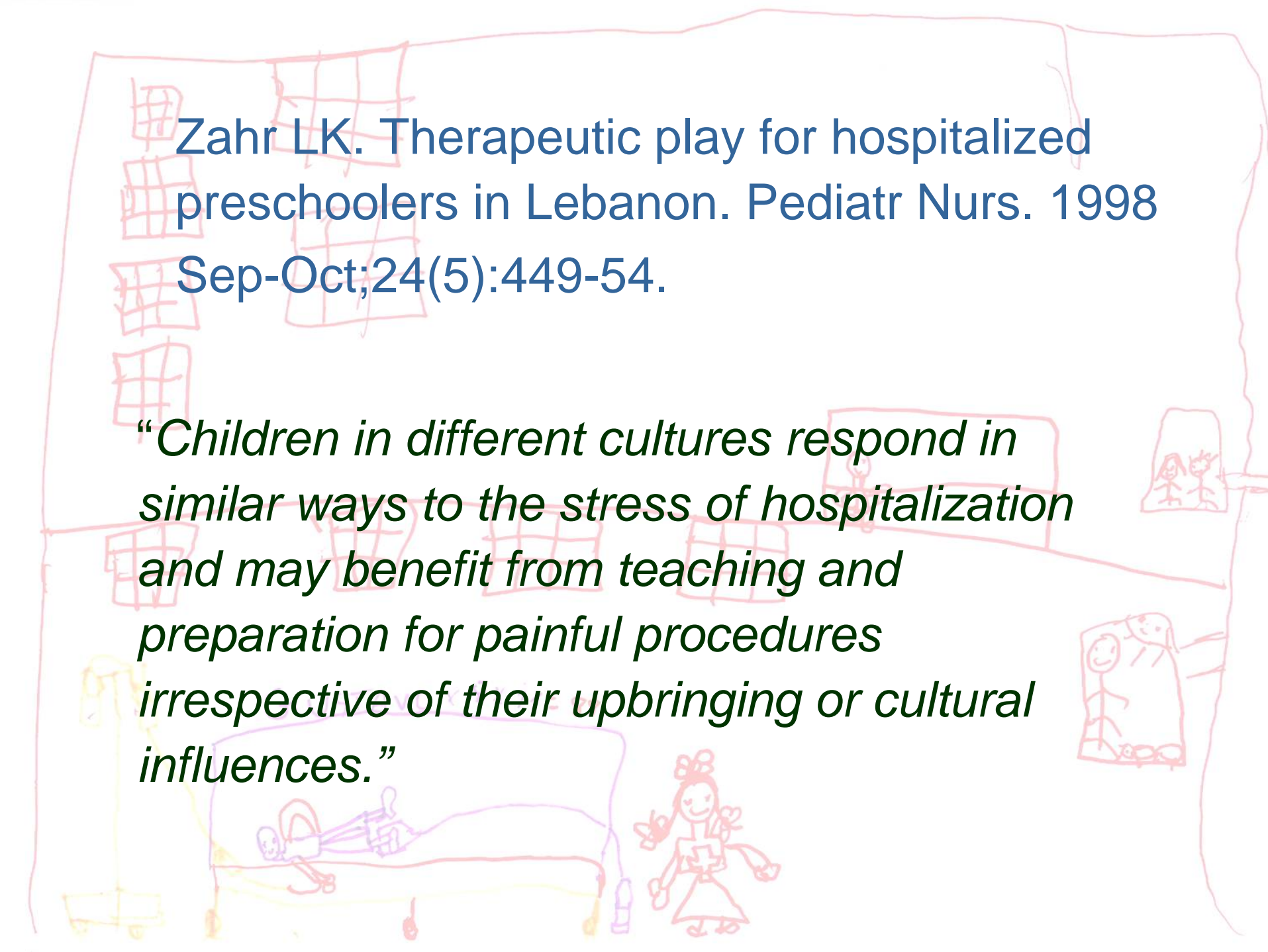
□ Therapeutic play

■ *Emotional outlet play*

■ *Instructional play*

■ *Physiologically enhancing play*

Vessey JA, Mahon MM. Therapeutic play and the hospitalized child.
Journal of Pediatric Nurs, 1990;5(5):328-33.



Zahr LK. Therapeutic play for hospitalized preschoolers in Lebanon. *Pediatr Nurs.* 1998 Sep-Oct;24(5):449-54.

“Children in different cultures respond in similar ways to the stress of hospitalization and may benefit from teaching and preparation for painful procedures irrespective of their upbringing or cultural influences.”

