



Investigating the effects of animal therapy on the amount of pain, stress and anxiety of children admitted to the pediatric department of Shahid Rahimi Hospital in Khorramabad.

Reza Moradi Azadbakht¹
Nursing student Lorestan University of Medical
Sciences, Khorramabad, Iran

Faezeh Khanjarian
Master of Nursing Pediatric Department, Lorestan
University of Medical Sciences, Khorramabad, Iran

Fatemeh Valizadeh
PhD - Pediatric Department, Lorestan University of Medical Sciences, Khorramabad, Iran

Abstract

As a human being, the child also has physical, psychological and social needs, and any disturbance in satisfying their life needs provides the basis for contracting diseases. Since the care of sick children requires special attention, therefore, in most cases, the disease causes the child to be hospitalized, which creates an experience. It will be unpleasant. Hospitalization has many stressful factors, including; It follows pain, depression, anxiety, irritability, etc. , and the control of this position is the responsibility of the largest community of health care providers, which are nurses. Today, all over the world, the nursing community is always looking for several methods to reduce the risk factors of medical care, and many studies have been conducted in the field of non-drug treatments as complementary medicine and in the field of aromatherapy, massage therapy, music therapy and pet therapy. And it has had positive results. The use of treatment with the help of animals (pet therapy) has received special attention in today's world, and it is used as a non-pharmacological treatment with the aim of diverting the patient's thoughts in order to control the risk factors after hospitalization.

Keywords: Pet therapy - complementary medicine - hospitalized children - pain - stress – anxiety



Concept

As a human being, the child also has physical, psychological and social needs, and any disturbance in satisfying their life needs provides the basis for contracting diseases. Since the care of sick children requires special attention, therefore, in most cases, the disease causes the child to be hospitalized, which creates an experience. It will be unpleasant. Hospitalization has many stressful factors, including; It follows pain, depression, anxiety, irritability, etc. , and the control of this position is the responsibility of the largest community of health care providers, which are nurses. Today, all over the world, the nursing community is always looking for several methods to reduce the risk factors of medical care, and many studies have been conducted in the field of non-drug treatments as complementary medicine and in the field of aromatherapy, massage therapy, music therapy and pet therapy. And it has had positive results. The use of treatment with the help of animals (pet therapy) has received special attention in today's world, and it is used as a non-pharmacological treatment with the aim of diverting the patient's thoughts in order to control the risk factors after hospitalization. Many studies have shown the positive effects of pet therapy in reducing pain and stress, improving motor skills, improving the treatment process, and the motivational element for acceptance of the Process of therapy in children and adolescents; They confirm (1,2,3,4,5) but according to a study conducted by Zafra and his colleagues, pet therapy has no tangible effects and meaningful sign on depression, Anxiety and stress in children who have been hospitalized. (6) In addition to this study bug, and because in Iran in the field of the effects of treatment with the help of animals, no studies have been done, so we decided to do research in the field of pet therapy to document this research bug in our studies.

Method

This research was conducted in the autumn of 1401 in the pediatric department of Shahid Rahimi Hospital in Khorramabad, at first, animals such as chickens and sheep were brought to the pediatric department in compliance with all health principles, then the children hospitalized in the department were taken by their parents from We lowered the beds and provided them with the animal. In this research, the children were encouraged to play with the animals accompanied by their parents, as well as the members of the research team and the cooperation of the students. The children participating in this research had diseases such as urinary tract infection, diabetes, seizures, skin diseases and symptoms such as fever and severe pain. Due to frequent intravenous injections and the use of invasive methods to treat these diseases, stress, anxiety and fear of the ward nurse and equipment and Applications such as angiocets were also seen in them, and they did not cooperate with the medical personnel to provide care, and the fear of the hospital environment in Their appearance was obvious.

Results

Seeing animals and bonding with them made a special attraction for children to play with animals, using colored balloons and happy music and the company of members build a unique space. The children's ward of the hospital experienced a very different mood for a few hours. After these few hours the level of Happiness in sick children, Miraculously, increased and the level of stress and fear of the children were greatly reduced, and they forgot about their illness and were now playing with animals. After the implementation of the pet therapy method, children can communicate well with the therapeutic environment and consider the hospital as their home. Mental improvement and reduction of anxiety and worry in them was clearly visible. Parents welcomed the pet therapy method.

References

۱. Rodrigo-Claverol, M., et al., *Human–Animal Bond Generated in a Brief Animal-Assisted Therapy Intervention in Adolescents with Mental Health Disorders*. Animals, 2023. **13**(3): p. 358.
۲. Wohlfarth, R., et al., *Dogs motivate obese children for physical activity: key elements of a motivational theory of animal-assisted interventions*. Frontiers in psychology, 2013. **4**: p. 796.
۳. Machová, K., et al., *Canine-assisted speech therapy for children with communication impairments: A randomized controlled trial*. Anthrozoös, 2018. **31**(5): p. 587-598.
۴. Ichitani, T. and M.C. Cunha, *Effects of animal-assisted activity on self-reported feelings of pain in hospitalized children and adolescents*. Psicologia: Reflexão e Crítica, 2016. **29**.
۵. Bussotti, E.A., et al., *Assistência individualizada: posso trazer meu cachorro?* Revista da Escola de Enfermagem da USP, 2005. **39**: p. 195-201.
6. Zafra-Tanaka J.H. Pacheco-Barrios K. Tellez W.A. Taype-Rondan A. Effects of dog-assisted therapy in adults with dementia: A systematic review and meta-analysis. BMC Psychiatry. 2019; 19: 41