

## 26034 - Assisted therapy for animals

### Syllabus Information

**Academic Year:** 2018/19

**Subject:** 26034 - Assisted therapy for animals

**Faculty / School:** 127 - Facultad de Ciencias de la Salud

**Degree:** 276 - Degree in Occupational Therapy

**ECTS:** 5.0

**Year:** ---

**Semester:** Second Four-month period

**Subject Type:** Optional

**Module:** ---

### 1. General information

#### 1.1. Aims of the course

The subject and its foreseen results respond to the following considerations and objectives:

The subject Animal-Assisted Therapy will guide the Occupational Therapist to develop his/her capacity to work holistically,

tolerantly, with no judgements, carefully and sensibly in an attempt to seek other work tools to complement their work

to fulfil the set objectives. At the same time, it will help reflect on the importance of occupational work to achieve the

well-being and comfort of populations, communities, groups and individuals whose lives are affected by limited functional

capacity, suffering and disease, and to analyse the different approaches used to work with these problems in our society.

Finally, developing effective communication and an empathic relationship with users, families, social groups and other professionals will be one of the most important objectives of this subject, as well as introducing students

to investigate alternative tools for the rehabilitation and integration of sick people. The Professional Intervention Planning

in a clinical case will be one of the cornerstones of the objectives to be met by students.

#### 1.2. Context and importance of this course in the degree

The Animal-Assisted Therapy will be the Subject that guides the Occupational Therapist to research alternative tools for the rehabilitation and integration of sick people. At the same time, it will help reflect on the importance of occupational

work to achieve the well-being and comfort of populations, communities, groups and individuals whose lives are affected by limited functional capacity, suffering and disease, and to analyse the different approaches used to work with these

problems in our society.

This subject is cross-sectionally related with the other degree subjects as it offers the perspective of introducing animals as working instruments into Occupational Therapy.

It intends to provide students the chance to conduct new research lines in the Occupational Therapy field as to

improving rehabilitation treatments by using animals

#### 1.3. Recommendations to take this course

It will be necessary to attend classes, theoretical-practical seminars and fieldwork practicals to pass this subject as it is particularly practical in nature.

A final exam about its theoretical-practical contents will also be sat.

## 2.Learning goals

### 2.1.Competences

When students pass the subject, they will be competent to:

- Study the different factors that influence health and disease.
- Develop a critical capacity for scientific theories and ideological doctrines.
- Play roles and shoulder responsibilities which, as healthcare professionals, they must perform to meet a population's or someone's requirements.
- Acquire knowledge and the capacity to apply Animal-Assisted Therapies in the Occupational Theory context.
- Acquire the capacity to apply a research methodology to their professional actions by improving and updating its quality.
- Plan, design and develop a social research in the health field with methodological rigour.
- Acquire the capacity to maintain a person's dignity, privacy and confidentiality as something inherent to students playing their professional role.
- Acquiring skills to relate with patients and other professionals that enable the process to be optimised.

The Subject's competences: ORDER CIN 729/2009

- ? 3. Obtain and use epidemiological data and evaluate tendencies and risks as a basis for health-related decision making.
- ? 4. Students recognise their own limitations and the need to maintain and update their professional competence by attaching special importance to the autonomous learning of new knowledge and techniques and motivation by quality.
- ? 5. Know, critically evaluate and learn how to use sources of information to obtain, organise, interpret and communicate scientific, health, public health and social information by keeping data confidential.
- ? 7. Understand and recognise the interrelation that links well-being, health, significant occupation, dignity and participation concepts.
- ? 8. Understand and recognise the importance of contextual factors as determining factors of occupational dysfunction.
- ? 10. Evaluate and adapt the environment to promote participation in significant occupations in various

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day-to-day facets, personal autonomy and quality of life.

- ? 17. Understand the basis of the actions, indications and efficiency of Occupational Therapy interventions according to available scientific evidence.
- ? 21.Undertake professional practice by respecting other professionals by acquiring teamwork skills.
- ? 22. Actively listen, obtain and summarise relevant information about individuals and populations' problems and occupational demands, and understand the content of this information.

? 23. Establish assertive interpersonal communication with all the relevant interlocutors during the Occupational Therapy process.