Play Therapy in PICU

- ❑ PICU hospitalization is a stressful experience for the child and family.
- ❑ Play therapy can be an useful resource for them to deal with all the PICU stressors.
- ❑ There are few studies about the application of Play Therapy on PICU in the current literature databases.

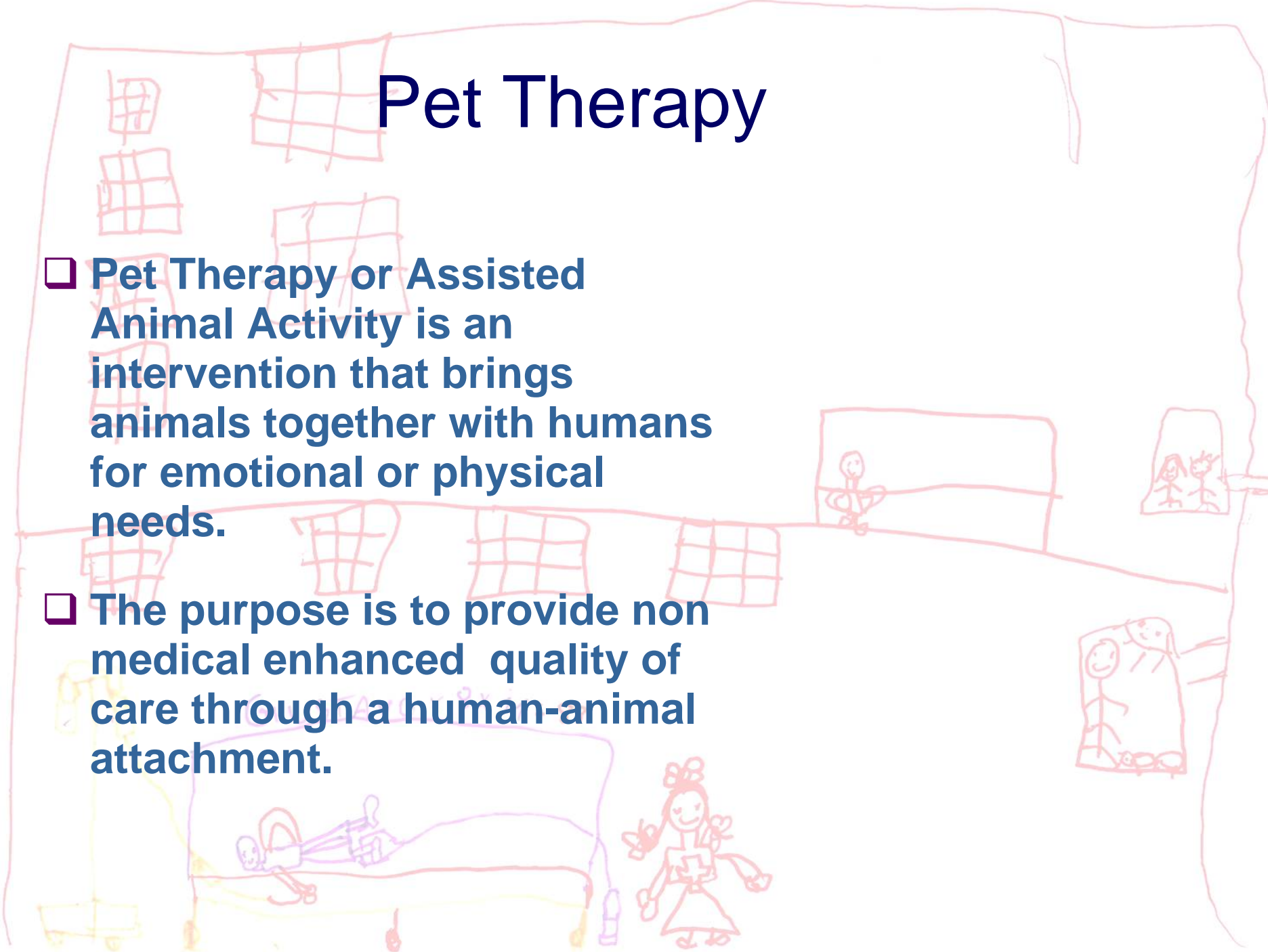


Benefits for the family

- ❑ The play has therapeutic effects on parents because it gives them the opportunity to reorganize themselves and to rest for a while.
- ❑ Even playing actively with their child, they focus their thoughts beyond the disease.
- ❑ Parents feel comfortable when they observe their sick child taking part in a play, forgetting for a while the negative effects of the hospitalization.

