

A Place to Stay : Not just for Humans, but their Pets too

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February 8, 2023

Land Acknowledgment

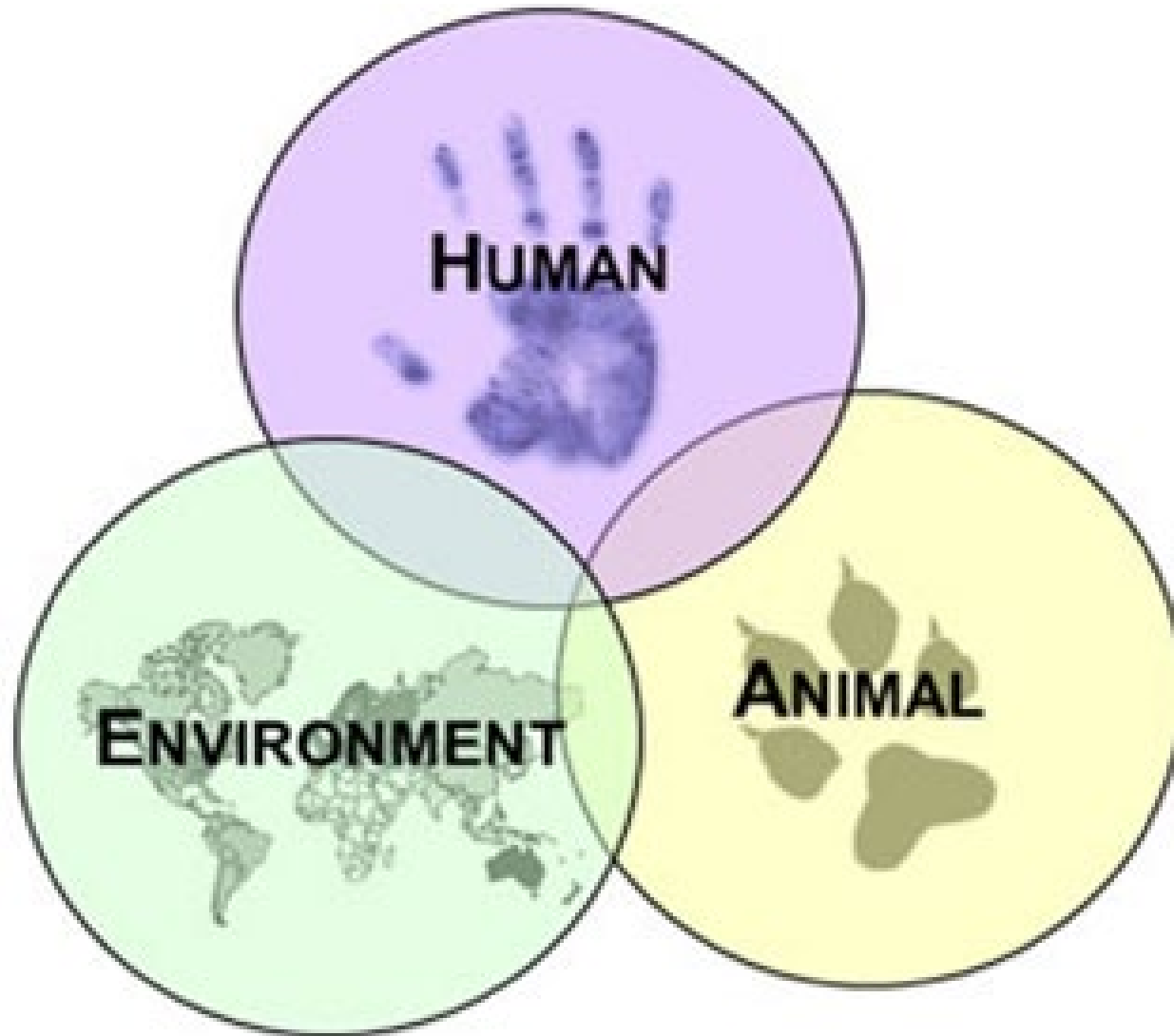
- ▶ I am grateful to live and work on ancestral lands, Treaty 1 territory, which is traditional territory of the Anishinaabeg, Cree, Oji-Cree, Dakota, and Dene Peoples, and the National Homeland of the Red River Métis.



