



Maltseva M.N., Melnikova E.V., Shmonin A.A., Skoromets A.A., Ivanova G.E.

Canis-therapy (Dog-Assisted Therapy) as the rehabilitation method for male patients with stroke and post-stroke depression

First St. Petersburg Pavlov State Medical University
Federal V.A.Almazov Medical Research Centre center
Institute of cerebrovascular disease and stroke of Pirogov Russian National Research Medical University
ANO The Association of Support and Development Dog therapy.

Introduction:

The Dog-Assisted Therapy (DAT) is one of the modern rehabilitation methods for patients after stroke with using specially trained dogs in the form of the game.

The aim of the study was to evaluate the efficacy of the DAT in male patients with post-stroke depression and movement disorders.

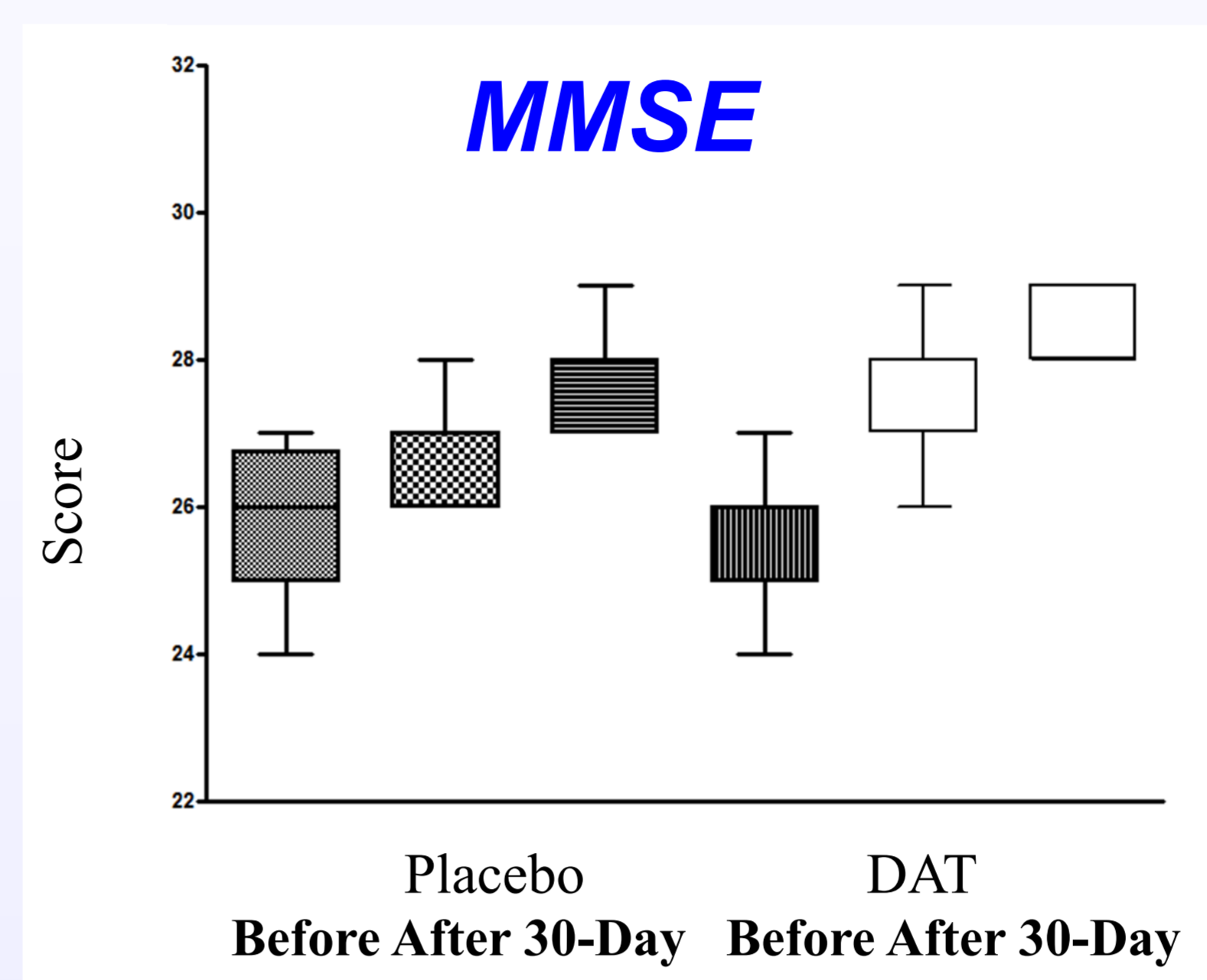
Materials and Methods:

The study included 15 patients (60 to 70 y.o.) who had had an ischemic cerebral stroke for 80-90 days prior to the study, with the proved post-stroke depression and standard drug therapy and rehabilitation.

