

Pets for Vets / PAWSitive Therapy Troupe Therapy Unit Visit Guidelines:

**Hines Veterans Administration Hospital,
5th Ave. and Roosevelt Road
Hines, Illinois 60141**

Extended Care units (ECC) 1B, 1C and 2C:

**Extended Care Unit 1B: Clinical Nurse Manager 708-202-2598
Extended Care Unit 1C Nurses' Station: Ext 25091**

**Extended Care Unit 1C: Clinical Nurse Manager 708-202-2248
Extended Care Unit 1C Nurses' Station: Ext 22599**

**Extended Care Unit 2C: Clinical Nurse Manager 708-202-2614
Extended Care Unit 2C Nurses' Station: Ext 25104**

These are Animal-Assisted Activities visits. Meet the Recreation Therapist in the main lobby of ECC to begin your visit. She will escort you around to each of the units, and help you with your patient visits. ECC Patients range in age from early 20's to mid 90's, with a wide variety of diagnoses, including stroke, Alzheimer's disease, rehabilitation following surgery, inpatient chemotherapy, and hospice care.

Therapy dogs and their handlers do both room visits and group visits in day room areas. Occasionally, demonstrations of obedience / freestyle dancing are done for larger groups of patients.

Patients are required to use hand sanitizer BEFORE they pet your dog. The Recreation Therapist will have hand sanitizer bottles with her during the visit for the patients to use, but always carry your own bottle as well.

Please watch for the green tapes on the room doorframes. These green tapes indicate that the patient (s) in that room are on "Contact Precautions", which means that gloves must be worn when handling drainage bags, dressings, etc. WE ARE NOT ALLOWED IN THESE ROOMS. Hospice patients are usually located on Extended Care unit 2C, although the overflow unit is 1C. If you are interested in visiting hospice patients on a regular basis, you will need to attend the Hospice orientation given by Chris Monari, Hospice Coordinator. Hospice patients are designated as "HPC" on the roster chalkboard in the nurse's station.

Small dogs may be placed on the patient's bed, while large dogs may do a "paws up" on the bed for visiting. You must first place a clean sheet or towel on the bed. As you leave, dispose of it in the dirty linen hamper. Dogs are only allowed on beds in rooms that DO NOT have green tapes on the door frames.

Spinal Cord Residential Care Facility:

**Clinical Nurse Manager: 708-202-2057
RCF Nurses' Station: Ext 22057**

These Animal-Assisted Activities visits located in the Spinal Cord RCF building just to the north of Extended Care. This patient population includes long-term spinal cord injury patients who live in the RCF facility instead of in a home environment. Most are quadriplegic, which means that they have lost the use of both arms and legs. Some are paraplegic, and are able to move independently with the aid of a

wheelchair. The Recreation Therapist will meet us in the main lobby of the RCF building, and will escort us on our visit in RCF.

Please watch for green tapes on room doorframes. These tapes indicate that the patient has been placed on "Contact Precautions. WE ARE NOT ALLOWED INTO THESE ROOMS. Dogs can do tricks from the hallway for patients in these rooms.

Patients must use hand sanitizer before petting our dogs. The Recreation Therapist has bottle of sanitizer with her that the patients can use, but plan on carrying your own bottle as well.

It is extremely important on this unit, as on the inpatient Spinal Cord units, that we put back ANYTHING that we have moved out of the way so that the patient can visit with the dog. Be very careful, as well, with the myriad of tubings, hoses, and drainage bags that are often attached to the patient. Do not let yourself or your dog get tangled in these lines, or the results could be disastrous. Patients with special mattresses are not allowed to have dogs placed on the bed—the risk is too great that the dog's nails may puncture the bed. Instead, hold the dog in your arms or put him / her on a chair for the patient to pet.

