

# Assistance Dogs in Rehabilitation

2021

Lindie M. Ashman, CTRS, Handler  
Babs III, Service Dog



Mt. Washington  
Pediatric Hospital

*Where Children Go to Heal and Grow*

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An affiliate of University of Maryland Medical System and Johns Hopkins Medicine

# Learning Objectives

- Participants will be able to name 10 uses of a dog for the purpose of rehabilitation.
- Participants will be able to explain the ways in which to train or obtain a dog for the use of therapeutic intervention.
- Participants will be able to demonstrate a sequence of commands to train a dog for the use of rehabilitation.

# Mt. Washington Pediatric Hospital

- Specialty and Rehabilitation Hospital; Post-acute care
- Main campus in Baltimore, MD; Satellite campus at Prince George's County Hospital Center, MD and Harford County, MD
- A private non-profit jointly owned by Johns Hopkins Medicine and the University of Maryland Medical System
- 102 Licensed beds
- 800 Admissions per year
- 40,000 outpatient visits per year
- <https://www.youtube.com/watch?v=4occGX4-oE8>

# MWPH Demographics

- Ages: Neonates - young adults
- Diagnoses: chronic illness, orthopaedic condition, multi-trauma, nutritional rehabilitation, behavioral health, developmental delay, pulmonary conditions, and more.
- Focus- to help children heal and grow
- Mission- preparing families for their new reality and transition into the community



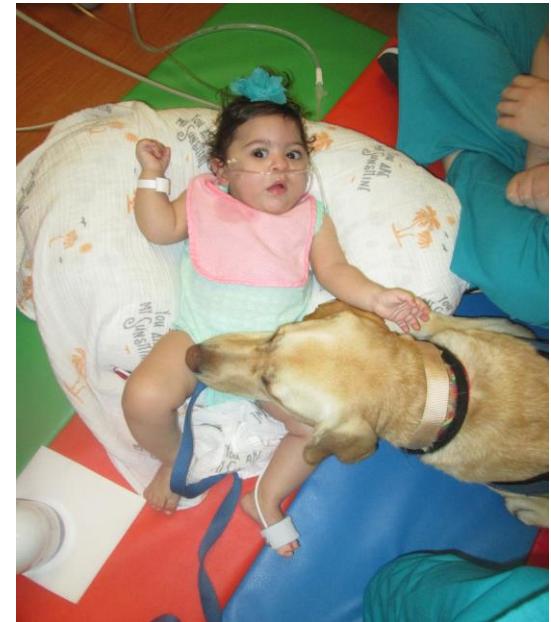
# Policy & Procedure

- Service dog policy
- Insurance
- Babs must be accompanied by her facilitator/handler at ALL times
- Caregiver consent
- Physician orders
- Infection control
  - Patients on isolation
  - Immunizations
  - Regular baths and grooming
- Few communicable diseases/infections transported to/from humans to/from animals



# Babs' Role @ MWPH

- Canine Companions for Independence®  
<https://www.youtube.com/watch?v=icJZlyjExo0>
- Knows over 50 specialized commands
- Trained to assist people with physical or developmental disabilities by enhancing their ability to perform tasks
- Stimulates healing and recovery
- Provides comfort & assists with coping
- Motivates patients with nursing cares and in rehabilitation
- Facilitates therapy goals
- Aids in implementation of life skills
- Educational tool
- Eases medical procedures



# Meet Our Friends

[https://www.wmar2news.com/news/region/bal  
timore-city/babs-the-facility-dog-brings-  
smiles-confidence-to-kids-at-mt-washington-  
pediatric-hospital](https://www.wmar2news.com/news/region/baltimore-city/babs-the-facility-dog-brings-smiles-confidence-to-kids-at-mt-washington-pediatric-hospital)

[https://www.youtube.com/watch?v=DluY-  
oebaOo](https://www.youtube.com/watch?v=DluY-oebaOo)

# Service Dog vs. Therapy Dog

## Service Dog

- Extensive and specialized training to provide a service
- Partnered with professional facilitator or trained handler
- Bred to have lower than average instinctual drives and reactivity
- Long-term; goal oriented
- Granted public access

## Therapy Dog

- Personal pets
- Facilitator/handler is usually a volunteer
- Pets on Wheels
- Short-term
- Not goal oriented; no tangible agenda



