

1 **Horse Riding and Dimensions of Wellness**

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2 **Outline:**

- Riding classes led nurse to be a therapeutic horse riding instructor (THR)
- Systematic review about equine assisted activities and therapies (EAAT)
- The dimensions of wellness
- How horse riding interacts with dimensions of wellness
- Recommendations and conclusion from research
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Riding Classes Led a Nurse to be a THR Instructor

- 2014, English as Second Language
- 2015, Started Master's program in nursing
- 2015, started horseback riding classes
- 2016, started the learning process to be THR instructor
- 2017, tried to apply PATH standards in Saudi Arabia

4 **Educational video about THR**

- When know about it, got excited to share it
- Educational video was made
- Bandar, was the client, has night blindness and myopia
- Katrina was the instructor
- The video on YouTube and social media
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Why systematic review?

- Evidence does not mean one or few research paper(s)
- Lack of supporting evidence of EAAT was reported
- Lack of evidence made providers abstain from referring
- Insurance companies do not pay for EAAT without evidence
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7 **History of EAAT**

- Hippocrates described horseback riding as a "universal exercise"
- Winston Churchill : "There is something about the outside of a horse that is good for the inside of a man"
- The official use of horse riding as modern therapy started in 1950s
- EAAT is growing rapidly

8 **EAAT has 8 types according to PATH**

- Equine-Assisted Activities (EAA)
- Equine-Assisted Therapy (EAT)
- Equine-Assisted Learning (EAL)
- Equine-Facilitated Psychotherapy (EFP)
- Hippotherapy, Interactive Vaulting
- Therapeutic Driving, Therapeutic Riding
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9 **PATH and others**

- PATH is not the only organization that provides EAAT
- Other organizations may use different terminology
- Other organizations may provide different services
- Other terms include: Equine-assisted interventions (EAI)
- Deciding the best fit for the client is challenging
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10 **Systematic Review method**

- Databases : CINAHL, MEDLINE, PsycINFO, Social Sciences
- Terms : EAAT, Hippotherapy, therapeutic horseback riding
- Time period: from 2015- mid 2018
- Initial considered articles number: 128 articles
- Non-research, opinion, not peer reviewed articles excluded
- Reviewed article after exclusion: 52 articles
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11 **Level of evidence**

- 21 articles are clustered in the lowest accepted level
- 25 studies used sample size 20 participants or less
- A sample of four was published Three times
- Weak studies do not make cause-effect relationship
- Stories and expert opinions are considered scientifically weak

12 **Findings**

- PATH was mentioned in six different studies
- One author was a PATH instructor
- EAAT is a wide term that contains all types
- EAGALA is another international non profit
- EAGALA was mentioned by some authors
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13 **Findings**

- EAAT supplemental & complementary treatment
- EAAT does not replace any primary intervention
- Five studies described the EAAT as entertaining & therapeutic
- EAAT improves cardiovascular, and brain functions

14 **Organizations provide EAAT**

- Professional Association of Therapeutic Horsemanship (PATH)
- Equine-Assisted Growth and Learning Association (EAGALA)
- American Hippotherapy Association
- Equine-Assisted Mental Health (EAMH)
- Gestalt Equine Institute of the Rockies (GEIR)

15 **Organizations specialties**

- American Hippotherapy Association: physical, occupational, and speech therapy
- PATH: Therapeutic Horse Riding (THR)
- EAGALA: non riding program, ground based work
- A country may have its own national program
 - Equine-Assisted Psychotherapy Institute in South Africa (EAPISA)

16 17 **Horse riding & emotional wellness in research**

- Statistically significant (SS) findings worth reporting
- 5 studies reported SS decrease in depression and anxiety
- 2 studies reported SS improvement in PTSD
- 1 scientifically strong study reported no SS difference when compared to standard intervention

18 **Horse riding & emotional wellness in research**

- Benefits veterans & military professionals, combats trauma
- EAAT improves confidence, assertiveness and self-esteem
- Decreased undesirable behavior
- Equine service programs, provided better mental health
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19 **Horse riding & social wellness in research**

- EAAT helps improve social wellness
- Farm environment requires working in groups
- Making friends including best friends
- EAAT SS improved socialization, social communication
- SS increase in number of used words and new words

20 **Recommendation**

- Only one center followed the EAGALA standards strictly among three
- Standardization is the key to empower EAAT
- Standardization decreases the variations
- Benefits of EAAT in a wider perspective
- Dimensions of wellness may be helpful
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21 **Wellness from holistic perspective**

- After teaching wellness class in MMU
- Wellness from different perspectives
- A holistic view
- More than physical and mental wellness
- One dimension can affect other dimensions

22 **What is wellness**

- Wellness is not absence of illness
- Wellness model does not focus on illness
- Wellness has 8 dimensions
- Improving one dimension of wellness improves others
- Physical wellness improves mental wellness
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23 **8 Dimensions of wellness**

- Emotional, spiritual, intellectual
- Physical, environmental
- Financial, occupational, social

24 **Examples**

- Patients with severe mental illness die from heart disease
- Poverty can cause social isolation (financial & social wellness)
- No job = no health insurance (occupational & physical)
- Psychiatric medications may lead to obesity & heart diseases
- Depression and obesity associate and trigger each other
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25 **Personal example:**

- Bicycling to the university (physical)
- Reading at the university (intellectual, occupational)
- Meeting others at the university (social)
- Meditation and praying room at BU (Spiritual)
- Biking does not burn gas (financial, environmental)
- Biking decreases stress (emotional)
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26 **Physical wellness**

- Horse riding is a physical exercise
- Horse riding improve physical balance
- Riding improves muscle strength
- Riders try to stay physically fit

27 **Intellectual wellness**

- Learning new skills and playing games

- Horseback riding is a skill that requires learning
- Some games can be applied during riding
- Reading in an area of interest
- Consider reading about horseback riding

28 **Financial wellness**

- Balance between saving and spending
- Health insurance does not usually cover EAAT
- Find sponsors for barns
- Finding a way for the rider to ride for free
- Part time job or volunteering opportunities

29 **Environmental wellness**

- Spend time outdoors
- If possible outdoor arena
- Maintain arranged, and clean area
- Treat your horses and trees nicely
- Use compost and recycle bins
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30 **Spiritual wellness**

- Knowing your own beliefs and values
- Respecting other beliefs and values
- Time for praying each day
- Appreciate beauty of the nature
- Appreciate the beauty and spirit of a horse

31 **Social wellness**

- Keep in touch with family and friends
- A visit or a phone call are helpful
- Quality time when meeting face to face
- Meet new people and appreciate new relation
- Horse riding introduces the rider to new relationships (horse & people)
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32 **Occupational wellness**

- Balance between work and enjoyable activities
- Balance between horseback riding and work
- Volunteering and paid job should provide satisfaction
- Ask for help when a task is overwhelming
- Working in horseback riding program can be fun

33 **Emotional wellness**

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- Balance between accepting challenges and stress
- Acknowledging and being able to express feelings
- Finding trusted one who listens without judgment
- Horse has big ears and does not judge
- A horse can not talk to someone else
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34 **Interactions**

- Horse riding with others (physical, social wellness)
- Horse riding is enjoyable and decreases stress (emotional wellness)
- Having sponsor for therapeutic horse riding (financial wellness)
- Balance between these dimensions is the key
- Improving one dimension leads to improvement in other dimensions

35 **Conclusion**

- Benefits not limited to one dimension of wellness
- Help your rider to get maximum benefits
- High quality research is needed
- Help students like me to do research
- Ask about the research and the findings
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36 **Any questions?**

- Your questions make the presentation more valuable

37 **References**

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