

You asked:

1. Do you use any form of Animal-assisted Therapy within your Mental Health Trust?

Please note: Cwm Taf Morgannwg Health Board is not a Mental Health Trust

Yes	No
√	

2. Is the AAT used primarily for patients with: (please tick the relevant box)

• Depression	
• Anxiety	
• Post Traumatic Stress Disorder?	
• Dementia	√
• Other	

3. How many instances has AAT been used for each of the above in the last 5 years?

Pets as Therapy is done on a volunteer basis (Please see attachment 1). Volunteering commenced in March 2017 until May 2018. Over a 14 month period, our one volunteer would visit the ward once or twice a month. We have recently had a new Pets as Therapy volunteer start (April 2019) and they have visited three times to date.

Please see link below for more information.

<https://cwmtaf.wales/dementia-patients-benefiting-pet-therapy/>

4. Do you have a standard operating procedure or protocol in place for AAT? If so, please provide a copy of this.

Please see attachment 2.

5. How much money is spent each year on AAT within your Mental Health Trust?

None.

6. Has the Trust published any evaluation reports on the effectiveness of AAT? If so, please could you provide a copy.

No.



Bwrdd Iechyd Prifysgol
Cwm Taf
University Health Board

WOULD YOU LIKE YOUR PET DOG TO MAKE A PATIENT HAPPY

We need motivated and committed volunteers to carry out therapeutic visits to hospital patients with their friendly dogs.

This is a rewarding role which brings great enjoyment and comfort to patients.

We work with our partner organisations '*Pets as Therapy*' and '*Therapy Dogs Nationwide*' to ensure that our visiting dogs are of the right temperament



Will I and my dog be suitable for the role?

You will need the following:

- To be motivated, reliable and committed
- To enjoy visiting frail and/or unwell patients
- To have owned your dog for at least 6 months
- To become a member of Pets as Therapy or Therapy Dogs Nationwide (annual fee of £19 for individuals or £29 for joint membership)

Your dog:

- Can be any breed or size
- Must be at least 9 months of age
- Must be friendly and enjoy being stroked and petted by strangers
- Must be healthy and fully vaccinated

Becoming a Therapy Dog Volunteer

Patience is needed as the recruitment process is robust and is likely to take several months.

Stage 1

You will need to register with either Pets as Therapy or Therapy Dogs Nationwide, who will carry out reference checks for yourself and a temperament and behaviour check for your dog. This stage can take a few months.

Please contact **either** Pets as Therapy **or** Therapy Dogs Nationwide using the contact details below:

Website: <http://petsastherapy.org/>
Tel: 01494 569130
Email: reception@petsastherapy.org

Website: <http://therapydogsnationwide.org/>
Email: enquiries@therapydogsnationwide.org

Stage 2

When your membership of Pets as Therapy or Therapy Dogs Nationwide has been confirmed please get in touch with:

Sarah Morgan-Jones, Volunteer Service Manager, sarah.morgan-jones@wales.nhs.uk,
01685 721721 ext 23264

At this stage an application form will need to be completed and Occupational Health and DBS checks will need to take place. You will also be required to attend an induction session into the Health Board

Following completion of stage 2, a placement will be agreed with you and your volunteering can begin.

Ref: IPC33

Domestic Pets Visiting Hospital Premises Guidelines

INITIATED BY:	Infection Prevention & Control Team
APPROVED BY:	Infection Prevention and Control Committee
DATE APPROVED:	14 th April 2016
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OPERATIONAL DATE:	14 th April 2016
DATE FOR REVIEW:	3 years from date of approval or if any legislative or operational changes require
DISTRIBUTION:	Infection Prevention and Control Team Infection Prevention and Control Committee including Medical Director, Director of Nursing, Heads of Nursing, Consultants and Clinical Directors
FREEDOM OF INFORMATION STATUS:	Open

Guidelines Definition

Clinical guidelines are systemically developed statements that assist clinicians and patients in making decisions about appropriate treatments for specific conditions.

They allow deviation from a prescribed pathway according to the individual circumstances and where reasons can be clearly demonstrated and documented.

Minor Amendments

If a minor change is required to the document, which does not require a full review please identify the change below and update the version number.

Type of change	Why change made	Page number	Date of change	Version 1 to 1.1	Name of responsible person

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1. Introduction

These guidelines provide advice on minimising the risk of infection associated with visiting pets. Staff to note that the pet guidance will only refer to cats and dogs, no other pets are permitted in the health care setting.

A cat or dog may be permitted for short visits in a health care setting and only in very exceptional circumstances e.g. a terminally ill patient or a long stay patient who would gain benefits from a visit from their own pet or a Pets as Therapy (PAT) cat/dog.

