

Reducing the Impact of Long Term Stays in Hospitals and Care Facilities

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The dangers of staying in a hospital environment for more than a few days can severely damage the body in many ways. Hospitals are the reason for antibiotic resistant infections, and the environment takes a toll on the mental health of the patient. This causes a slow in healing and a rise in anxiety and depression.

I. INTRODUCTION

LONG term hospital stays are incredibly hard on the body and mind of the patients the encounter this need. Fear, anxiety, depression and many other feelings are associated with long term care. In elderly patients in long term care, cognitive issues quickly arise, while in children the long term effects can be as bad as behavioral problems as they grow up. Physical problems such as kidney failure are relatively common in adults dealing with long term stays. Medical professionals are now working to lessen these effects. There are several proven ways this is being done.

II. METHODS

Patients have been put to trial using animal-assisted activities to try and lessen the effects of stress and anxiety in a measurable amount. Using Spielberger's State-Trait Anxiety Inventory to evaluate the patients mental state after visits with animals. (The study that was conducted was with cardiac patients.)

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III. RESULTS

The results show that patients who also had animals integrated into their recovery were less anxious and tended to heal better and or faster than patients who only had human support along with their treatment. The correlation between patients who were less stressed and successful treatments is greatly connected.

Patients who are subject to AAA, had solid progression

during their treatment and stays. The integration of specially trained dogs to assist in the healing of patients shows the effectiveness as a treatment option.

IV. DISCUSSION

Making service animals available in situations where patients are hospitalized for long periods of time seems very effective in the sense that helping the mental state of being is good for the physical healing of patients. As medical professionals, this is data that can not be ignored. Even though using dogs is not a medical device on its own, the assistance that specially trained dogs provide for patients going through longterm treatment or rehabilitation is too helpful to deny. In addition to the machines or chemotherapy that are helping the patients to get better, the dogs keep the patients minds healthy and happy which is a crucial part to the healing process. The dogs are not only used to help alleviate some of the stress of the treatment, but also help to add a certain familiarity with what is happening so that the fear and anxiety stays as a back burner issue. The goal is to have the patients be as healthy as possible as soon as possible. With AAA treatments are more effective and sometimes duration of stay is shortened, lessening the mental impact and the risk of hospital born infections.

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