

VetMed-StreetMed Reflection

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The bond between Maria and Sugar is necessary to consider when providing care for Maria, as her emotional and mental well-being is just as important as her physical health. Viewing this case from the perspective of veterinary medicine students provided a unique interpretation of the different barriers and goals for treatment for Maria. The students emphasized how Maria's separation from Sugar could cause her distress and anxiety, which is an important consideration that nurses may not always prioritize. Asking Maria about the relationship she shares with her dog can help establish rapport, relieve her stress, and help the healthcare team collaborate to identify a patient-centered treatment plan. Additionally, Maria's past history of depression and anxiety means her mental health could be affected by physical health problems, so appropriate support and resources should be provided during hospitalization or upon discharge. I really enjoyed and valued the interaction our nursing cohort had with the veterinary medicine students. We both demonstrated the ability to think critically and many of our values aligned, including emphasis on holistic care.

The veterinary medicine students' approach to this case study prioritized establishing goals for Maria at the beginning of their visit, as well as providing education and resources to Maria about the care of her dog, Sugar. They discussed proper nutrition, exercise, and healthcare for Sugar, as well as the potential risks of breeding and the benefits of spaying/neutering. The students emphasized the importance of monitoring both Sugar's health and development, as well as Maria's own health. They were concerned about addressing any potential health issues that Maria may have, so she can continue to provide the appropriate care that Sugar needs. Listening to the veterinary medicine students' methods while addressing this case study was thought-

provoking. It made me realize areas in which I can integrate a more comprehensive approach into my care. In a way, they taught me to slow down my thinking and stop rushing to acute elements of patient care. An individual is composed of many elements, and the period during which we, as nurses, interact with patients amounts to only a fraction of their life. To truly comprehend our patients, we must delve much deeper.

For Maria, Sugar is more than just a pet; Sugar is a companion with the potential to improve and benefit her physical health. Animals can have a positive impact on human physical health, as well as provide companionship and emotional support. Studies have shown that owning a pet can lower blood pressure, reduce stress and anxiety, and improve overall cardiovascular health (Ingelsson, n.d.). Animals like seeing eye dogs can even be trained to provide assistance for individuals with disabilities or medical conditions. These animals become an integral part of people's lives, providing both physical assistance and emotional support. Pets offer several other benefits that can improve a person's health in the long run. These include increased opportunities for exercise and outdoor activities, better cognitive function in older adults, and more chances to socialize (CDC, 2023). For Maria, owning a pet like Sugar can be advantageous for her health. While there are many factors to consider in Maria's care, it is important to take into account all aspects of her background and daily life, as well as any barriers to care that may exist. Identifying and addressing her concerns allows Maria to feel heard and more likely to agree to treatment. Collaborating with Maria using patient-centered care will help promote healthy behaviors and improve her overall health.

References

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