	SERVICE DOGS	THERAPY DOGS	EMOTIONAL SUPPORT ANIMALS
COMPARISON	SERVICE DOGS	THERAPY DOGS	EMOTIONAL SUPPORT
 ADA covered: Rights to bring animal into public establishments			
 Needs to tolerate a wide variety of experiences, environments, people			
 May live with their Disabled owners, even if "No Pets" policy in place			
 Primary function is to provide emotional support, through companionship			
 Specifically trained to assist just one person			
 Provide emotional support and comfort to many people			



# Benefits of Human-Animal Interactions

## Psychological

- Decreases feelings of isolation
- Improve communication
- Foster trust
- Provides unconditional love
- Enhance quality of life
- Motivate clients
- Assist in coping
- Comfort

## Physiological

- Improve physical functioning
- Increase relaxation
- Reduce blood pressure and heart rate
- Distraction from pain
- Opportunity for exercise
- Companionship
- Sensory stimulation

# Service Dogs @ Work



## Locations

- Hospitals
- Assisted living
- Rehabilitation
- Psychiatric Hospice
- Court
  - Visitation
- Classroom
  - Education



# Service Dogs @ Work

- Balance
- Mobility
- Range of motion
- Upper Extremity Strengthening
- Walking
- Cognitive Skills
- Endurance
- Fine motor coordination
- Speech and Communication



- Stretching
- Agitation Awareness
- Comfort/Coping
- Teaching ADL's
- Incentive/Reward
- Motivation
- Responsibility
- Adaptive Devices
- Emotional Support
- Procedural Support

# Service Dogs in Rehabilitation

- **Assessment**
  - Service dog becomes a tool within the assessment process
- **Planning**
  - Handler and other professionals will design a treatment plan involving the Service Dog to facilitate goals.
    - Client will independently ambulate at least 10 feet with use of facility dog.
    - Client will clearly give 2 verbal commands to the facility dog.
- **Implement**
  - Individual
  - Group
  - Co-treatment
- **Evaluation**
  - Collaborate interdisciplinary to evaluate clients behaviors/progress/responsiveness in sessions with and without service dog.



# Community Re-entry Outing (CRO)

- **Scenario**

- Previously healthy 15 y/o who has sustained a traumatic brain injury; he now requires a wheelchair for mobility. Client will be taking a CRO to the mall.
- Facility dog will be utilized to achieve goals.

- **Goals**

- Build Independence
- Increase self-esteem
- Increase leisure interest
- Reintegrate into community
- Practice rehab skills

# Community Re-entry Outing



# Leisure Education

- **Scenario**
  - A structured group to educate clients on responsibilities of owning pet
  - Handler will utilize facility dog to educate clients on grooming, feeding, and exercise. Handler will emphasize the importance of having compassion towards pets.
- **Goals**
  - Increase interest in leisure activities involving animals
  - Clients will demonstrate (physical or verbal) importance of hygiene
  - Clients will be able to identify ways to exercise a pet.

# Previous Quality Indicators

- Survey of therapists; on a scale of 1-5, how relevant/effective has utilizing the service dog in patients therapy been at helping the patient work towards specific goals?
  - Outcome: 100% rating of a score of 4-5
- Survey of caregivers; On a scale of 1-5, rate your child's mood towards therapy and willingness to participate, when working with Yuba.
  - Outcome: 100% rating of a score of 4-5



# Upcoming Quality Indicators

- Compare/contrast goal attainment with and without Babs' presence in a therapy session
- Hypothesis: Patient's will meet their goals faster if Babs is present for their therapy sessions



# Demonstrations

- Range of motion
- Balance/mobility
- Functional Tasks
- Fine motor coordination
- Cognitive goals



# Research

- R.E.A.D: Reading Education Assistance Dogs Program study: increased reading fluency
- Children with service dogs study: Children without disabilities are 10x more likely to interact with children with disabilities if they have a dog with them
- Autism study: Those with autism laugh more, socialize more, and have a significantly greater use of language (eye contact and verbal language) when they're working with a dog
- Pre/post pain score study: those receiving intervention with a dog showed decreased use in narcotics, as compared to those who did not have a dog (control group)
- Hospice care study: decreased fear, anxiety, and loneliness, without feeling the presence of an intrusive human
- Long-term care facility for the elderly study: Significant reduction of loneliness

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