Pet Therapy

- ❑ **Pet Therapy or Assisted Animal Activity is an intervention that brings animals together with humans for emotional or physical needs.**
- ❑ **The purpose is to provide non medical enhanced quality of care through a human-animal attachment.**



Origen of Pet Therapy

□ England- since 1792

■ Florence Nigthingale - 1860

□ USA-1919

□ Brazil- 1980

GUSTAVO x 8 x 11 = 88



Benefits

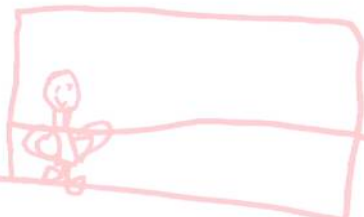
- **Studies show promotion of well being, stress reduction and cardiovascular benefits.**
 - **Leal & Natalie (2007) found that**
 - beta endorphins, febilatalamin and ocitocin levels are liberate for a medium rate of 15 minutes, lessening the cortysol action and provoking a well being sense.
 - after the visit of the animal, depression patients present amino acids that indicates the presence of serotonin and dopamine on blood stream which did not happened before the visiting.
 - **Sobo, Eng, Kassity-Krich (2006)**
 - recommend pet therapy as an useful intervention to manage pain in child because contributes to distraction, activating comfortable thoughts related to their friends and home.

Pet Therapy

□ In hospital dogs are more indicated because they are animals that have good warmth with people, are easy to be trained and present positive reaction to touch.

■ The Golden Retriever is one of the most adequate to be trained for pet therapy with child.

