

0-6, mean 2.5 [SD = 1.5]). Of patients with a diagnosis of dementia, 58% were found to have an AEC of 2 or greater.

Conclusions

The possible detrimental effects of prescribed medication on cognition and physical health are likely under-recognised in routine clinical practice. Greater awareness of the anticholinergic properties of a wide variety of commonly prescribed medication may lead to more selective and informed prescribing.

Abstract has been accepted for a poster presentation at the British Association for Psychopharmacology Summer Meeting (July 2021), and at the European College of Neuropsychopharmacology Annual Congress (October 2021).

216 – ECN Award: ‘The Meaning of Companion-Animal Support in Community-Dwelling Older Adults: An Integrative Review’

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Background: Western countries face an aging population and increasing number of people with chronic illnesses. Many countries have shifted from a focus on institutional care to home-based care due to growing healthcare costs and pressure on long-term care. Despite, the increasing difficulty for contemporary family structures to support community-dwelling older adults (CDOA) who need care. However, about 50% of households own pets which may provide some social support for CDOA. A dearth of studies investigated the support pets provide to CDOA that receive long-term care but a better understanding of pets’ support in CDOA is needed to help develop healthcare protocols and interventions that account for pets in CDOA’s lives.

Research Objective: To add insight into pets’ roles in support systems and the meaning this has for CDOA.

Method: This integrative review was based on qualitative studies on CDOA with pets (average age 65+). Due to few studies on CDOA with pets with chronic illnesses, this review also includes CDOA without a chronic disease. PubMed and PsycINFO, were searched with (MeSH) variations on terms of older adults, pets, and qualitative study-designs. Additionally, reference lists of systematic reviews and HABRI Central were searched. The included articles were inductively analysed in ATLAS.ti.

Results: A total of 15 articles were included in the review. 28 subthemes were categorised in 7 bidirectional factors: social, care, physical health, emotional, cognitive, bonding, and behavioural. CDOA indicate that pets are very important in their lives and have a positive influence on their social environment, mental, and physical health. However, also negative aspects of pet ownership were discussed. Limitations of the review were the varying research questions and diversity of participants in the included studies. Furthermore, we identified a need in some CDOA to keep their pets as long as possible.

Conclusion: This review adds a more comprehensive view on the meaning and role of pets in providing support to CDOA. However, more research is needed into the effects of the revealed factors on the wellbeing of CDOA and healthcare organisations should consider the development of guidelines accounting for the pets of long-term care clients.