

Canine Visitation (Pet) Therapy: Pilot Data on Decrease in Child Pain Perception.
Sobo, E. J., Eng, B., Kassity-Krich, N. *Journal of Holistic Nursing*, 24(1) 2006 Mar:51-7.

Comment by L. K Robbins in *Journal of Holistic Nursing*, 24(1) 2006 Mar:58-9.

Abstract: **PURPOSE:** To explore the effectiveness of canine visitation therapy (CVT) in pediatric pain management in a tertiary care children's hospital, a descriptive pilot study was conducted. **METHOD:** A convenience sample of 25 English-speaking children ages 5 to 18 years who underwent surgery and experienced acute postoperative pain participated in a standard, one-time CVT intervention. Each child completed a pre-post survey and a post intervention interview. **FINDINGS:** Quantitative pre-post findings indicate that CVT significantly reduced perceived pain. Qualitative findings suggest that one mechanism that makes CVT effective may be cognitive. That is, CVT distracts children from pain-related cognition and possibly activates comforting thoughts regarding companionship or home. **CONCLUSION:** The study findings suggest that CVT may be a useful adjunct to traditional pain management for children. **IMPLICATIONS:** Nurses may better serve their patients when CVT is an option.