Title: Pet Enhancing Therapy (PET)

Background: Animal therapy can be a positive additional, integrative therapy in hospice and palliative care\textsuperscript{1,2}. Regular analysis of our service evaluation and user feedback\textsuperscript{3} identified a request to integrate animals into care. We explored and are evaluating the use of Pet Enhancing Therapy.

Aims: To evaluate our PET animal assisted therapy programme to see the difference it makes to adult patient personal goals when: a) dogs and horses visit inpatient (IPU) and day care (DC), b) horses as a catalyst in pre and post parent bereavement conversations of children and young people (CYP).

Methods: Jan – March 2017: literature review, service evaluation, feedback analysis, model planning, internal consultation. May - October 2017: Recruitment, assessment, approval of animals and owners, pilot of PET1. October – Dec 2017: Review of PET1 and outcome measures. Jan – April 2018: PET2 and evaluation. We counted number of referrals, visits, user feedback. For IPU and DC: achievement of personal goals using Goal attainment scaling-light\textsuperscript{4} (GAS-light). For CYP, as part of bereavement programme measured concepts of death and communication about dead parent\textsuperscript{5}.

Results:
PET1: IPU = 12 pts (25 visits), DC = 16 pts (45 visits) CYP = 24 (32 visits)
PET2: IPU = 18 pts (29 visits), DC = 24 pts (61 visits) CYP = 16 (24 visits)
User feedback: 78% IPU, 87% DC, 83% CYP positively mentioned PET programme.
GAS: 82% IPU, 94% DC achieved goals ‘a lot more’.
CYP: 88% discussed death of their parent in their interactions.
We developed a setting up and evaluation PET guide for other providers.

Conclusion: Evaluation of PET shows a positive contribution to the well being of the IPU, DC and CYP involved. We also learnt that more detailed consideration of assessment and referral criteria, budget, practicalities, volunteer co-ordinator, policies, procedures and further outcome measures would strengthen the PET programme.

300 words

References: