

Using Animals during Occupational Therapy to Improve Quality of Life

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BACKGROUND INFORMATION

- Integrating animals into occupational therapy intervention with individuals of various health conditions...

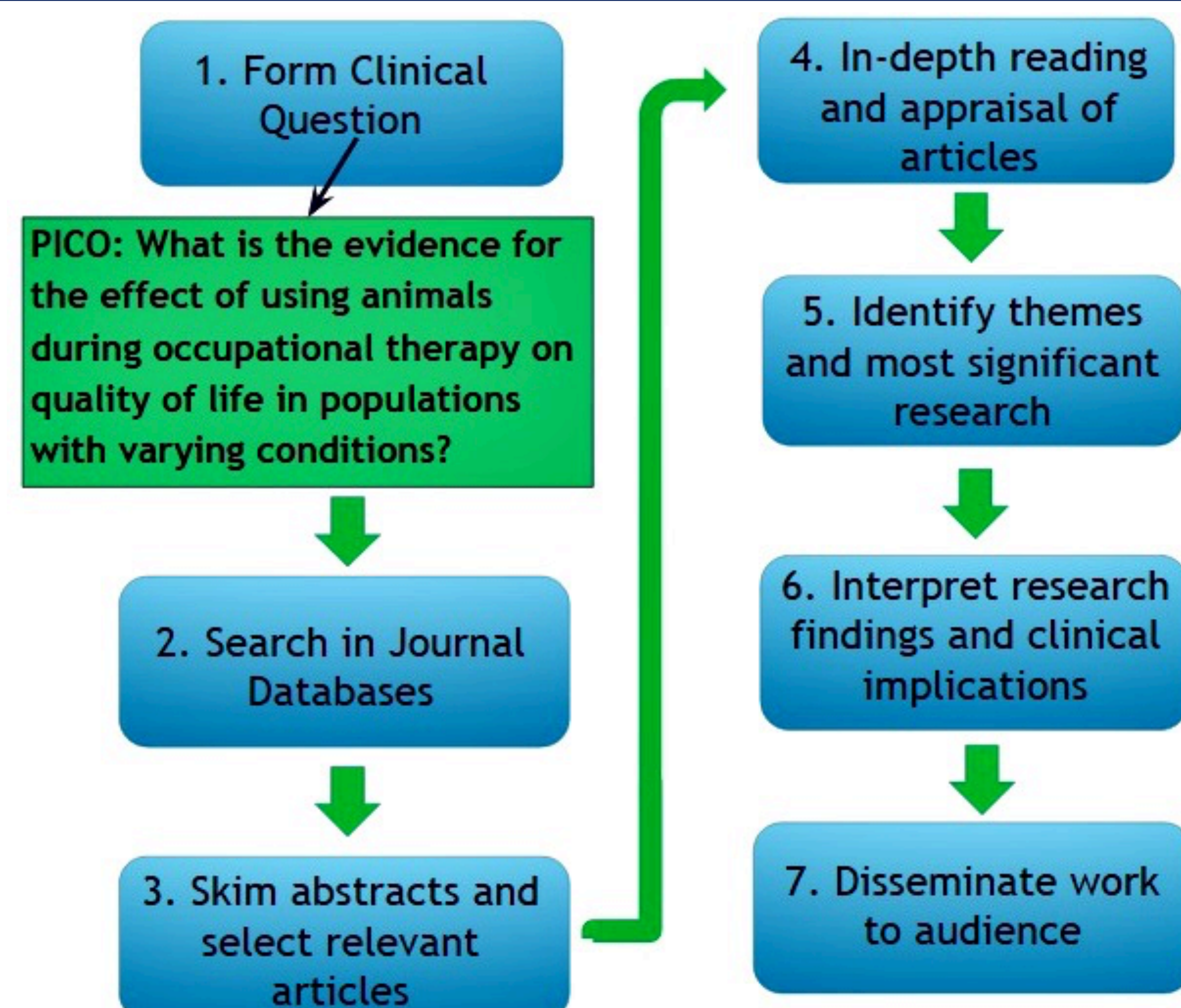
Enables meaningful occupations
(Allen, Kellegrew, & Jaffe, 2000).