## 2.2. Learning goals

To pass this subject, students should obtain the following results:

- 1- Analyse, summarise and relate the fundamental concepts in Assisted Therapy techniques.
- 2.- Demonstrate having learning the different Animal-Assisted Therapy techniques in the health field.
- 3- Correctly apply these concepts to the Occupational Therapy field.
- 4- Correctly apply the Vancouver System and perform bibliographic documentary works as a basic requirement to put the subject's practicals to the best possible use.
- 5- Know both the theoretical and practical parts of the Animal-Assisted Therapy techniques that apply to Occupational Therapy research.

## 2.3. Importance of learning goals

They will allow students to be better prepared to understand the basics of Occupational Therapy theories and methodologies with a bio-psycho-social vision of human beings and to, therefore, be better able to start planning by discussing professional actions in situations of physical, psychic or sensorial disease/disability, or in situations of marginalisation throughout someone's life cycle by introducing the Animal-Assisted Therapy as a complementary tool to plan such intervention.

## 3. Assessment (1st and 2nd call)

### 3.1. Assessment tasks (description of tasks, marking system and assessment criteria)

#### 3.1. Type of tests, their value towards the final mark and the evaluation criteria for each test

Students should demonstrate that they have obtained the foreseen learning outcomes by the following evaluation activities.

-Attending theoretical-practical seminars and practical fieldwork held as part of the teaching syllabus.  
Presenting a work  
to apply the Single-Case Methodology theory (50% of the mark).

- Final exam with which acquiring the expected learning outcomes will be evaluated (50% of the mark).

This exam will be an objective test in which each mistake will imply one point being deducted from final corrections

## 4. Methodology, learning tasks, syllabus and resources

### 4.1. Methodological overview

The learning process has been designed for this subject according to the following:

Knowledge will be acquired by applying different methodologies: on the one hand, lectures will reinforce student participation of the programme's themes will be presented during these classes. This activity will be complemented with practical classes in small groups to help all group members to communicate with one another and to assimilate the work to be done.

This process will be completed during tutoring times when students will have the chance to learn individually and directly.

Finally, the whole process will be supported by updating and maintaining it using the website in Moodle.

## 4.2.Learning tasks

The course includes the following learning tasks:

- 1. Face-to-face theoretical classes. Credits: 1 ECTS, 25 hours

Teaching methodology: class work done as groups about the contents to be taught. Debates and commenting about texts.

- 2. Face-to-face practical classes and practical-theoretical seminars. Credits: 0.5. 13 hours
- 3. Presenting a work by the Single-Case Methodology. Credits: 0.5. 13 hours

Teaching methodology: a tool to control self-learning: expectations, experiences, doubts and ideas that students will present to them to self-assess the achievements made in the subject.

- 4.- Designing Health Research by applying Animal-Assisted Therapy techniques that complement Occupational Ther

Tutoring students: individual work by a continuous assessment made of the progress achieved during each student's teaching using techniques that motivate personal effort.

## 4.3.Syllabus

The course will address the following topics:

- Reference Spanish and foreign institutions in this field
- Intervention frames: development theories
- Pets and socialisation processes
- knowledge about animal ethology of Veterinary Science
- Mental health and pets
- ageing and Pets
- Theoretical and practical classes about Equine Therapy
- Knowledge about medical alert assistance dogs
- Therapies facilitated by pets for various disabilities
- Possible research lines in interventions from Occupational Therapy
- Practical in these field: equine therapy, dolphin therapy and assistance therapy dogs

## 4.4.Course planning and calendar

The schedule of the face-to-face sessions and when to present works.

- Theoretical classes taught as a large group: 2 hours/week with the corresponding modules.
- Practical classes: throughout the course.

Practical classes will be compulsory and taught in pairs throughout the course by attending the Institutions with which the agreements have been signed.

This subject will be taught in the first and third course modules. From the very beginning, students will have the chance to attend the practical classes with which an institutional agreement has been reached by the Universidad de Zaragoza for this very purpose.

The evaluation will contemplate attending theoretical classes, the theoretical-practical seminars, practicals and conducting work, as well as sitting a final exam of the subject.

## 4.5.Bibliography and recommended resources