“It's not just about us: Understanding why pets are shelter clients too”

- ▶ Understand the role of and relationship to pets for people who use shelters
- ▶ Understand the impediments people who use shelters face in caring for their pets
- ▶ Identify support strategies shelter staff and public health can offer to people who use shelters regarding their pets

One Health: A New(-ish) Way of Thinking

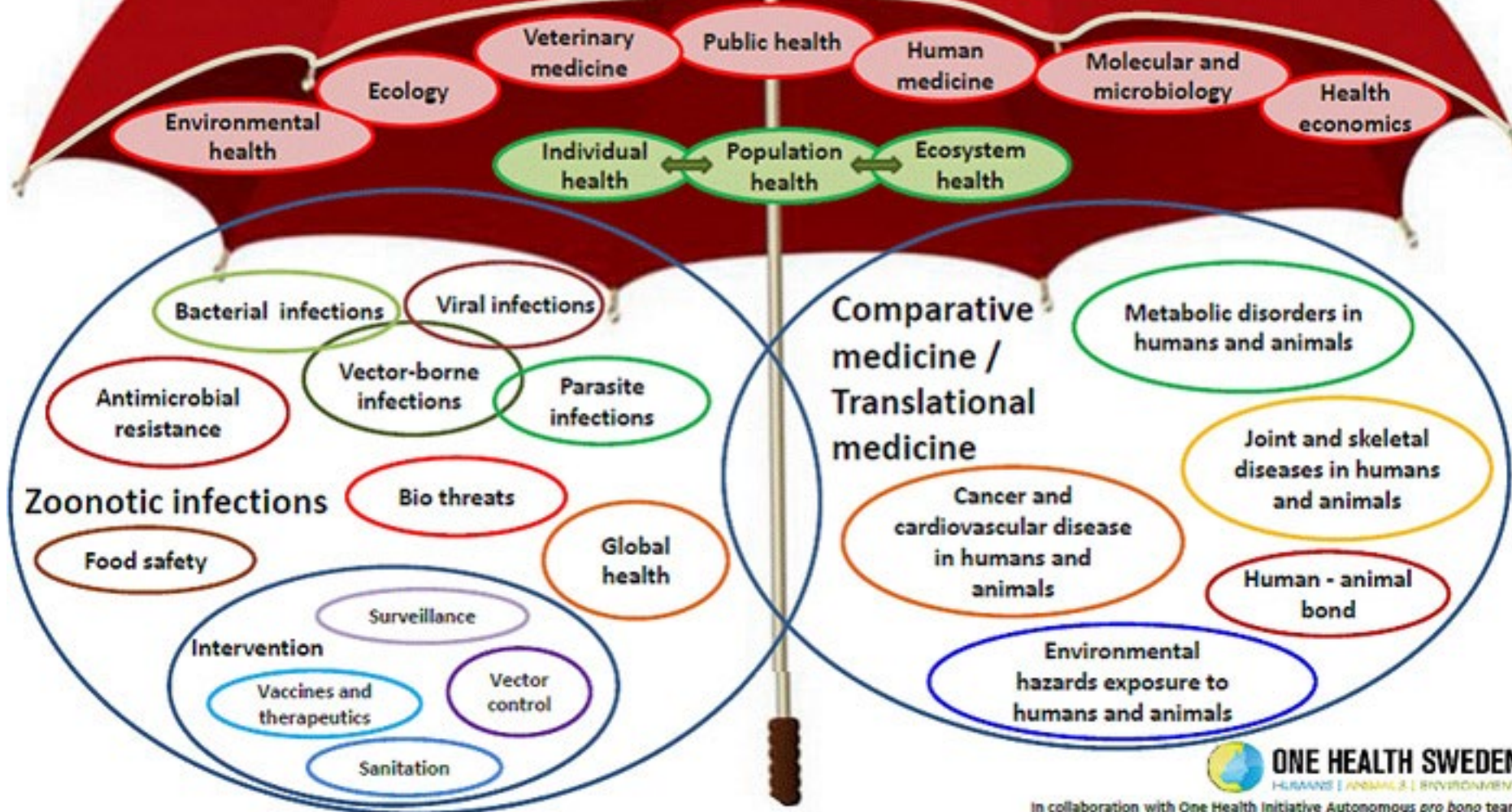


- ▶ One Health
- ▶ One Welfare
- ▶ Planetary Health
- ▶ Ecosystem Health
- ▶ One Medicine

It's the concept not the name that matters!