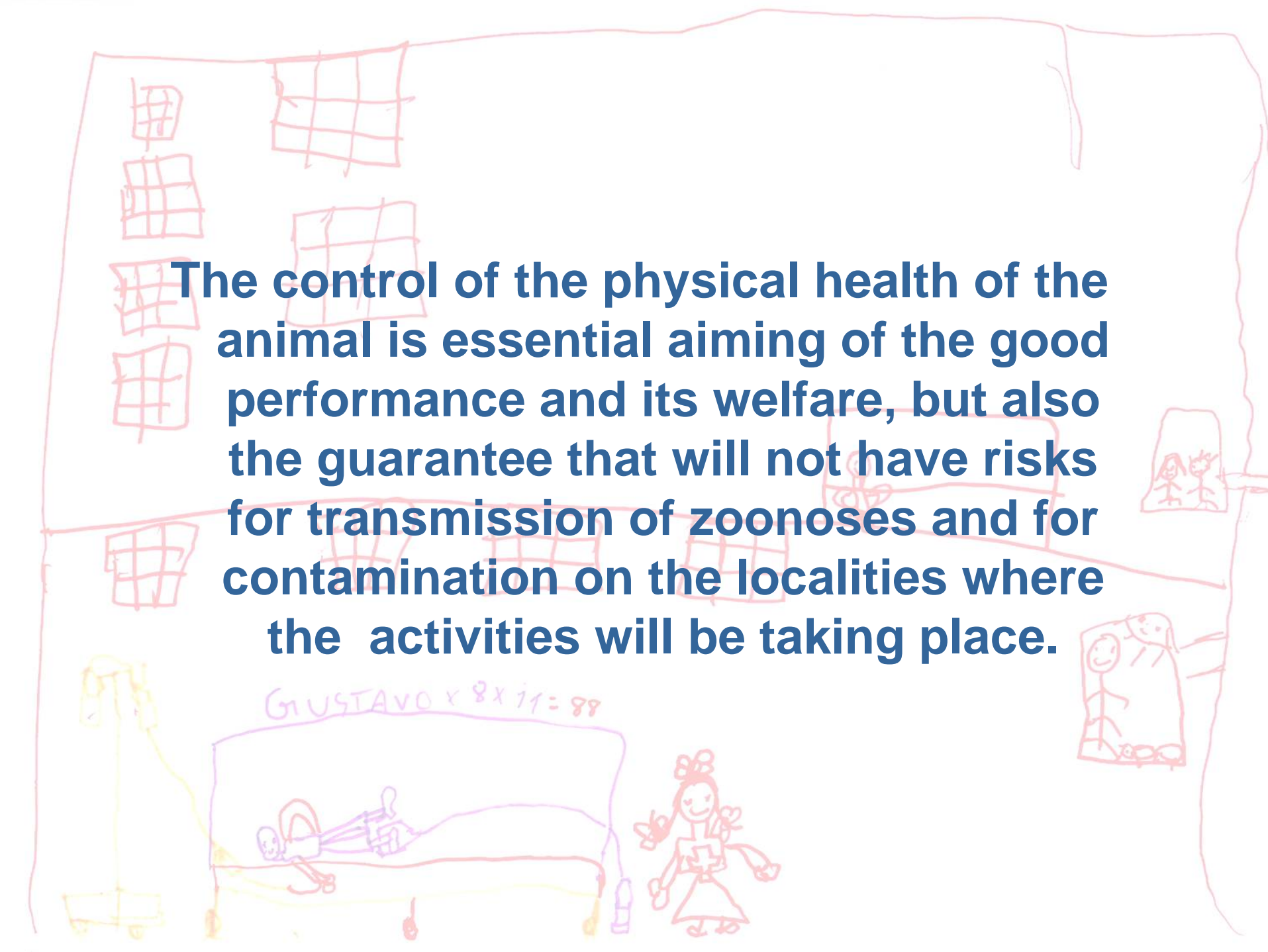
GUSTAVO X 8 X 11 = 88



Recomendation

- ❑ **Pets that are clean and properly immunized are not restricted from visiting the ICU. Guidelines are created to provide animal-assisted therapy and animal-assisted activities for patients.**
- **Grade of recommendation: B**

Davidson JE, Powers K, Hedayat KM, et al. Clinical practice guidelines for support of the family in the patient-centered intensive care unit: American college of critical care medicine task force 2005-2005. Crit Care Med 2007,35(2):605-19.



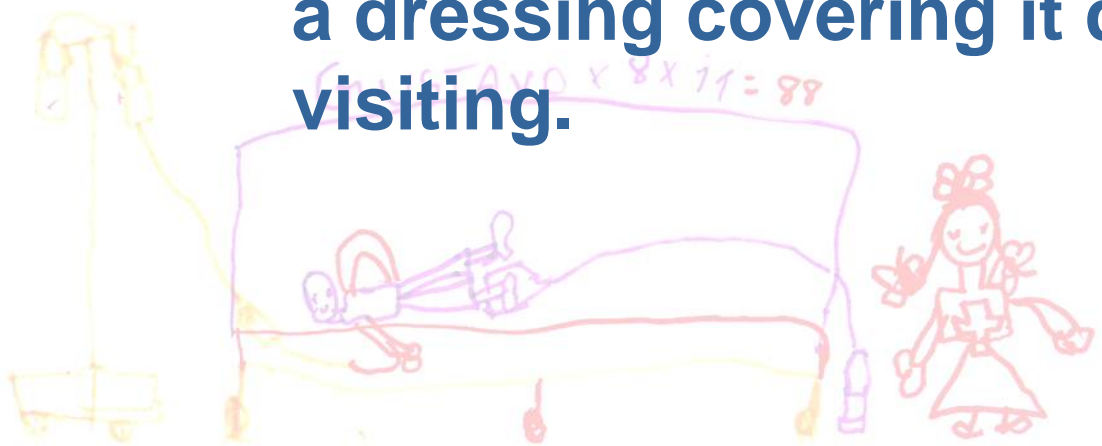
The control of the physical health of the animal is essential aiming of the good performance and its welfare, but also the guarantee that will not have risks for transmission of zoonoses and for contamination on the localities where the activities will be taking place.

