



*ONE WORLD,*

*ONE MEDICINE,*

*ONE HEALTH*

# One Health Intellectual Exchange

***Weekly Discussions / Course: Philosophy to Practical Integration of Human, Animal and Environmental Health***

A weekly discussion series, sponsored by the **North Carolina One Health Collaborative** within the NCBC IEG Program to enhance collaborations between physicians, veterinarians, researchers and other local/global/environmental health professionals by increasing public awareness of the interconnectedness of people, animals and the environment.

(Available each spring for credit if desired)

**8th 2013 Weekly Session - Tuesday, February 26**

**5:30 – 7:30 p.m.**

## **ABC's of Animal-Assisted Therapies**

**Helen Hoenig, MD, MPH, Professor of Medicine, Duke University  
and Chief of Physical Medicine & Rehabilitation,  
Durham Veteran's Administration Medical Center**

and

**Kendra Monden, BA, MS, CTRS, Chief of Recreation Therapy,  
Durham VA Medical Center**

Meets Tuesdays, 5:30 – 7:30 p.m. at the North Carolina Biotechnology Center  
15 T.W. Alexander Drive Research Triangle Park, NC 27709

Directions: [www.ncbiotech.org/directions](http://www.ncbiotech.org/directions)

Suggestions? Ideas? Contact Cheryl Stroud, Steering Comm. Chair [cms7earth@gmail.com](mailto:cms7earth@gmail.com)

Add yourself to the listserv with Listserv Manager Liz Selisker, [liz\\_selisker@ncsu.edu](mailto:liz_selisker@ncsu.edu)

For Speaker Bio's, Suggested Readings, Cancellation notices and additional background

<http://nconehealthcollaborative.weebly.com/index.htm>

<http://onehealtheducation.blogspot.com/>

For more information on the course option contact: Course TA Anne Stine [anne.stine@duke.edu](mailto:anne.stine@duke.edu)

Mamie Harris at UNC [msharris@med.unc.edu](mailto:msharris@med.unc.edu)

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At NCSU Barrett Slenning [barrett\\_slenning@ncsu.edu](mailto:barrett_slenning@ncsu.edu) or Suzanne Kennedy-Stoskopf

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**Dr. Helen Hoenig** is Professor of Medicine in the Department of Medicine/Geriatrics at Duke University Medical Center and Chief of Physical Medicine & Rehabilitation at the Durham VA Medical Center. Dr. Hoenig has over 30 years of experience in clinical rehabilitation and rehabilitation research. She is board certified in Internal Medicine, Geriatrics, and Spinal Cord Injury, and additionally holds a Master's in Public Health/Epidemiology.

Dr. Hoenig works to optimize delivery of rehabilitation services, both through research and clinical/administrative activities, providing direct patient care in geriatrics and spinal cord injury. She has been a clinical service chief for 20 years, responsible for the productivity and quality of physical, occupational, and recreational therapy, and rehabilitation medicine. She is a member of the VA Region 6 (VISN) Sub-council for Spinal Cord Injury, and led the development of the Chiropractic policy for VISN 6 in 2001. At the national level she is Deputy Editor for the Archives of Physical Medicine & Rehabilitation.

Dr. Hoenig's extensive research experience is recognized locally, nationally and internationally. She is Vice-Chief for Research in the Division of Geriatrics at Duke University. Her research focuses on compensatory strategies for chronic physical limitations and the delivery of rehabilitation services with a particular interest in improving provision of rehabilitation to underserved populations, including homebound elders and residents in rural areas. Dr. Hoenig's current research activities include being PI of a VA clinical demonstration project to translate her tele-rehabilitation protocol into clinical practice and of a 3-year VA Rehabilitation Research study to improve tele-technology for rehabilitation. In addition, Dr. Hoenig is collaborating with investigators in Singapore both to improve teletechnology and to translate her findings internationally.

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**Kendra Monden, BA, MS** is Chief of Recreation Therapy in the Physical Medicine & Rehabilitation Service at the Durham VA Medical Center. She received her bachelors and masters degrees from North Carolina Central University and has been practicing Recreation Therapy since 1997 holding roles in health care delivery at Durham Regional Hospital, Duke Raleigh Hospital, Orange Person and Chatham Country Mental Health, and the Washington DC VA Medical Center. She has served on the North Carolina Central University Parks, Recreation and Leisure Studies Advisory Board, and is adjunct professor at North Carolina Central University.

Mrs. Monden is actively involved at a local, regional and national level to provide and enhance recreation and sporting opportunities for disabled Veterans. She knows first-hand from veterans' stories how participating in adaptive sports and healthy recreation has helped them redefine themselves and live a more active, healthy and independent lifestyle. Currently she is working with Bridge II Sports to organize a three day paralympic sport competition for disabled veterans in the southeast.

As Chief of the Recreation Therapy Section at Durham VA Medical Center Mrs. Monden supervises a staff creative arts and recreation therapists. Some of the many services supported by her staff include inpatient services in the Continuing Living Center (which provides inpatient long term care, hospice care and inpatient rehabilitation)

and the Psychiatric Acute Rehabilitation Center, as well as outpatient services for the Mental Health Intensive Case Management Program, Military Sexual Trauma, Low Vision / Blind Rehabilitation, Adaptive Sports and the Medical Foster Home Program.

## **Goals of this discussion session:**

1. To appreciate the diversity of animal-assisted interventions used for health and wellness, and their therapeutic goals in health care.
2. To understand how to systematically review the medical literature to determine the strength of the evidence for particular therapies.
3. To understand regulatory and resource considerations in providing animal assisted therapies.
4. To appreciate the considerations needed to gain support for an animal-assisted therapy program.

## **Suggested Readings:**

Barker SB, Pandurangi AK, Best AM. Effects of Animal Assisted Therapy on Patients Anxiety, Fear and Depression Before ECT. The Journal of ECT 2003;19:38-44.

[http://journals.lww.com/ectjournal/Abstract/2003/03000/Effects\\_of\\_Animal\\_Assisted\\_Therapy\\_on\\_Patients\\_Anxiety\\_Fear\\_and\\_Depression\\_Before\\_ECT.aspx](http://journals.lww.com/ectjournal/Abstract/2003/03000/Effects_of_Animal_Assisted_Therapy_on_Patients_Anxiety_Fear_and_Depression_Before_ECT.aspx)

Edwards NE, Beck AM. Animal-Assisted Therapy and Nutrition in Alzheimer's Disease. Western Journal of Nursing Research 2002;24:697-712.

[http://www.petsintheclassroom.org/documents/WJNR\\_EdwardsBeck\\_FishAlzheimers.pdf](http://www.petsintheclassroom.org/documents/WJNR_EdwardsBeck_FishAlzheimers.pdf)

Nimer J, Lundahl B. Animal-Assisted Therapy: A Meta-Analysis. Antrozoos 2007;20:225-38.

Clinical Practice Recommendation: Veteran Evaluation for Guide/Service Dog (GD/SD) in Plan of Care. Prosthetics Clinical Management Program. Prosthetics and Sensory Aids Service. Veterans Health Administration. 2011