Improves quality of life
(Camp, 2001).

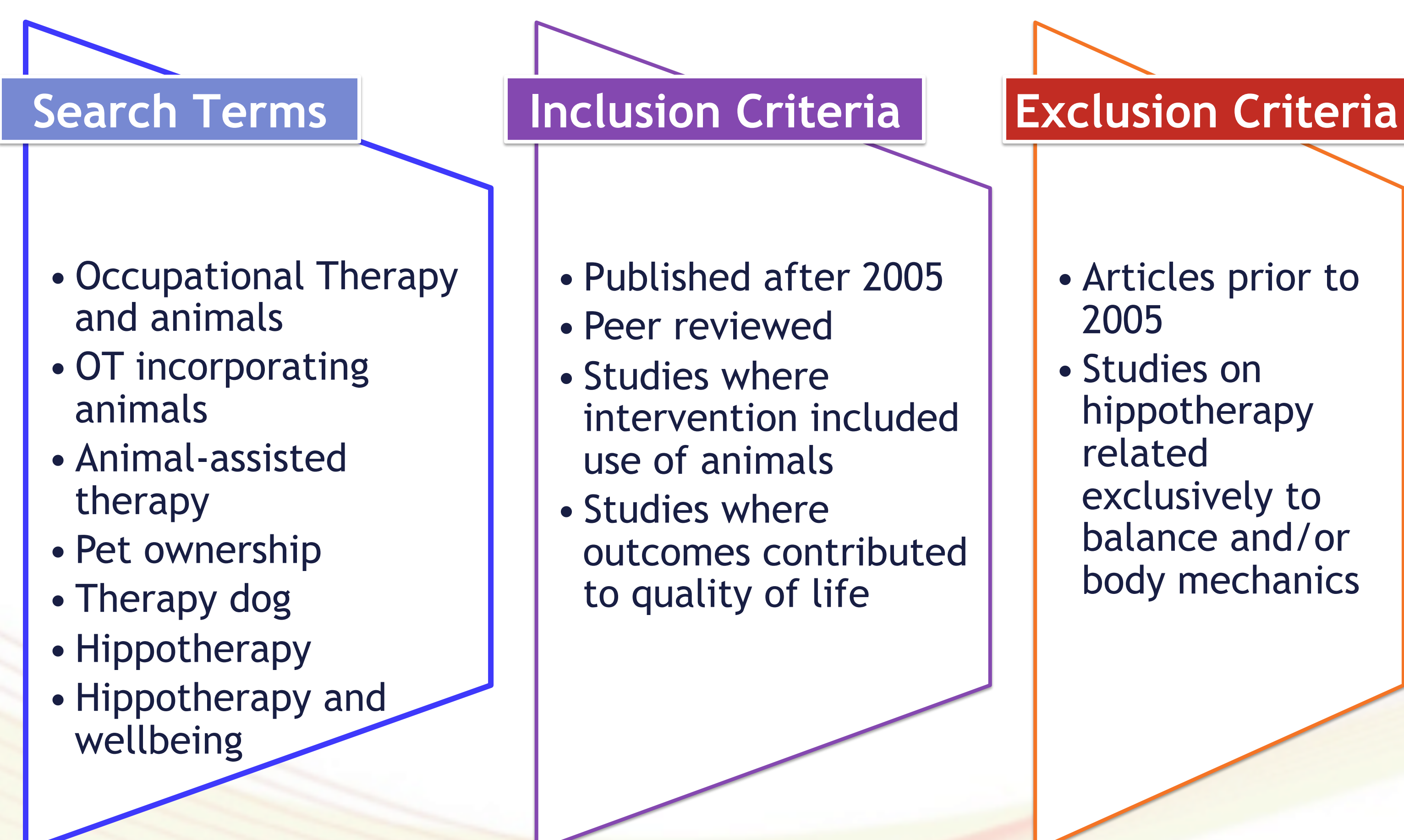


- Incorporating animals into an OT intervention plan is unique and can be an alternative to traditional device. Research suggests the animals may be viewed as a form of assistive technology(Camp, 2001).
- Occupational therapy intervention incorporating animals may:
 - Increase participation in the community
 - Augment the individual's independence
 - Positively impact the individual's psychosocial functioning (Camp, 2001).