GIUSTAVO X 8 X 11 = 88

Recomendations

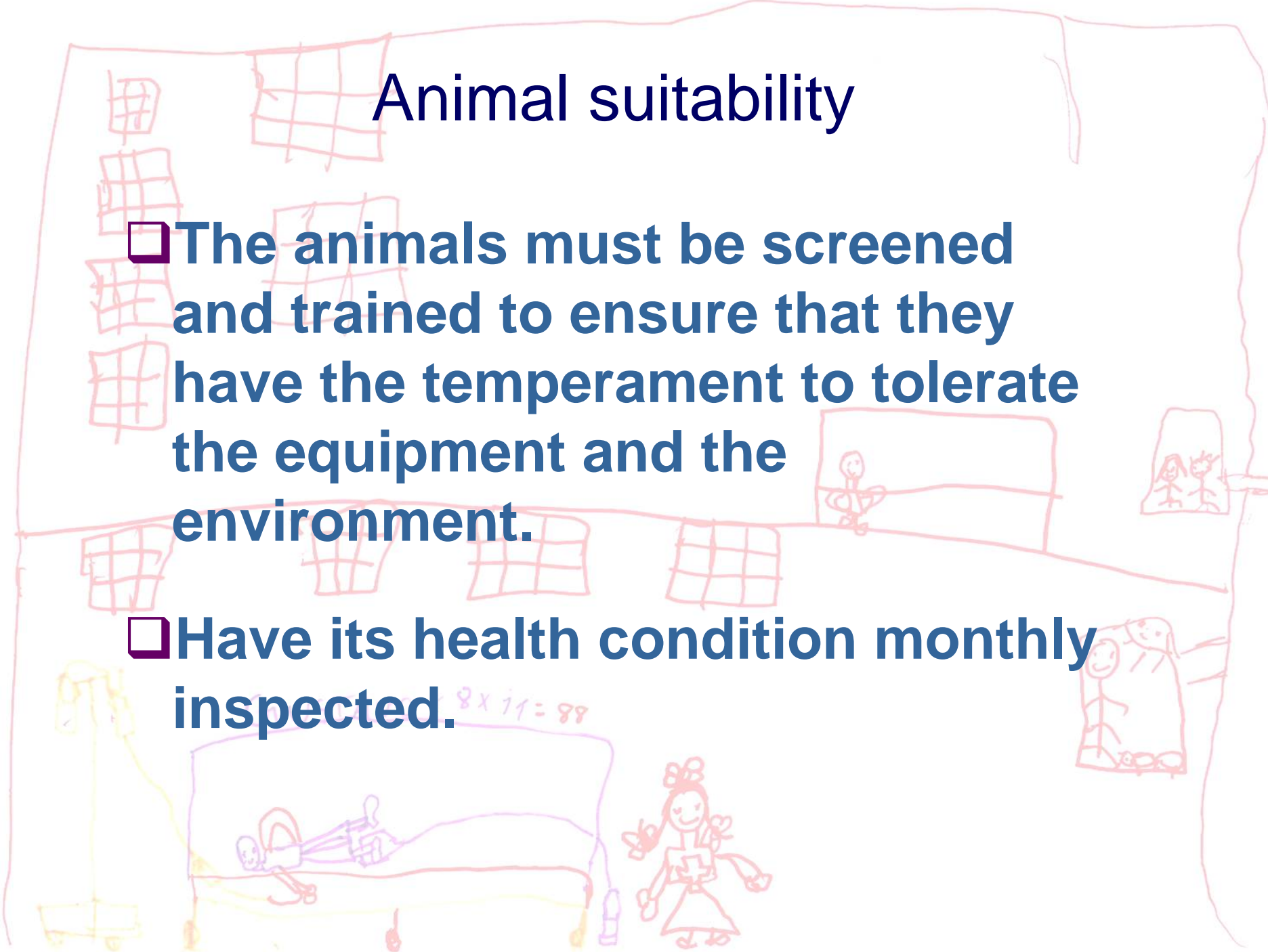
- ❑ It is not indicated the pet therapy for:
 - Patients infected. This must be agreed with the infection control committee.
 - Patients that do not agree to participate in this activity.
- ❑ Patients with exposed injure must have a dressing covering it during the pet visiting.