One Health



 **ONE HEALTH SWEDEN**
HUMANS | ANIMALS | ENVIRONMENT

In collaboration with One Health Initiative Autonomous pro bono team



Zooeyia *(zoo·AY·uh):*

The benefits of pets to
human health

Zoonotic *(zoo·oh·not·ic):*

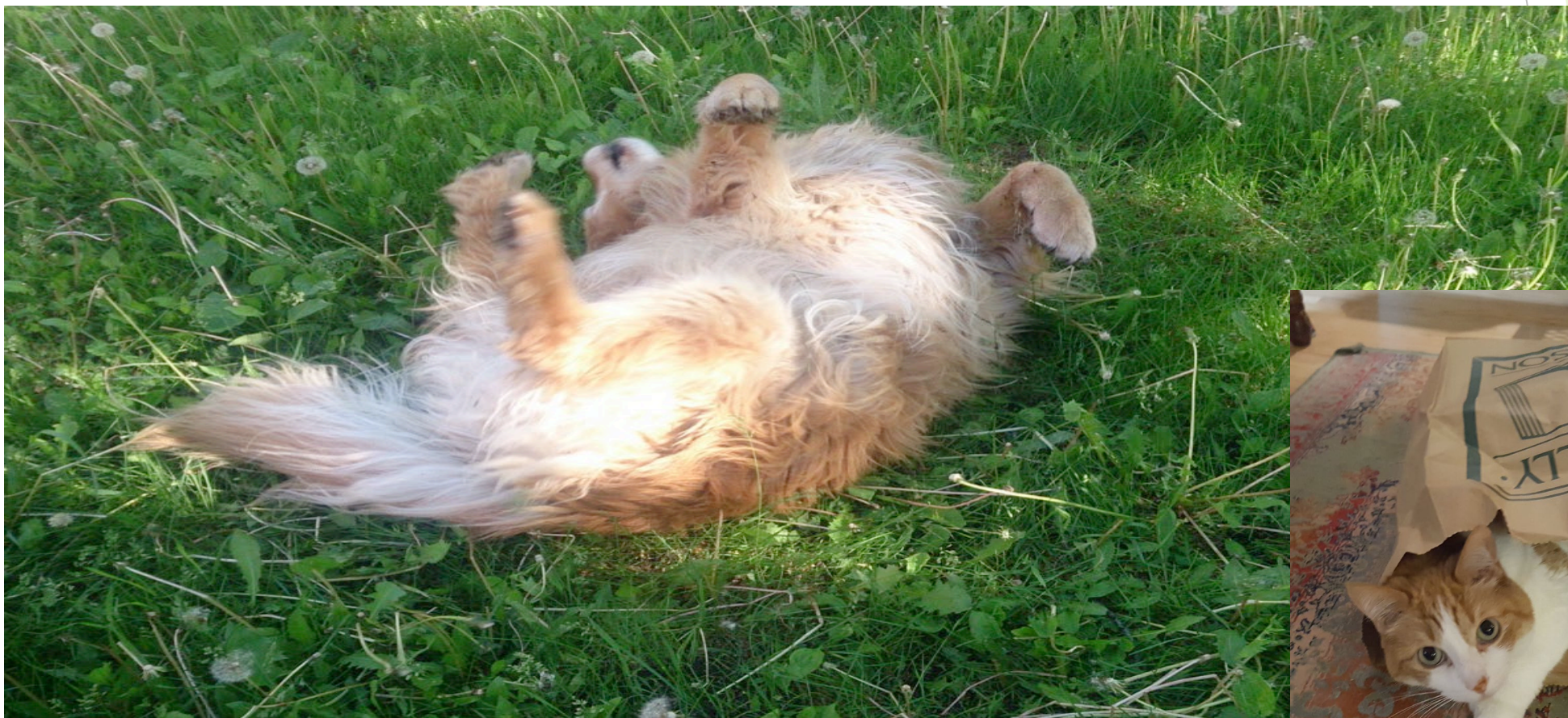
The risks of animals to
human health

Hodgson K, Darling M. Zooeyia: An Essential Component of One Health. The Canadian Veterinary Journal 2011B. 52(2): 189–191.