LITERATURE REVIEW PROCESS



DATABASE SEARCH TERMS AND STUDY INCLUSION



STUDY EVALUATION AND ANALYSIS

Article	Level of Evidence	Population	Animal	Setting of Intervention	Outcomes Measured
Ajenzman, et. al. (2006)	III	Children with Autism	Horses	Hippotherapy centers	S
Beck, et al. (2012)	III	Wounded military service members	Therapy Dogs	Warrior Transition Unit	O
Crowe, et al. (2014)	IV	Women with mobility challenges	Service dogs	Controlled setting and grocery store	S
Guerino, et al. (2015)	IV	Women who have been sexually abused	Horses	Hippotherapy center	S, SE
Lechner, et al. (2007)	II	People with spinal cord injury	Horses	Paraplegic center	E
Sams, et al. (2006)	III	Children with Autism	Dogs	School-based	S
Silkwood-Sherer, et al. (2012)	III	Children with movement disorders	Horses	Not specified	O
Slatter, et al. (2012)	IV	People who are homeless	Pets	Free food venues & emergency accommodations	S, E, R
Velde, et al. (2005)	V	Literature Review	Dogs, Pets	Long-term care & psychiatric facilities, residential program for children with multiple disabilities, persons with HIV or AIDS, hospice	Q
Zimolag, U. & Krupa, T. (2009)	V	Persons with serious mental illness	Pets	Community living	S, R

OUTCOMES MEASURED



SE: Self Esteem
Q: Quality of Life
R: Responsibility
S: Social Participation
E: Emotional Wellbeing
O: Occupational Performance



LEVELS OF EVIDENCE

- I Systematic reviews, meta-analyses, randomized controlled trials
- II Two groups, nonrandomized studies
- III One group, nonrandomized
- IV Descriptive studies that include analysis of outcomes
- V Case reports and expert opinions that include narrative literature reviews and consensus statements

Arbesman, M., Scheer, J., & Lieberman, D. (2008). Using AOTA's critically appraised topic (CAT) and critically appraised paper (CAP) series to link evidence to. *OT Practice*, 13 (5), 18-22.

THEMES DERIVED FROM EVIDENCE

Occupational therapy uses animals in order to increase socialization for clients with varying conditions. (7/10 articles)

Current practice involves bringing animals to clients in various settings. (4/10 articles)

The research shows promise for using animals in occupational therapy intervention for individuals with autism or functional mobility challenges (5/10) articles)

Participation in occupational therapy using animals contributes to increased feelings of self-esteem, emotional well-being, responsibility, and quality of life (7/10) articles

Pet ownership should be considered as a meaningful occupation during occupational therapy intervention (2/10 articles)

FUTURE RESEARCH

- Future research needs to investigate the potential for occupational therapy using animals in various settings with diverse populations.
- Higher level studies are needed to establish evidence-based practice for occupational therapy using animals.
- Occupational Therapists can use the evidence and their own clinical reasoning skills to determine the appropriateness of planning interventions involving the use of animals for clients.

Allen, J.M., Kellegrew, D.H., & Jaffe, D. (2000). The experience of pet ownership as a meaningful occupation. *Canadian Journal of Occupational Therapy*, 67, 271-278.

Camp, M. M. (2001). The use of service dogs as an adaptive strategy: A qualitative study. *American Journal of Occupational Therapy*, 55, 509-517.