Costo: 8 x 11 = 88



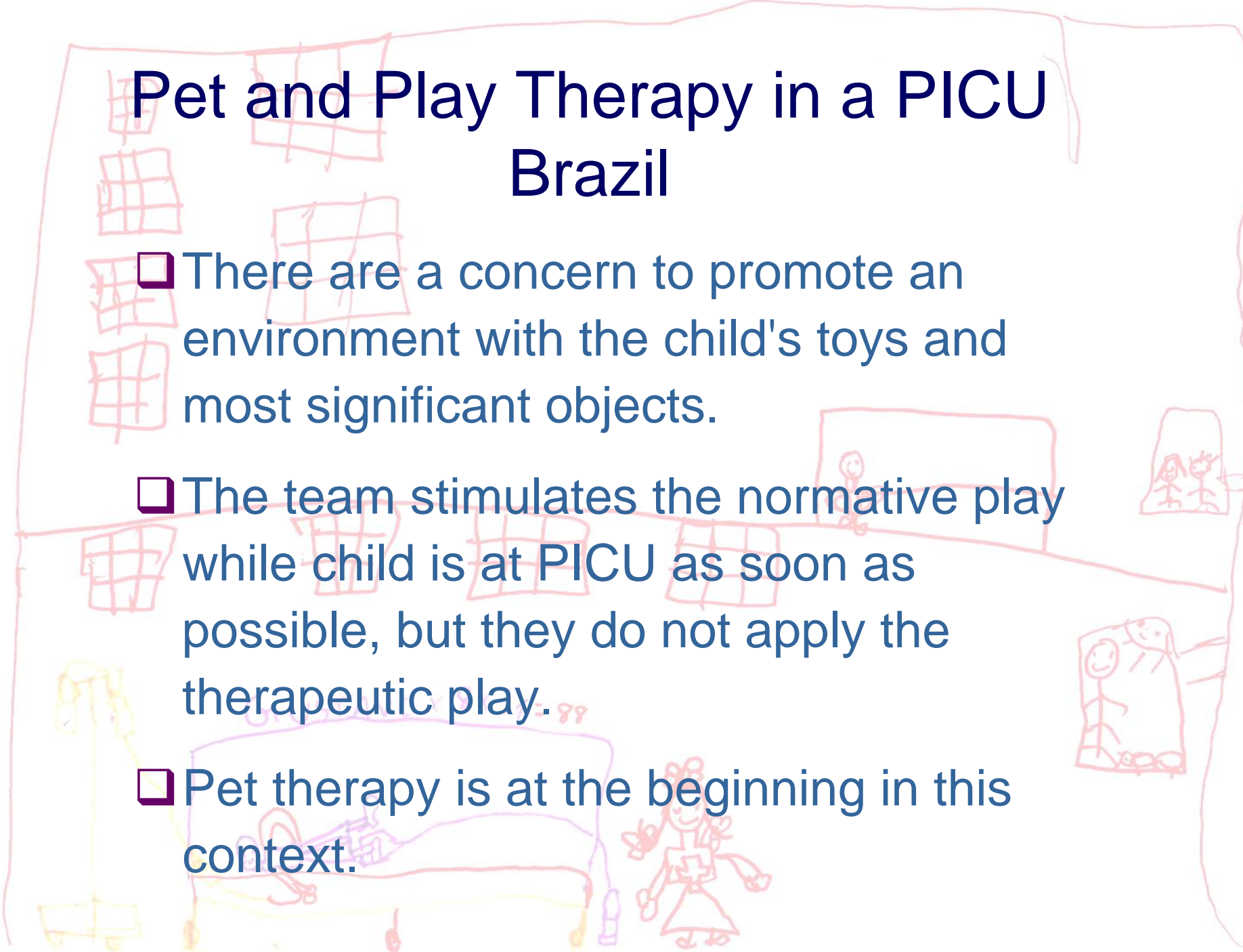
Animal suitability

- ❑ The animals must be screened and trained to ensure that they have the temperament to tolerate the equipment and the environment.
- ❑ Have its health condition monthly inspected.