<https://www.cahi->

[icsa.ca/uploads/userfiles/files/kate%20hodgson's%20articles,%202016%20cahi%20agm_compressed\(1\).pdf](https://www.cahi-icsa.ca/uploads/userfiles/files/kate%20hodgson's%20articles,%202016%20cahi%20agm_compressed(1).pdf)

The role of and relationship to pets for people who use shelters



Asking about Pets Improves Patient Health

Change in Practice: **ASKING & KNOWING**

	Baseline	Final	p value
Routinely asked about pets	13% →	31%	= 0.0002
Knew about pets in patients' families	44% →	74%	< 0.0001

Patient-Centred Communication

PATIENT RESPONSE

Tell me more about themselves: 70%

Learned more about physical activity: 83%

Develop better rapport: 48%

Leveraging Zooeyia

PARTICIPANTS WERE ABLE TO IMPROVE CARE AROUND

Social Capital: p = 0.0145

Physical Activity: p = 0.0183

Healthy Behaviour Change: p = 0.0110

Pets in Treatment Plans: p = 0.0002

Mitigating Zoonotic Risk

PARTICIPANTS WERE ABLE TO IMPROVE CARE AROUND

Zoonotic Disease: p = 0.0015


Zoonotic Injury: p = 0.0095

- ▶ **Kate Hodgson**, DVM, MHSc, CCMEP. Office of Continuing Education and Professional Development, Faculty of Medicine. University of Toronto, Toronto, ON, Canada.
- ▶ [https://www.cahi-icsa.ca/uploads/userfiles/files/kate%20hodgson's%20articles,%202016%20cahi%20agm_compressed\(1\).pdf](https://www.cahi-icsa.ca/uploads/userfiles/files/kate%20hodgson's%20articles,%202016%20cahi%20agm_compressed(1).pdf)



The Human - Animal Bond





20-24 % of individuals and families living unhoused or with housing vulnerability are pet owners.

Stephen Hwang (2011) & Bill O'Grady (2012), St Michael's Hospital, U of Guelph



Pets provide unconditional love without judgement.

Pets provide motivation to avoid incarceration, hard drug use, other risk behaviour.

Effects of Companion Animal Ownership
among Canadian Street-involved Youth:
A Qualitative Analysis

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The Protective Association between Pet Ownership and Depression among Street-Involved Youth: A Cross-Sectional Study