Psychiatric Day Treatment:

Liz Gallichio, Social Work Coordinator 708-202-4128

Building 228, 4 North, Room 4082

This visit is located in the Psychiatry building # 228. It is the newer 5 story red brick building just to the east of the main 15 story hospital building # 200.

These are Animal-Assisted Therapy visits, directed by the clinical nurse specialist or social worker.

Patients are mostly male, 50 years of age or older, with a variety of general psychiatric diagnoses. Their participation in the Day Treatment program is for an average period of 6 months—so we see the same patients each month, and often make good friends.

The therapy dogs and their handlers encourage positive communication skills by drawing patients out to talk about their life experiences.

Try to get around the room to interact with every patient for at least a few minutes. Encourage them to pet your dog and offer information about its breed, training, care, etc.

Talk about pleasant things. You are there to be a friendly visitor and to provide the comfort that only an animal can provide.

Dogs are allowed on the furniture in the Psych Day Treatment room, but be aware of excessive hair if your dog is actively shedding.

Be prepared to give an informal 5 minute or so presentation about yourself and your dog at the beginning of this visit to the entire group.

Blind Rehabilitation Center, Blind Rehabilitation Building

Nursing Office: 708-202-8387, Ext 22122

Blind Center building, lobby area

This visit is located in the new Blind Rehabilitation building located in front of the main 15 story hospital building at the front of the East visitor parking lot.

These are Animal-Assisted Activities visits.

Therapy dogs and their handlers visit with patients in the Blind Center lobby area.

Patients range in age from early 30's to mid 80's, with the most common diagnoses being age related macular degeneration or diabetic retinopathy.

This is an inpatient rehabilitation program, with patients staying in the Blind Center an average of 48 days. Many of the patients still have some residual vision remaining, but they are in rehabilitation to prepare for the complete loss of their vision in the coming months or years.

This is a crowded visiting area, so make sure that each dog has its own space for visiting. Do not allow the dogs to interact with each other—they are there to interact with the patients.

Patients enjoy visiting with and petting the therapy dogs while volunteer handlers provide verbal descriptions of the dogs. Positive touching experiences are the highlight of these visits. Verbal descriptions are especially important for those patients who have lost all vision.

Spinal Cord Injury units North and South, Spinal Cord building

SCI North: Clinical Nurse Manager: 708-202-2020

SCI North Nurses' Station: Building 200, Ext 22020

SCI South: Clinical Nurse Manager, 708-202-2035

SCI South Nurses' Station: Building 200, Ext 22035

This visit is located in the new Spinal Cord Injury building located in front of the main 15 story hospital building at the front of the west visitor parking lot.

Main Hospital, 15 East

15 East General Medicine Unit: Clinical Nurse Manager, 708-202-2773

15 East Nurses' Station: Ext 21271

This visit is located on the 15th floor of the 15 story hospital. Follow the signs to the elevator, and take it up to the 15th floor.

These visits are both Animal-Assisted Activities visits.

Therapy dogs and their handlers visit with patients in both room and day room settings. Meet the Recreation Therapy in the lobby of the Spinal Cord building for SCI visits, and up on the 15th floor for 15 East visits. The Recreation Therapist will escort you on your visit to the unit. She will have hand sanitizer available for patients to use before they pet your dog.

Patients are mostly male, ranging in age from early 20's to late 70's. Both SCI units include acute as well as chronic spinal cord injury patients, both paraplegic and quadriplegic. Some are ventilator dependent—many are confined to special therapeutic beds. The Rehabilitation unit includes patients recovering from strokes and brain / spinal cord injuries.

Be aware of the green tapes on the room doorframes. These tapes mean that the patient (s) in the room are on "Contact Precautions". WE ARE NOT ALLOWED IN THESE ROOMS. Dogs can do tricks in the doorway for patients who would like to see them.

Quadriplegic patients are not unable to physically move their hands to pet a dog, nor do they have sensation in their hands to feel the dog's coat. A small dog can, with the patient's permission, be placed near the patient's face so that he can feel its soft fur.