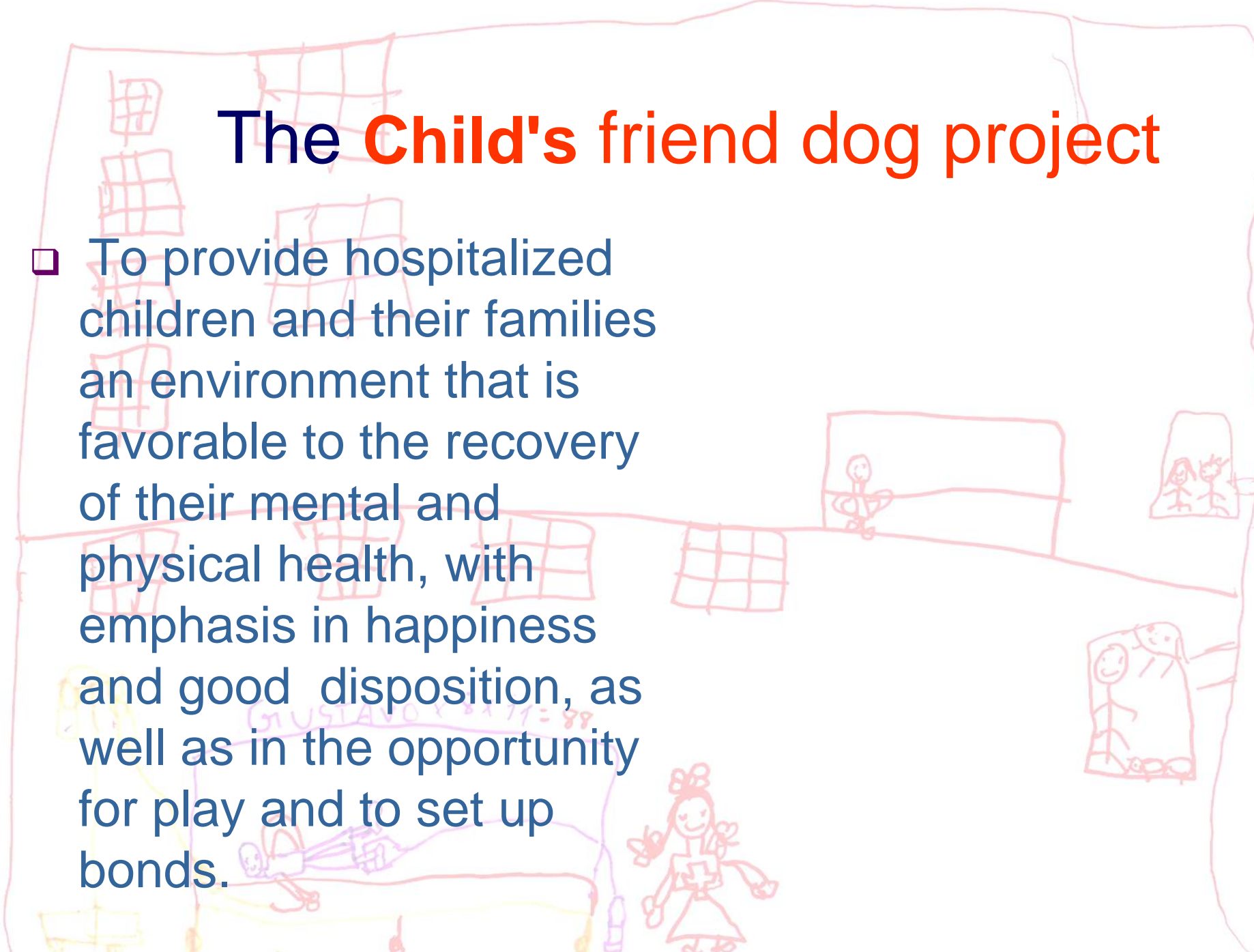
Pet and Play Therapy in a PICU Brazil

- ❑ There are a concern to promote an environment with the child's toys and most significant objects.
- ❑ The team stimulates the normative play while child is at PICU as soon as possible, but they do not apply the therapeutic play.
- ❑ Pet therapy is at the beginning in this context.



The **Child's** friend dog project

- To provide hospitalized children and their families an environment that is favorable to the recovery of their mental and physical health, with emphasis in happiness and good disposition, as well as in the opportunity for play and to set up bonds.





HOSPITAL MUNICIPAL VER. JOSÉ STOROPOLLI

VILA MARIA



The **Child's friend dog project**

- Partnership between volunteers owner of the dog.



GIUSTAVO x 8 x 11 = 88

The therapeutic visit

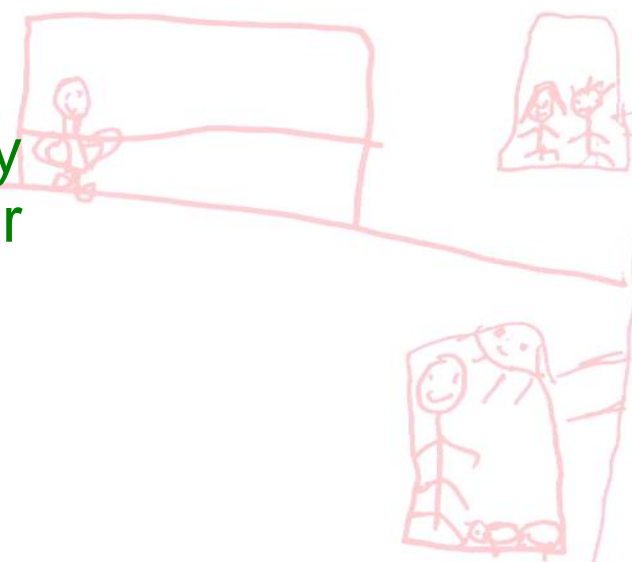
- At the visiting day the dog must be adequately prepared.



The visiting road

- It begins in the PICU visiting all the conscious children and their families.
- Go through the pediatric ward, visiting all children in their bed.
- After, go to a recreation area and stay there to play with all children and their families.