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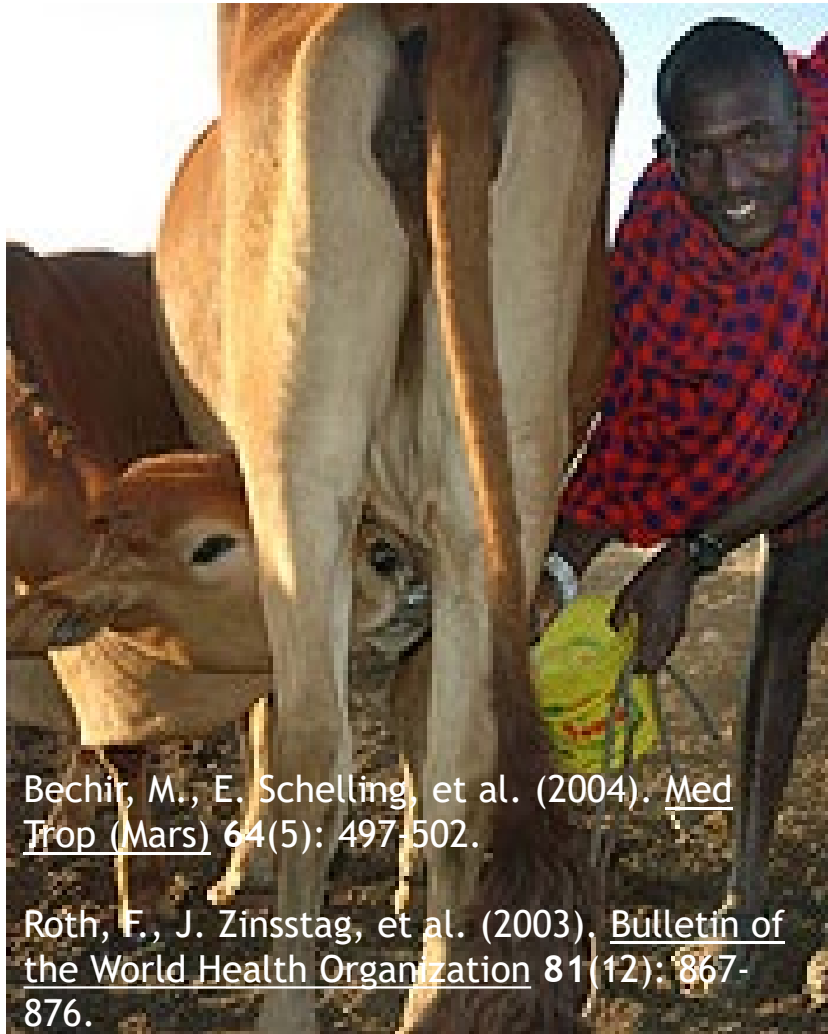
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ABSTRACT Street-involved youth represent a particularly vulnerable subsection of the homeless population and are at increased risk of health problems, substance abuse, and depression. Qualitative research has demonstrated that animal companions help homeless youth cope with loneliness, are motivators for positive change, such as decreasing drug or alcohol use, provide unconditional love without judgement, and improve youths' sense of health. To quantitatively investigate the association between depression and

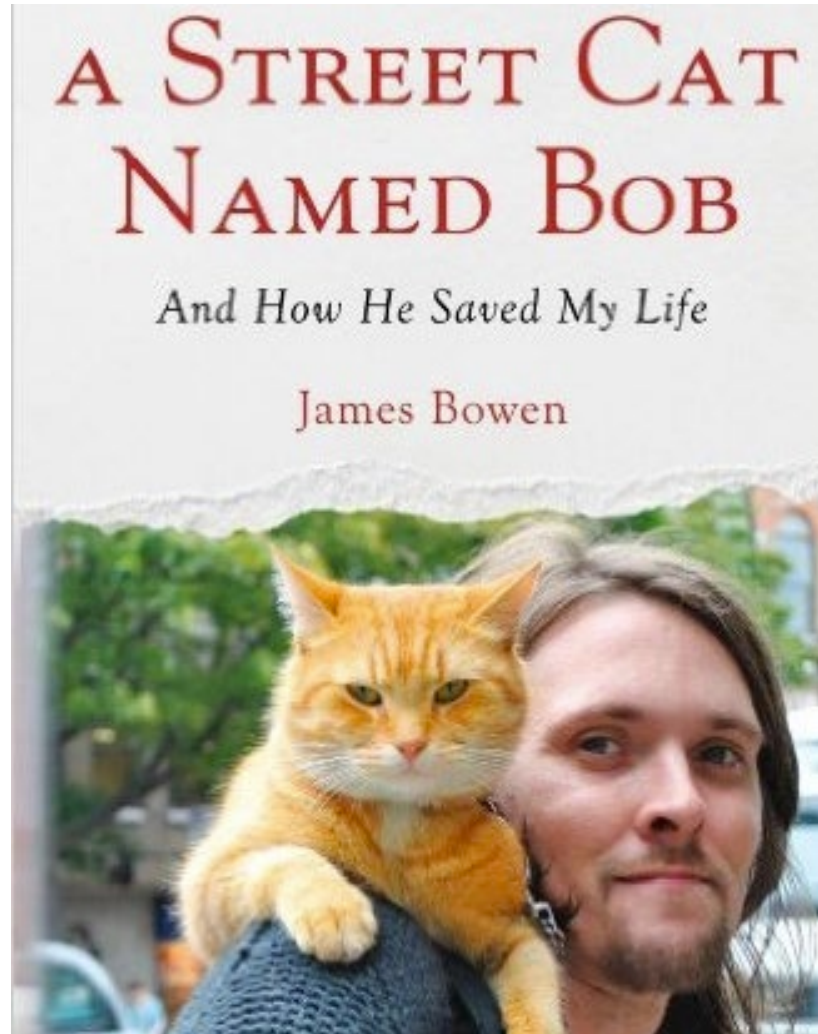
But does it make \$ENSE?



