NHS Tayside has now considered your request dated 4 April 2019.

Extract from Request

1. “Do you use any form of Animal-assisted Therapy within your Mental Health Trust?
2. Is the AAT used primarily for patients with: Depression, anxiety, post traumatic stress disorder, dementia or other?
3. How many instances has AAT been used for each of the above in the last 5 years?
4. Do you have a standard operating procedure or protocol in place for AAT? If so, please provide a copy of this.
5. How much money is spent each year on AAT within your Mental Health Trust?
6. Has the Trust published any evaluation reports on the effectiveness of AAT? If so, please could you provide a copy.”

Response

1. NHS Tayside does not have a formal AAT within Adult Mental Health Inpatient wards. Registered therapets visit several wards at Murray Royal Hospital and Carseview wards on an informal basis. The objective is to provide some companionship, distraction and normalisation in the hospital environment. There is no referral process for Animal Assisted Therapy.
2. AAT is primarily used for patients with depression, anxiety and dementia.
3. NHS Tayside does not keep a record of when AAT has been used. AAT is a form of therapy that is provided by volunteers and is not a formal part of any individual’s treatment but a diversional activity which evidence base/patient feedback has shown to be an effective activity.
4. NHS Tayside does not have a standard operating procedure/protocol in place for AAT. AAT at NHS Tayside is provided by a volunteer service and are vetted/inducted and matched to appropriate areas (infection control policies are adhered to). Individuals are asked first if they would like a visit or if they would like to participate and this is respected. Allergies are asked about and noted.
5. No money is spent on AAT at NHS Tayside as this therapy service is provided by volunteers.
6. NHS Tayside have not published any evaluation reports on the effectiveness of AAT as this serviced is provided by volunteers and is not a formal part of treatment.


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<tr>
<th>Document Ref.</th>
<th>FOISA Exemption Applied</th>
<th>Justification</th>
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<tbody>
<tr>
<td>IGTFOISA6162</td>
<td>None</td>
<td>None</td>
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Under section 20 (1) of the Act, if you are dissatisfied with the way NHS Tayside has dealt with your request, you have a right to request a review of our actions and decisions in relation to your request, and you have a right to appeal to the Scottish Information Commission.

A request for an internal review must be made in writing no later than forty working days from receipt of this response and addressed to:

Tayside NHS Board Secretary
Tayside NHS Board Headquarters
Ninewells Hospital & Medical School
Dundee
DD1 9SY

If you are not content with the outcome of the internal review, you have the right to apply directly to the Scottish Information Commissioner for a decision. The Scottish Information Commissioner can be contacted at:

Scottish Information Commissioner
Kinburn Castle
Doubledykes Road
St Andrews
Fife
KY16 9DS

Or via the online appeal service: [www.itstpublicknowledge.info/Appeal](http://www.itstpublicknowledge.info/Appeal)

If you have any queries about this correspondence, please contact:

Information Governance Team
Maryfield House
30 Mains Loan
Dundee
DD4 7BT

Telephone - 01382 424413
E-mail: [informationgovernance.tayside@nhs.net](mailto:informationgovernance.tayside@nhs.net)

Information Governance
NHS Tayside
02 May 2019