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Recommendations for the animal's visit

□ During the visit

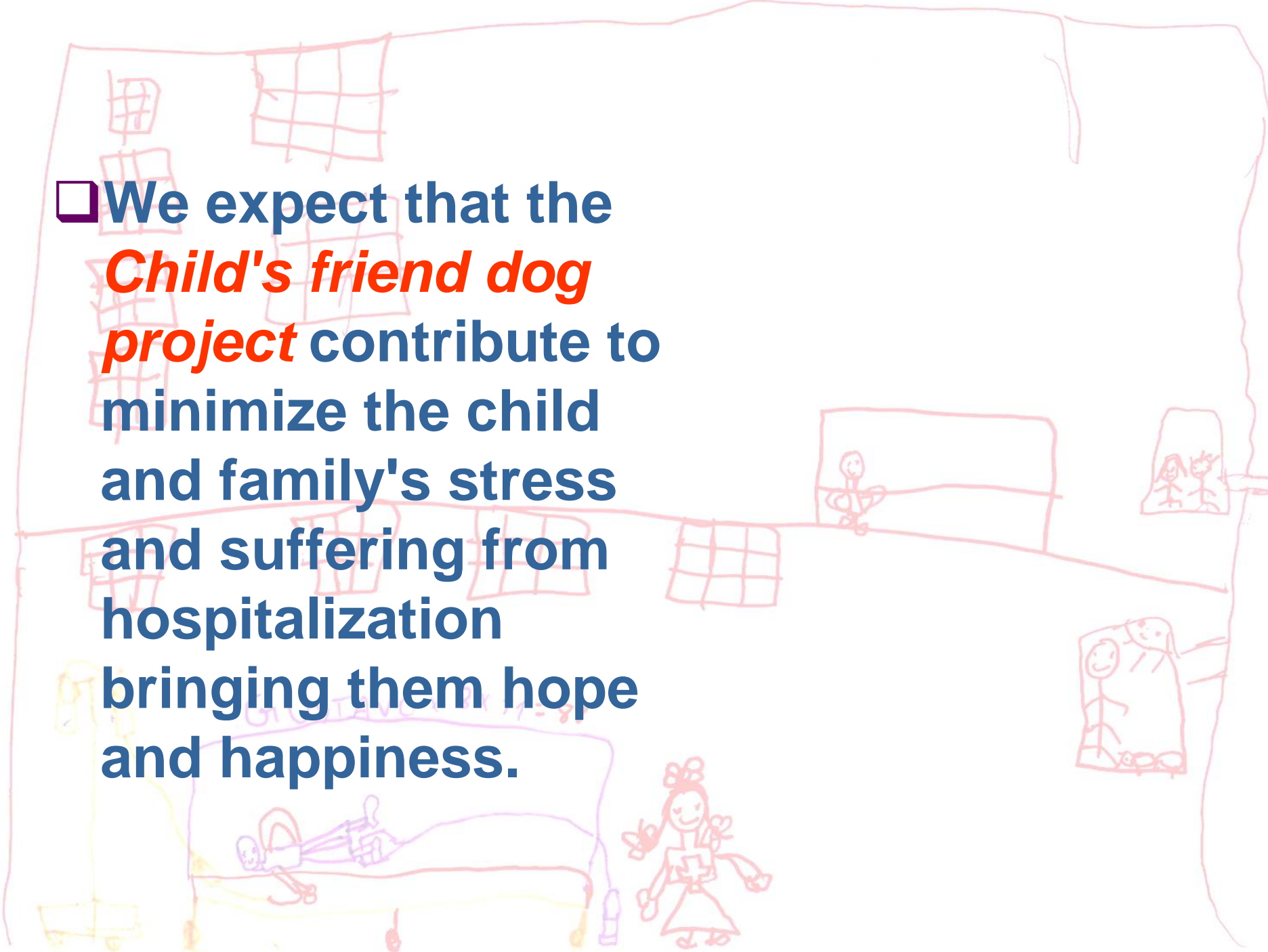
- Food and drink
- Length of stay

□ After the dog's visit

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- We expect that the ***Child's friend dog project*** contribute to minimize the child and family's stress and suffering from hospitalization bringing them hope and happiness.



The use of Pet and Play Therapy in hospitals show that is taking place a paradigmatic change, from the traditional model of care centered on the disease to a balanced model of care including the child and family's experience of illness.

GRUSTAVO X 8 X 11 = 88