Bechir, M., E. Schelling, et al. (2004). Med Trop (Mars) 64(5): 497-502.

Roth, F., J. Zinsstag, et al. (2003). Bulletin of the World Health Organization 81(12): 867-876.

<http://www.ilkerinloitamaasai.com/introduction.html>



https://images-na.ssl-images-amazon.com/images/I/51OLOPirMaL._SX327_BO1,204,203,200_.jpg



DOGS CAN HELP US FIND

- ✘ bombs
- ✘ drugs
- ✘ domestic abuse

76% of those who beat animals also beat family members.
If you see an abused pet, call 911.
You might just save a life. Or two. SpotAbuse.org

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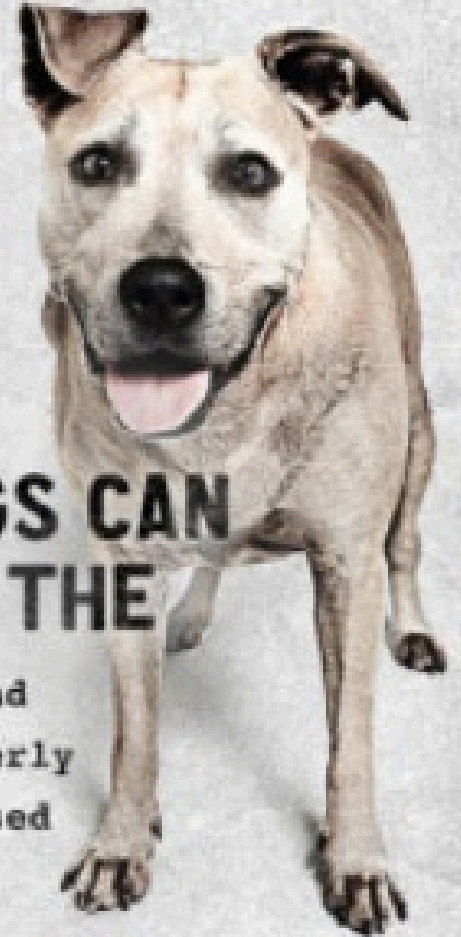


CATS CAN HELP REDUCE

- ✘ blood pressure
- ✘ stress
- ✘ domestic abuse

76% of those who beat animals also beat family members.
If you see an abused pet, call 911.
You might just save a life. Or two. SpotAbuse.org

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DOGS CAN AID THE

- ✘ blind
- ✘ elderly
- ✘ abused

76% of those who beat animals also beat family members.
If you see an abused pet, call 911.
You might just save a life. Or two. SpotAbuse.org

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PLEASE
HELP US!

- PEOPLE
- DOG
- CAT

PBS
NEWS
HOUR



Challenges people who use shelters face in caring for their pets

- ▶ Getting in: Very few shelters accept animals
 - ▶ Clients are very reluctant to leave pet behind
- ▶ Interacting with other people
 - ▶ Fear of animals, allergies
 - ▶ Risk of zoonoses, zoonotic injury: the very young, very old, pregnant, & immunocompromised
- ▶ Interacting with other animals
 - ▶ Prey versus predator
- ▶ Expenses: Veterinary Care, Food, Litter

Support Strategies for shelter staff & public health

- ▶ Develop Relationships Early
 - ▶ Veterinary Clinics
 - ▶ Provincial/Territorial Veterinary Association
 - ▶ Humane Societies, Animal Rescue Groups
 - ▶ City Animal Services
 - ▶ Provincial/Territorial Governments: Office of the Chief Veterinarian
 - ▶ The Canadian Food Inspection Agency: leaving the country with a pet
- ▶ Talk to your staff to identify risks and strengths
 - ▶ Fear of animals or passion for animals
 - ▶ Allergies
 - ▶ Training in animal handling