Those with large dogs must exercise great caution in encouraging a “paws up” on special therapeutic beds. These beds have mattresses often costing thousands of dollars, and a puncture from a paw can be disastrous.

Patients must use hand sanitizer before petting your dog.

Patients on these units depend upon keeping their personal effects within easy reach. If you move ANYTHING near the patient’s bedside so that your dog can visit with the patient, make sure that you replace it in the same location when you leave.

**Loyola University Health Systems
2160 First Avenue
Maywood, Illinois, 60153**

**Ronald McDonald Children’s Hospital:
Child Life Specialist: Julie Zeman, 708-216-1086
4th floor: Pediatric Unit Playroom**

These visits are located in the main hospital building. Enter at the Russo Pavilion entrance near the visitor parking lot entrance gate. Proceed down the main hospital corridor to the elevator. Take the elevator to the 4th floor. The Playroom is across from the Nurses Station.

These are Animal-Assisted Activities visits under the direct supervision of the Child Life Specialist.

PAWSitive Therapy Troupe interacts with children in the unit playroom in a gated area. Your goal is to provide a non-threatening, pleasant activity for patients, visitors and staff. Visitors, especially siblings of the patients on the unit, are often encountered during the therapy visit. You may not know whether the child you are visiting with is a patient or a visitor. Provide a visit to anyone who is interested. —siblings often enjoy the therapy dogs as much as the patients do.

A maximum of 3 dogs is allowed for any one visit, due to the small space for interacting with the children. Because of this small space, do not allow the dogs to visit with each other. Allow each dog in the gated area its own personal space. The dogs are there to visit with the children, not with each other.

Children ranging in age from infant to age 18 can, with physician orders for pet therapy be brought to the playroom to pet and play with the therapy dogs. Therapy dogs that can display their tricks are always a special treat for the children.

Remember that silence can be a gift. Conversation is sometimes extraneous. Almost all the adults on the unit will be asking the child to do something, or doing something to him. You may be the only one who will allow that child to be quiet and to simply be himself with your animal, and allow him to enjoy a touching experience that is not painful or intrusive.

Be especially careful with boisterous toddlers—keep dogs under close supervision at all times. Children are allowed to give the dogs treats **ONLY** with open palms under close supervision. **NO “give paw” or “shake” tricks are allowed with the children—have your dog demonstrate these tricks with you instead.** Remain attentive to the interaction between the child and your animal at all times. It is easy to get distracted by adult conversation and miss a potential problem.

The unit staff will make sure that all of the children who have interacted with the therapy dogs wash up before returning to their rooms.

Be flexible and responsive to the unit's needs. The Child Life Specialist may cancel a scheduled visit if census drops too low or if there are no appropriate patients for a therapy visit. The program coordinator will make every effort to let you know about a cancellation beforehand. Please be sure to check your voice and Email messages on the day of the visit, just in case it has been cancelled.

Complimentary parking is available for PAWSitive Therapy Troupe members. Just tell the parking lot attendant that you are a volunteer in Pediatrics, and you will not have to pay the parking fee.

Burn Unit:

Child Life Specialist: Julie Zeman 708-216-1086

These are Animal-Assisted Activities visits.

Children with moderate to severe burn injuries can receive room visits from PAWSitive Therapy Troupe, with a physician order.

The Child Life Specialist will escort 1-2 dogs up to the Burn unit for hallway visits under her supervision. Patients especially enjoy seeing the dogs do tricks if they cannot leave their beds to visit in the hallway.

Burn patients especially seem to enjoy the positive touching experiences with the therapy dogs.

Unit staff will make sure that all patients who have come into contact with the dogs wash their hands thoroughly.

RIC Rehabilitation Unit:

Nurse Manager, 708-216-4950

5th floor, RIC Rehabilitation Unit

This visit is located in the main hospital building. Enter at the Russo Pavilion entrance near the Visitor parking lot gate, and go down the main corridor to the elevator. Take the elevator to the 5th floor.