Pets can enhance the quality of life for many people. However, animals can carry microbes and parasites which can occasionally be transmitted to humans, particularly those who are immuno-suppressed or who have other health issues. Therefore, a risk assessment is always necessary and ultimately the presence of any animal in the healthcare setting is the decision and responsibility of the ward manager. Staff have a responsibility to be aware and comply with the Pet Guidelines.

A National registered charity called Pets as Therapy (PAT) train and assess cats and dogs to become registered PAT visiting pets. The use of PAT animals have now become more popular in healthcare settings and the presence of animals in these settings must be carefully monitored to minimise risk to staff and patients and can only be justified when proven to be beneficial to the patient and family. Visits from these pets can be arranged and an appointment made.

2. Pre Hospital Visit

Pets should meet the following criteria before they can be considered as pet therapy for patients.

- Pets should be regularly groomed and checked for signs of infection prior to visiting patients in hospital.
- Pets should be exercised and comfort needs attended to prior to visitation. The cat/dog must be house trained.
- Pets should have their coats cleaned regularly.
- Pets that have been recently unwell should not visit the patient.
- Pets should not visit patients who have open or uncovered wounds/sores.
- Pets are not permitted to visit patients in contact isolation.
- Immuno-suppressed patients would need to be risk assessed for visits from a pet.

- Visiting should be restricted if a patient poses a risk to the visiting animal.
- Young pets should not visit patients as they will not have been house trained adequately.
- All pets should have up to date worming and infestation treatments. Evidence may be requested from the owner to support this.
- Pets should have all vaccinations up to date.
- Other patient's allergies within the same vicinity must be considered prior to admittance to the healthcare setting.
- If any patients object to the pet's presence then arrangements must be made to ensure the animal is kept away from them.

3. During the Visit

- The pet should be supervised by a responsible adult at all times during the visit.
- All pets must be on a leash at all times. They must not wander freely around the clinical area.
- They should not enter any areas of food preparation or treatment/clean rooms.
- Patients, owners and staff must be discouraged from feeding the pet whilst on the premises.

4. Pet Waste

If the pet urinates or defecates, it is the responsibility of the clinical staff to ensure the contamination is cleaned up immediately the same as any other body spillage. If a pet vomits undigested food, then this must be handled with the same care as if it was waste excreta. Please refer to the blood and body fluid spillage procedure (IPC10).

Staff should wear gloves and apron (PPE) when cleaning animal urine/faeces. Please refer to the personal protective equipment infection and prevention control policy (IPC07). The waste must be disposed of in a clinical waste bag and promptly transferred to the waste storage area. Following this, PPE needs to be removed and hands decontaminated. Healthcare staff should inform the Hotel Services Manager if extra cleaning of the area may be required.

5. Hand Hygiene

Hand washing following contact with the animal or its environment is the most important aspect of minimising the risk of infection. Once the

pet is settled, the pet handler needs to decontaminate their hands prior to having direct contact with the patient. Hands need to be decontaminated with soap and water or alcohol based hand rub if hands look visibly clean. Please refer to hand hygiene policy (IPC04). It is essential that the patient also performs hand hygiene following contact with the pet.

6. Animal Bite/Scratches

If a patient, staff member or owner receive an animal bite/scratch then it is vital that they seek medical attention as soon as possible. The incident will need to be reported to the line manager and an incident reporting procedure completed via datix.

The implementation of standard infection prevention and control precautions including adequate hand hygiene is essential in reducing the risk of transmission. By ensuring the above advice is followed, the physical and psychological benefits of having pets visit should continue to improve the quality of life for the patient.

7. References

Pets as Therapy (2011) A guide for Health, Education & Social Care Establishments receiving Pets as Therapy visits. Infection Control & Risk Management Guidelines accessed from the website – <http://www.petsastherapy.org/> (Site accessed on 16/07/15)

Gallagher, R (2011) A guide for Health, Education & Social Care Establishments receiving Pets as Therapy visits. Infection Control & Risk Management Guidelines accessed from the website – <http://www.petsastherapy.org/> (Site accessed on 16/07/15)

Infection Prevention Control & Decontamination Lead (2013) Pet Visiting Policy (Including Therapy Pets). Somerset Partnership NHS Foundation Trust

Infection Prevention and Control Team (2011) Policy for the management of resident/visiting animals in health care settings. Hywel Dda Local Health Board

James, L (2005) Pet Guidelines. North Glamorgan NHS Trust

Infection Prevention and Control Team (2013) Pets and Animals in Healthcare. Teers, Esk and Wear Valleys NHS Foundation Trust

Solomon, S (2009) Policy for Assistance Dog, Therapy and Pet Animals In Hospitals, Residencies & Healthcare Premises (including infection control measures). Forth Valley NHS

Cwm Taf UHB related documents

- Blood and Body Fluid Spillage Procedure – IPC10
- Hand Hygiene Policy – IPC04
- Infection Prevention and Control Personal Protective Policy – IPC07