Body Language of Fear in Dogs



Slight Cowering



Major Cowering

More Subtle Signs of Fear & Anxiety



Licking Lips
when no food nearby



Panting
when not hot or thirsty



Brows Furrowed, Ears to Side



Moving in Slow Motion
walking slow on floor



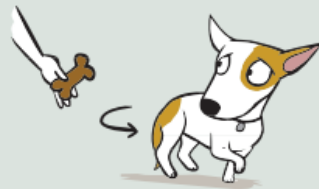
Acting Sleepy or Yawning
when they shouldn't be tired



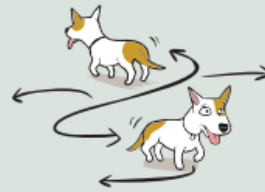
Hypervigilant
looking in many directions



Suddenly Won't Eat
but was hungry earlier



Moving Away



Pacing

Support Strategies for shelter staff & public health



- ▶ Questions to ask when admitting a pet:
 - ▶ Is your pet aggressive to people or other animals?
 - ▶ Has your pet been vaccinated? Dewormed?
 - ▶ Is your pet crate-trained?

- ▶ Stock up on the basics!
 - ▶ Pet food, litter pan and litter
 - ▶ Leashes, collars, haltis
 - ▶ Carriers and crates
 - ▶ Blankets
 - ▶ Feliway & Adaptil 😊





Community
Veterinary
Outreach



- Ottawa-based Charity: Drs. Michelle Lem & Sue Kilborn
- Street- involved, unhoused, vulnerably housed youth and adults
- Pro bono preventive veterinary care for their pets
- **Imbed human health services within preventive veterinary medicine clinics**



Why veterinarians and veterinary teams?

- ✓ Inaccessibility of veterinary care
- ✓ Questions around animal elicits information on person, family & environment
- ✓ Unique & trusting relationship
- ✓ Human-animal connection can translate health concerns



Community Veterinary Outreach- Values

- ▶ At Community Veterinary Outreach, we are committed to the principles of respect, self-determination, and the practice of high-quality evidence-based medicine.
- ▶ We respect the inherent value and worth of each person and animal.
- ▶ We value diversity and strive to create an environment that is inclusive of and accessible for all.
- ▶ **We believe that clients are experts in their own lives.** 
- ▶ We support the One Health approach founded on the principles of evidence-based medicine.
- ▶ We believe that all people and animals are entitled to a high standard of care, regardless of socioeconomic status.

WHY



1. People who live in poverty have a **shorter life expectancy** than that of the general population.
2. 20 - 24 % of unhoused individuals and families are pet owners.
3. Pets provide **unconditional love** without judgement.
4. Pets provide **motivation** to avoid incarceration, hard drug use, other risk behaviour.
5. Clients are highly motivated to seek **access to veterinary care**.
6. Once vet care has been delivered, clients are open to accepting **services for themselves**.

Hwang S, Wilkens R, Tjepkema M et al. *BMJ* 2009;339:b4036.

Young S, Dosani N, Whisler A, et al. *J Prim Care Community Health* 2015;6(3):211-214.

Stephen Hwang (2011) & Bill O'Grady (2012), St Michael's Hospital, U of Guelph

Lem M, Coe JB, Haley DB, et al. *J Sociol Soc Welfare* 2013;40(4):285-304.

Williams DL and Hogg S. *Pet Behaviour Science* 2016;1:23-30.

Community Veterinary Outreach



KNOWLEDGE

Clients know ahead that there are OH services, and teams to assist them.

TRUST

Engage pet before owner.
Understand the nature of the relationship.
Establish rapport.

ONE HEALTH

Connecting oral health issues to humans.
Ensure human health staff engage before hand off.



Local Partners Preventive Vet Care

- History & GPE
- Vaccines
- Deworming
- Micro-chip
- Grooming
- Pet supplies

One Health Services

- Vaccines
- Oral Health
- Harm Reduction
- Nicotine
Replacement





Thank you for listening!

Questions?

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