These are Animal-Assisted Activities visits. Check in with the Charge Nurse before the visit, and let her know when your visit is over.

PAWSitive Therapy Troupe makes room visits with patients, who range in age from late teens to early 90's. The most common diagnoses are stroke, head trauma and amputations, as well as hip and knee replacements.

Interacting with the therapy dogs encourages patient mobility, coordination and independence.

If you are interacting with a patient who is in a wheelchair, make sure that the brakes are set.

If you are near someone who is wheeling by, keep your dog's feet and tail out of the way. If you move an overbed table, commode or wheelchair to the side so that your dog can reach the patient for a visit, make sure you put the table back in the same position when you leave.

Do not provide any physical assistance to any patient. Instead, tell him you will find a nurse to help him. This includes even getting a drink of water—some patients may be on a fluid restriction.

Children's Advocacy Rooms of the Circuit Court of Cook County:**Fourth Municipal District Courthouse****Loyola Children's Center at Maybrook****Sheara Berry , Program Coordinator, 708-786-2472 or 708-786-2464****1500 Maybrook Drive, 2nd floor Children's Advocacy Room****Maywood, IL 60153****Domestic Violence Court Building****Children's Advocacy Rooms****Sheara Berry, Coordinator 708-786-2472 or 312-325-9110****555 West Harrison St****Chicago IL 60607**

These are Animal-Assisted Activities visits, both under the direction of the Manager of Clinical Programs at Maybrook Circuit Court. The Children's Advocacy Rooms were created to provide a safe haven for children whose families are involved with the court system. These children have been deemed to be high risk for both abuse and neglect. Volunteer teams visit with the children, ranging in ages from infancy to grammar school age. Petting, tricks, games are all great favorites with the children.

The number of children in the Advocacy rooms varies widely, depending on the number of court cases that day. Always check with the program coordinator, Sheara Berry, on the morning of the visit before you leave home to make sure that there will be children there that day. Sheara will direct you on where to park and how to enter the building.

Fairview Baptist Home:**250 Village Drive****Downers Grove, Illinois, 60516****Joyce Bartelmey, Activities Director, 630-769-6206**

These are Animal-Assisted Activities visits.

Fairview Baptist Home is a 232 bed nursing facility that includes assisted living, intermediate care, and skilled nursing care beds. It also offers respite care, palliative care, and hospice care. There are three levels of Dementia Care units as well.

PAWSitive Therapy Troupe makes room and day room visits on assisted living, skilled nursing care and Freedom Place Alzheimer's units. Have the receptionist page an Activities staff person when you arrive. This staff person will escort you to the units scheduled for a therapy visit that day.

If visiting the end-stage Alzheimer's unit, be sure to ask the staff if there are any patients who have been upset by the dogs in the past. These are patients that you should avoid visiting, unless you have staff supervision.

Staff may have suggestions for particular patients to see. If so, you may wish to visit those patients first, to make sure that you and your dog have the stamina to visit. If you wait until the end of your visit time, your dog may be too tired to do his best.

You are to maintain control of your dog at all times. Remain attentive to the physical interaction between the patient you are visiting and your animal partner. It is easy to get distracted by conversation and miss a potential problem.

Please set limits as needed with patients interactions with your dog. Someone may pet the dog too roughly or may try to feed a treat that you do not allow. Say, “Angel only gets to eat dog food—thanks for thinking of her, but she can’t have that treat”. Or say” You are petting Angel pretty hard. She doesn’t like to be pet that roughly—this is how she likes to be petted.”

Approach patients from the front. It can be startling to have someone with a dog seem to come up from nowhere. Some patients may have tunnel vision or may only be able to see you if you are directly in front of them. You may need to pick up a small dog or gently place a larger dog’s feet up on the arm of a chair or bed in order for the patient to see him.

