

Spring 4-2015

Animal-Assisted Therapy in Long-Term Care: A Review of the Literature

Jennifer Goodnow

Shannon Tarbox

Erin Zamore

Victoria Zimmerman

Follow this and additional works at: http://commons.keene.edu/nursing_posters__2015

Recommended Citation

Goodnow, Jennifer; Tarbox, Shannon; Zamore, Erin; and Zimmerman, Victoria, "Animal-Assisted Therapy in Long-Term Care: A Review of the Literature" (2015). *Senior Nursing Poster Presentations 2015*. Book 2.
http://commons.keene.edu/nursing_posters__2015/2

This Book is brought to you for free and open access by the Senior Nursing Student Poster Presentations at KSCOMMONS. It has been accepted for inclusion in Senior Nursing Poster Presentations 2015 by an authorized administrator of KSCOMMONS. For more information, please contact imcgarrity@keene.edu.

Animal-Assisted Therapy in Long-Term Care: A Review of the Literature

Jennifer Goodnow, Shannon Tarbox, Erin Zamore, and Victoria Zimmermann

Keene State College

Abstract

Patients residing in long-term care facilities face many changes and challenges. Many seniors have grown up with pets as part of their daily lives, and animals have provided them with companionship as they age. The purpose of this literature review is to assess the state of the science related to the use of animal-assisted therapy (AAT) with canines in long-term care facilities and their effect on the physical and mental health of residents. The introduction will give an overview of why this issue is of importance to Nursing. Next, the methodology section will cover the databases used in our search; our search terms (*canine, dog, animal assisted therapy, nursing home, geriatric long term care, long term care, stress, depression, social isolation, withdrawal, grieving, loneliness, and anxiety*); and the criteria used to select or reject the articles used in the literature review. Thirdly, the discussion section will discuss theoretical frameworks, the instrumentation used during data collection by the various researchers, sample sizes and limitations of the studies. The discussion section will also give a brief summary of the findings in the research articles used in this literature review. Lastly, the conclusion will show that the results of animal-assisted therapy on the physical and mental health of long-term care residents are promising, but inconclusive; further study is needed to prove the efficacy of animal-assisted therapy.

References

- Baldacchino, D. R., & Bonello, L. (2013). Anxiety and depression in care home in Malta and Australia: Part 2. *British Journal Of Nursing*, 22(13), 780-785.
- Banks, M., Willoughby, L., & Banks, W. (2008). Animal-assisted therapy and loneliness in nursing homes: Use of robotic versus living dogs. *Journal of the American Medical Directors Association*, 57(7), 173-177.
- Colombo, G., Buono, M. D., Smania, K., Raviola, R., & De Leo, D. (2006). Pet therapy and institutionalized elderly: A study on 144 cognitively unimpaired subjects. *Archives Of Gerontology And Geriatrics*, 42(2), 207-216.
- Curtright, A., & Turner, G. (2002). The influence of a stuffed and live animal on communication in a female with Alzheimer's Dementia. *Journal Of Medical Speech-Language Pathology*, 10(1), 61-71.
- Fick, K. M. (1993). The influence of an animal on social interactions of nursing home residents in a group setting. *The American Journal Of Occupational Therapy*, 47(6), 529-534.
- Katsinas, R. P. (2001). The use and implications of a canine companion in a therapeutic day program for nursing home residents with dementia. *Activities, Adaptation & Aging*, 25(1), 13-30.
- Kawamura, N., Niiyama, M., & Niiyama, H. (2009). Animal-assisted activity: Experiences of institutionalized Japanese older adults. *Journal Of Psychosocial Nursing And Mental Health*, 47(1), 41-47.

- Kramer, S. C., Friedmann, E., & Bernstein, P. L. (2009). Comparison of the effect of human interaction, animal-assisted therapy, and AIBO-assisted therapy on long-term care residents with dementia. *Anthrozoos*, 22(1), 43-57.
- Le Roux, M., & Kemp, R. (2009). Effect of a companion dog on depression and anxiety levels of elderly residents in a long-term care facility. *Psychogeriatrics*, 9(1), 23-26.
- Lutwack-Bloom, P., Wijewickrama, R., & Smith, B. (2005). Effects of pets versus people visits with nursing home residents. *Journal Of Gerontological Social Work*, 44(3/4), 137-159.
- Majic, T., Gutzmann, H., Heinz, A., Lang, U., & Rapp, M. (2013). Animal-assisted therapy and agitation and depression in nursing home residents with dementia: A matched case-control trial. *American Journal Of Geriatric Psychiatry*, 21(11), 1052-1059.
- McCabe, B., Baun, M., Speich, D., & Agrawal, S. (2002). Resident dog in the Alzheimer's Special Care Unit. *Western Journal Of Nursing Research*, 24(6), 684-696.
- Nordgren, L., & Engstrom, G. (2014). Effects of dog-assisted intervention on behavioural and psychological symptoms of dementia. *Nursing Older People*, 26(3), 31-38.
- Prosser, L., Townsend, M., & Staiger, P. (2008). Older people's relationships with companion animals: A pilot study. *Nursing Older People*, 20(3), 31-38.
- Richeson, N. E. (2003). Effects of animal-assisted therapy on agitated behaviors and social interaction of older adults with dementia. *American Journal Of Alzheimer's Disease And Other Dementias*, 18(6), 353-358.

- Sellers, D. (2005). The evaluation of an animal assisted therapy intervention for elders with dementia in long-term care. *Activities, Adaptation & Aging, 30*(1), 61-77.
- Smith, J. M. (2012). Toward a better understanding of loneliness in community-dwelling older adults. *The Journal of Psychology, 146*(3), 293-311. doi:10.1080/00223980.2011.602132
- Stasi, M. F., Amati, D., Costa, C., Resta, D., Senepa, G., Scarafioiti, C., . . . Molaschi, M. (2004). Pet therapy: A trial for institutionalized frail elderly patients. *Archives of Gerontology and Geriatrics, 9*, 407-412.
- Swall, A., Ebbeskog, B., Lundh Hagelin, C., Fagerberg, C., & Molaschi, M. (2014). Can therapy dogs evoke awareness of one's past and present life in persons with Alzheimer's disease? *International Journal Of Older People Nursing, 1-10*. doi:10.1111/opn.12053
- Werner, C. A. (2011, November). *The older population: 2010*. Washington, D.C.: U.S. Department of Commerce. Retrieved from www.census.gov.