For the control 12 patients were chosen. As a placebo they simply communicated with the dogs without special games and exercises. For evaluation of the disorders the Rankin scale, Bartel scale, Rivermid mobility ratio, Bek depression scale, MMSE were used.

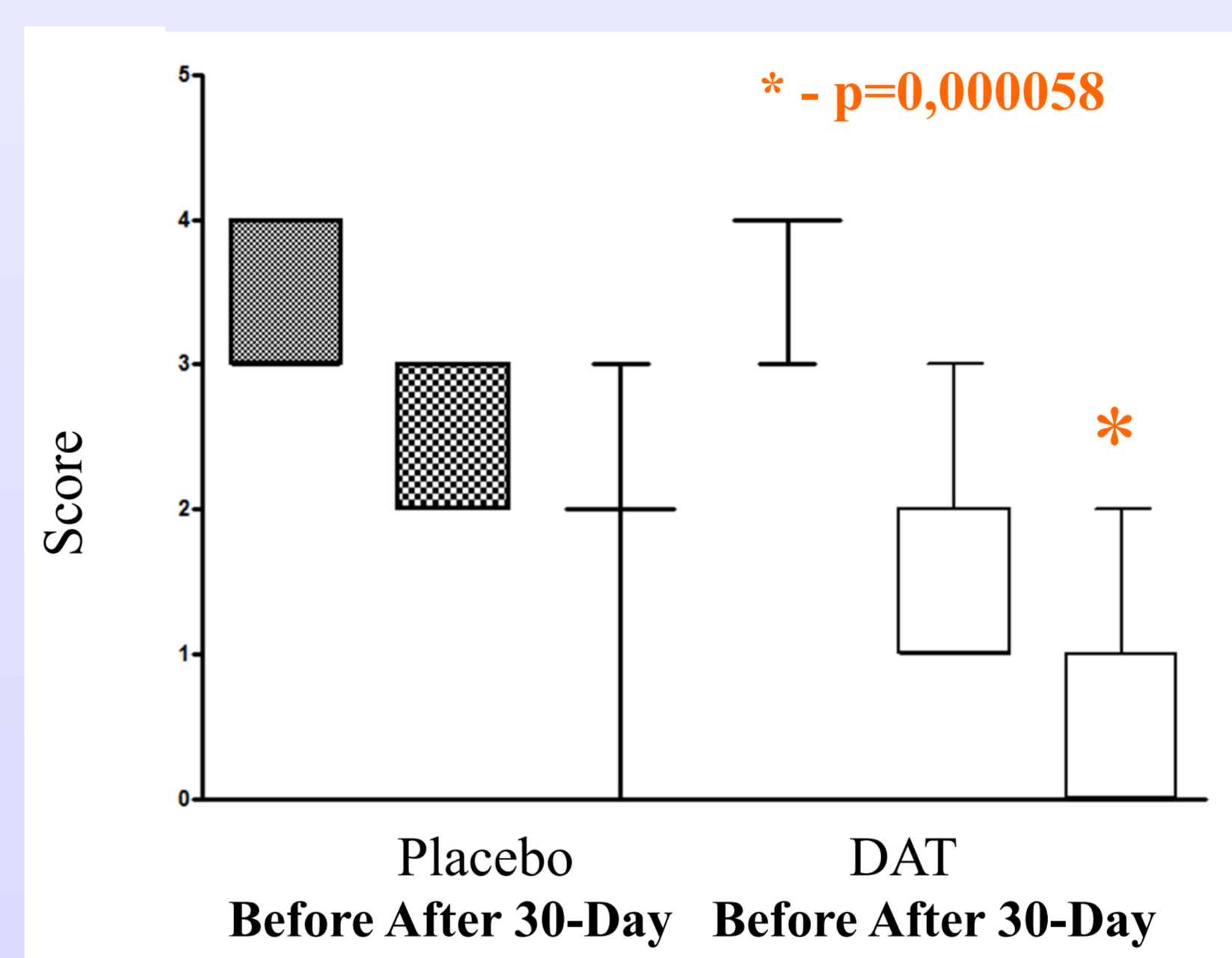
Results:

Before therapy starting the basic group and the placebo group had been identical. After the therapy, the disability degree evaluated with the Rankin scale was lower in the DAT group – ($p=0,000058$). Bartel ratio was higher in the DAT group – ($p=0,000004$). The best Rivermid ratio values were registered among the DAT patients ($p=0,000003$). DAT reduces the depression events ($p=0,000001$) as per Bek scale. The positive dynamics was also registered with the MMSE scale. In three month after DAT completion the resulting evaluation of both groups was done. In the dog therapy group the effect keeps stable

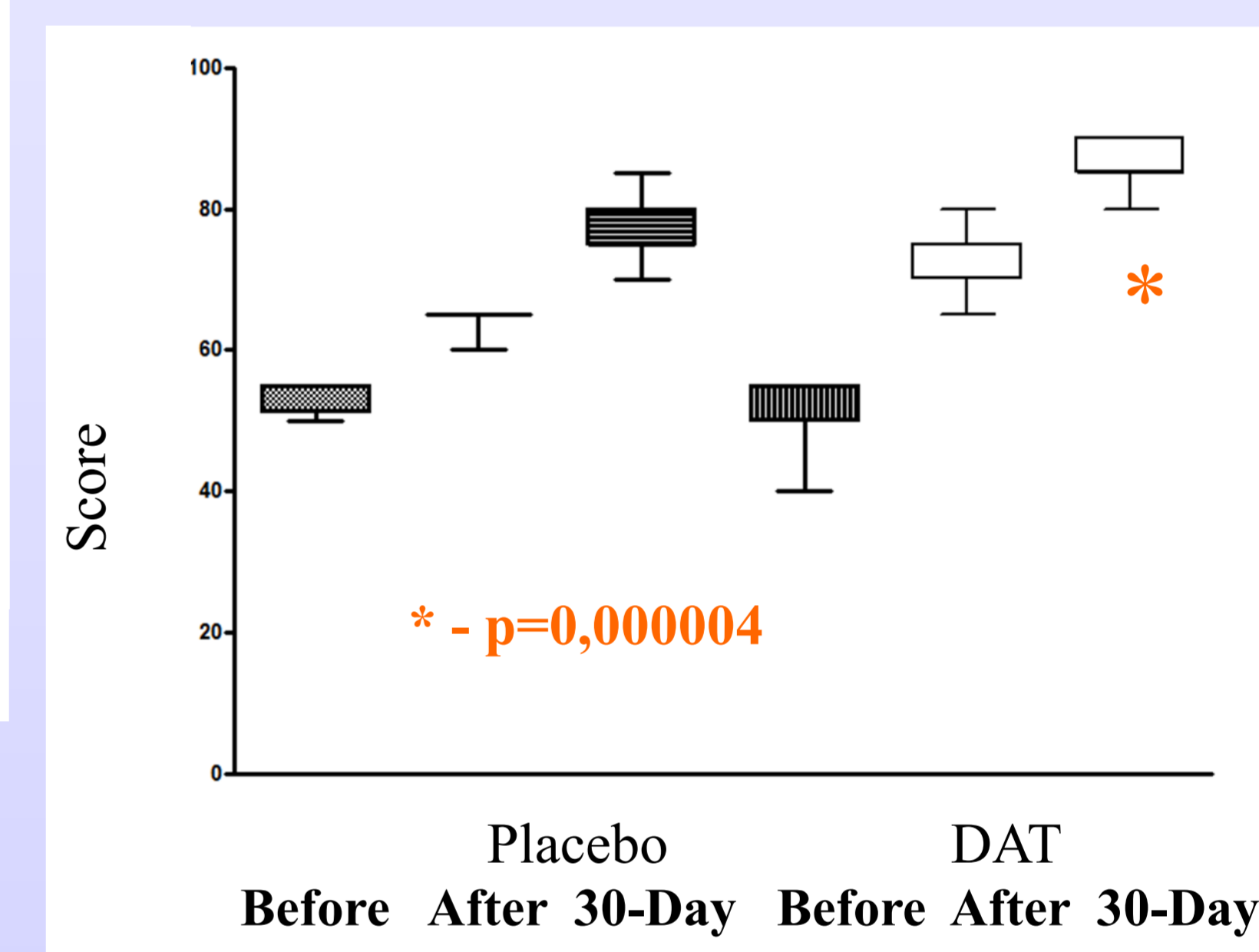


Results:

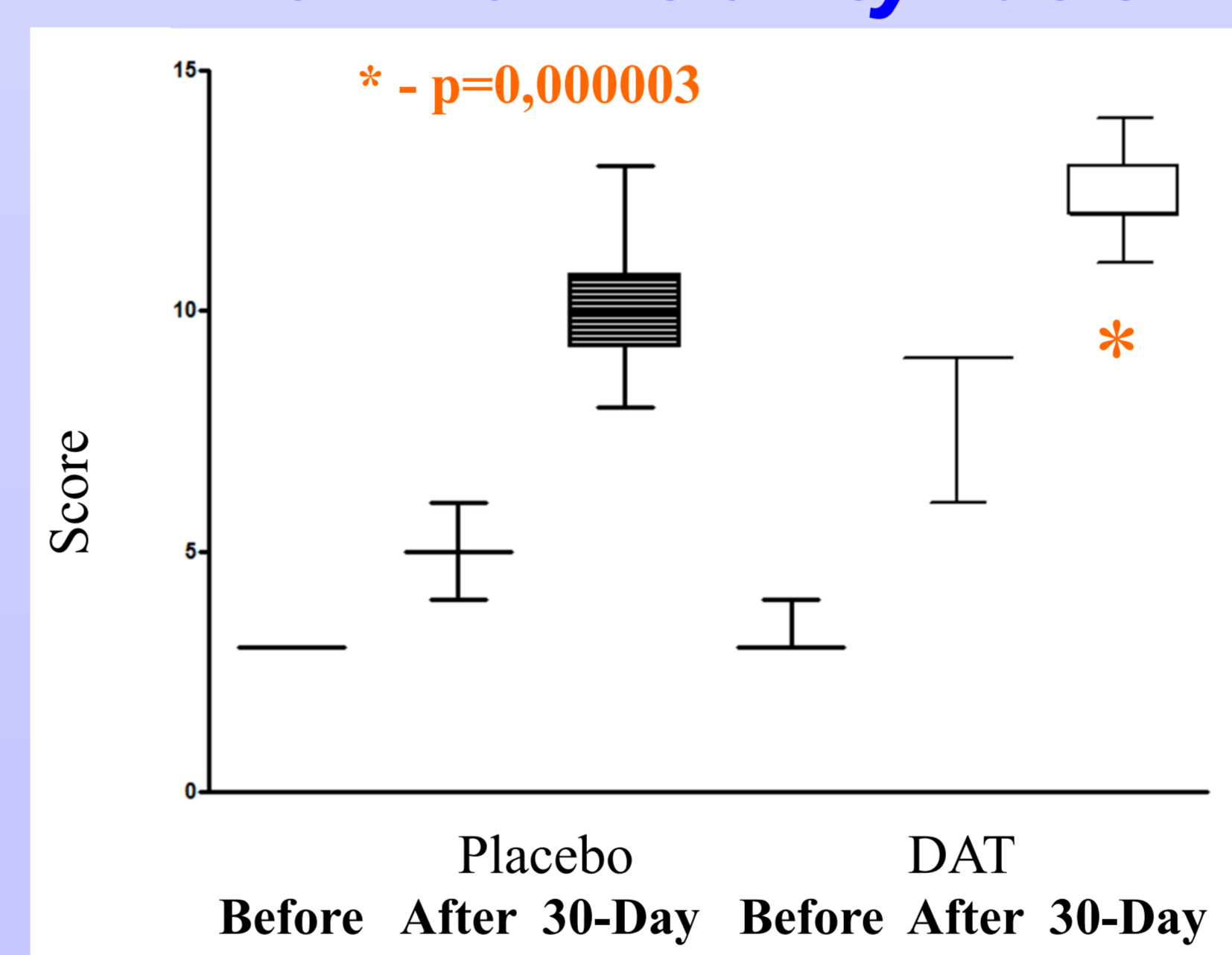
Rankin scale



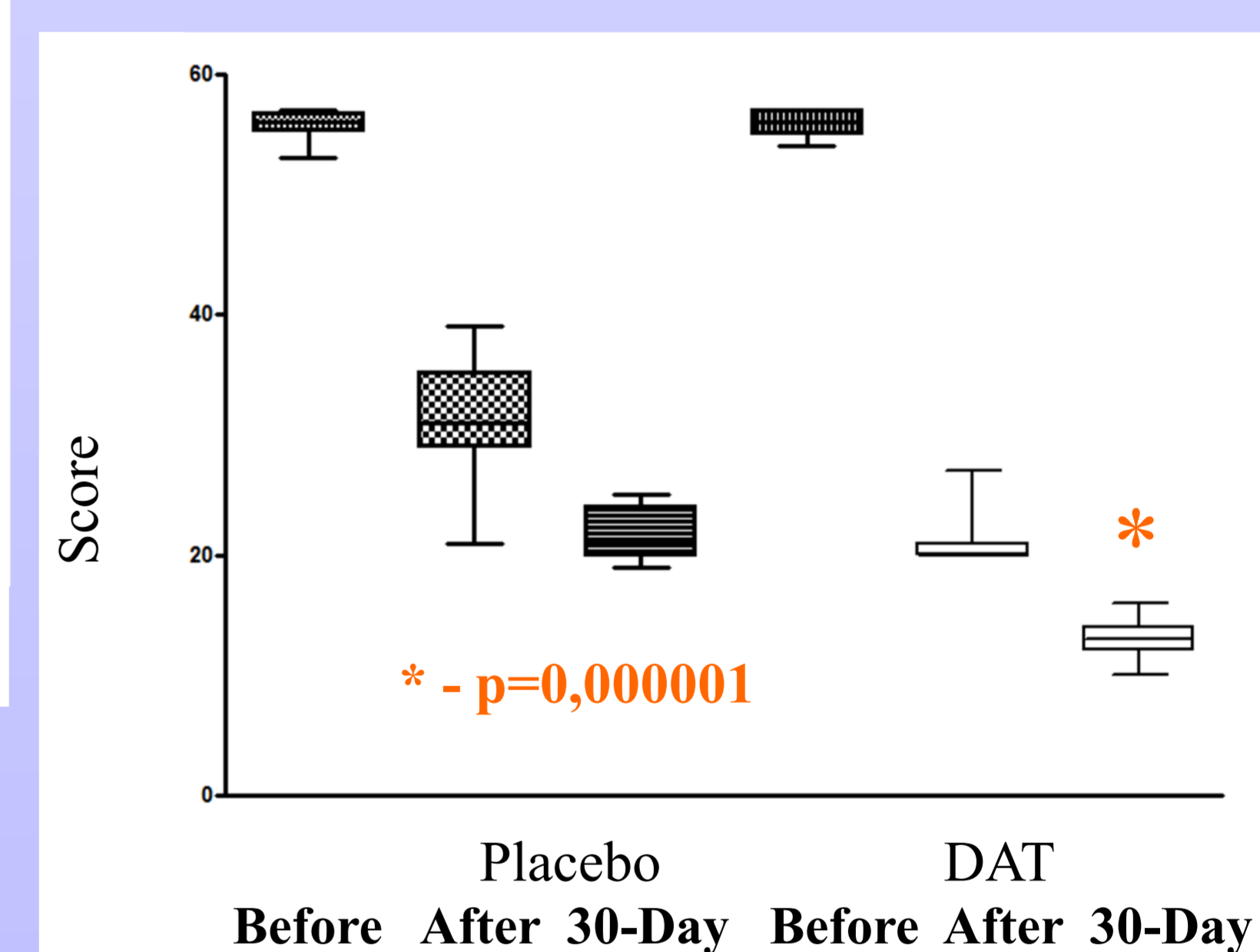
Bartel scale



Rivermid mobility ratio



Bek depression scale



Conclusions:

1. The DAT is an effective method of the rehabilitation for male patients with movement disorders and post-stroke depression
2. The DAT is based on the principles of the increasing complexity of task for the patients who are performed with the help of the dog-assistant.