Encourage the patient to touch your dog. Touch can help the patient focus on you. If the patient seems unable to reach out his hand, you may want to ask if you may help guide his hand to help him pet your dog.

Patients with dementia are exceptionally sensitive to emotion. Keep your tone of voice calm and soothing. Don’t seem impatient or frustrated.

If a patient’s conversation is rambling and difficult to follow, listen to the patient’s tone of voice and facial expressions. Watch for the meaning behind the words and respond accordingly. If you don’t understand, it’s all right to say so. Ask yes / no questions to clarify.

Approach patients naturally, but slowly and calmly. Get the patients’ attention early and point out that you have a dog with you. You may need to verbally and physically call attention to your dog.

Ask for the patient’s name as you begin your visit. Use his name in conversation. This can help the patient focus and maintain his concentration.

DO NOT help a resident to transfer to a bed or chair under any circumstances. If you find a resident on the floor, DO NOT assist them to get up—find a staff member. If there is a resident that is starting to fall, DO NOT attempt to catch him.

DO NOT go into any patient room that has an ISOLATION or CONTACT PRECAUTIONS sign on the door.

Be very careful when visiting that your dogs do not inadvertently scratch the fragile skin of the elderly patients that you visit. DO NOT allow your dog to “shake” or “give paw” unless he does it with you.

Periodic obedience, grooming and agility demonstrations are also featured. Patients are brought to the TV Lounge on the 1st floor, or, in good weather, brought to the back lawn area for the demonstrations. Patients visit with the dogs following the demonstrations.

**Franciscan Sisters of Chicago Infirmary:
11400 Teresa Drive
Lemont, Illinois 60439**

**Donna Anzulas, Head Nurse, 630-243-3617
2nd floor of the Infirmary**

Retired sisters of the Our Lady of Victory convent as well as staff are the focus of these Animal-Assisted Activities visits.

Patients range in age from mid 50-‘s to late 90’s, and are all retired from active service.

PAWSitive Therapy Troupe dogs make room visits, accompanied by the head nurse or her designee. The sisters especially enjoy petting the dogs and watching them do tricks. Obedience and freestyle demonstrations are also featured.

Don't be offended if some of the sisters refuse visits from the therapy dogs. Some sisters prefer to spend their mornings in quiet prayer and meditation.

R.E.A.D. Programs:

**Scheiser Elementary School,
5205 Kingston Ave
Lisle IL 60532
Nicole Nelson, Reading Specialist 630-393-8177**

**Tate Woods Elementary School
1736 Middleton Ave
Lisle IL 60532
Beth Parker, Reading Specialist 630-493-8081**

**Meadowview School
2525 Mitchell Dr
Woodridge, IL 60517
Cheryl Gersch, 1st grade coordinator 630-969-2390**

**Hodgkins School
6516 S. Kane Ave
Hodgkins IL
Carolyn Buchanan, READ Coordinator 708-482-2740**

**Conrady Junior High School
97th St and Roberts Road
Hickory Hills IL
Nancy Fielding, School Social Worker 708-233-4511**

For all of these schools meet at the school office, where you will sign in as a visitor. Meadowview school requires you to leave a photo ID in the office while you are in the school, which will be locked in a safe and then given back to you when you leave. Don't forget to retrieve it before you leave!

These are animal-assisted therapy visits, where the therapy dogs work under the direction of the reading specialist or teachers. Specially selected children practice reading out loud to the therapy dogs. The dogs provide a non-judgmental and caring environment where children can practice reading in a fun, motivational way. Most children read to each dog for 10-15 minutes. Books have been pre-selected and the children usually have practiced with their books the week before the dogs come for the visit. Dogs must be able to settle in a "down stay" position for 1-2 hours, and remain calm while many children in turn practice their reading. The children always love tricks, and the dogs may show off their special tricks at the conclusion of a reading session.