

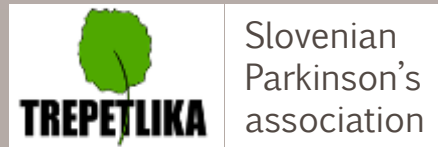


HORSE ASSISTED ACTIVITIES AS A TREATMENT FOR PARTICIPANTS WITH PARKINSON'S DISEASE

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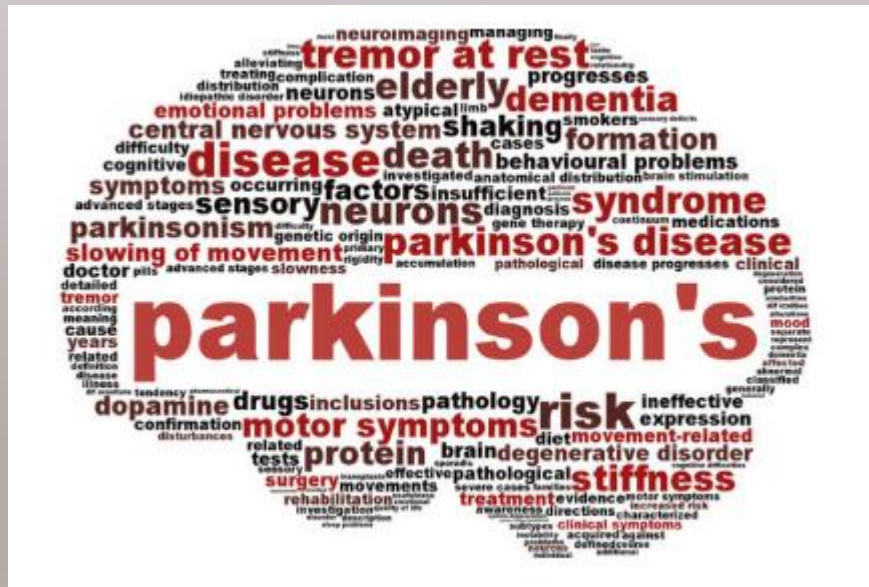


Introduction

- Horse assisted activities (HAA)
 - an effective treatment could improve
 - activities of daily living
 - quality of life in individuals with a variety of neurological conditions
- National Parkinson's Disease Society
 - Very active with many projects
 - Open for new challenges
 - It's president believe that horses could help (own experience)

Aim

- to assess the effects of HAA in people with Parkinson's disease (PD)



Preliminary study – test!???

Materials and methods

5 weeks

9 sessions

3 women
& 4 men



Participants

- Age from 50 to 74 years, an average 65 years
- All were retired because of PD diagnose
- All owned a flat but most of them are not well situated



- Just one had a pet
- Experience with horses: one 30 years ago, one very rear and one twice in lifetime
- Educated, creative and active people before PD
- Low self-confident & high ,risk‘ for anxiety
- Team on the ,other side‘ neurologist, me, my wife, two Lipizzaner geldings and



HAA program - general

- No fixed goal
- Provisional plan which has been adopted according to achievements from session to session
- Each day:
 - repeated skills learned previous session
 - Learn something new



HAA program

- Nine sessions

- One to three - reduce the fear of horses
- Four to six - ground work
- Seven to nine – on horse back

- Daily program

- Introduction – participant feedback from previous session (F&D!)
- Demonstration
- Action – repeated previous session skills and new ones
- Resting (F&D!) – participant comments



Data collection

- the questionnaire on health and mood status – before and after the experiment
- to describe changes observed in the state at the end of the study compared to the state prior to start of the study
- Neurologic tests were not made as were planned



Results.

- all the participants were able to independently lead the horse
- or with some help of the guide



Results...

- sit on a horse back with outspread arms,
- with no use of stirrups,
- and follow the horse's movement while walking.



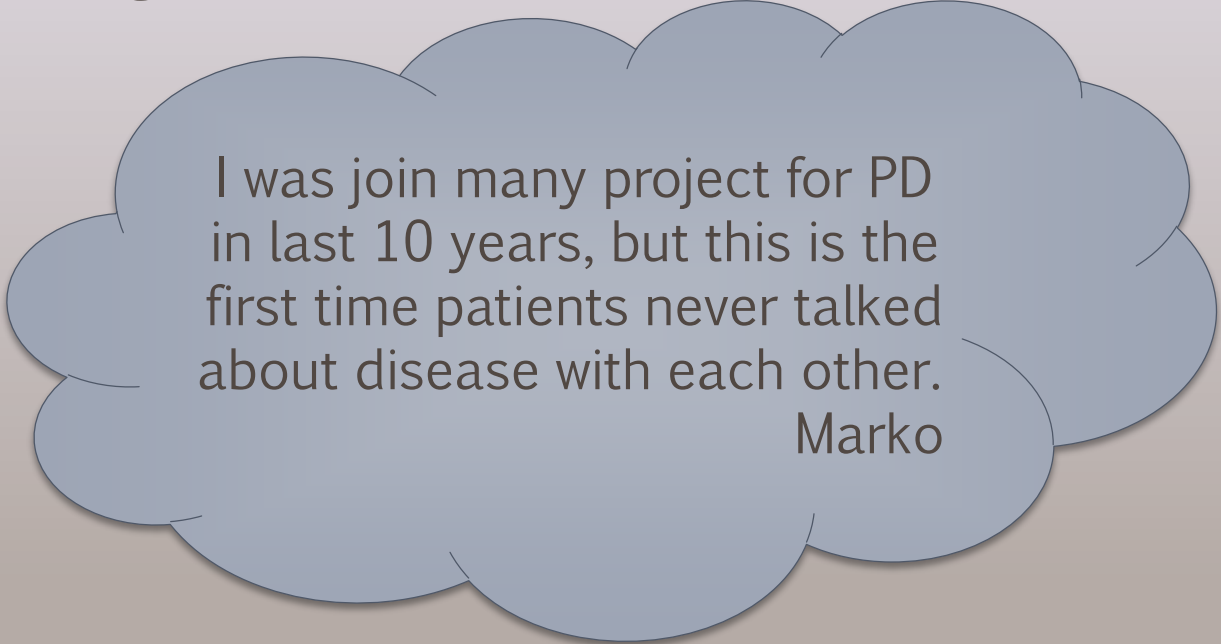
Results...

Accomplishment:

- the same-comparable level of knowledge and skills between the participants

- The similar results regardless of:

- age,
- stage of disease,
- practically no previous experience with horses or animals!!!!



I was join many project for PD in last 10 years, but this is the first time patients never talked about disease with each other.
Marko

Deficiencies/problems within the experiment.....

- Low number of participants.....
- NO statistically significant effects ???!!!!
- Horse assisted activities # patients with PD



- However.....PD participants were actively and safely participated in the HAA with horses and gave possitive feedback in general!

FUTURE - Participants want more HAA ...

- Preparation of detailed program
 - Each session description
 - Expected daily achievements – patients competences
- Testing a larger group of participants with PD
 - Applied on tender in national level, waiting for results
 - Sharing experience – internationally
 - Including objective, medicine based parameters
 - Improve diet of participants (mare's milk?)
- ...



Thank you for your attention!!!!

