

# HETI-UK COVID FRONTLINE WORKERS

## Equine Facilitated Therapy Project



The Federation members of HETI based in UK

### PILOT PROJECT

- The initial pilot will run from April 2021 for 6 months OR 50 participants
- At least eight areas of the UK, with a view to expanding the project nationally to reach 4000 frontline workers over the next 2 years
- 6 have completed the intervention to date and 30+ are actively engaged in the pilot project or on the waiting list

### WHO IS IT FOR?

- Frontline workers who have been adversely affected as a result of working during the Covid pandemic.

### WHAT DO WE OFFER

- Four free-of-charge 1 hour sessions
- Ground-based and/or mounted intervention
- Accrued fatigue and unprocessed memories of very challenging work through the pandemic are processed

### OUTCOME MEASURES

- Generalized Anxiety and Depression Score (GAD)
- World Health Organisation Wellbeing Questionnaire - short version
- Post-Traumatic Stress Disorder short screening tool

### METHODOLOGY

- Self-referred or referred from medical practitioners
- Applications managed and screened centrally by qualified staff
- Three questionnaires completed by applicants
- Any red flags picked up and onward referral arranged
- Eligible applicants placed with nearest registered provider (HETI members)
- Questionnaires completed at end of 4 sessions, and 6 months later
- Anecdotal findings and photographic evidence collected by registered provider



### RESULTS APRIL- JULY 2021

| GAD pre | GAD post | Change | PTSD pre | PTSD post | Change | WHO pre | WHO pre % | WHO post | WHO post % | % change |
|---------|----------|--------|----------|-----------|--------|---------|-----------|----------|------------|----------|
| 19      | 8        | 11.00  | 3        | 2         | 1.00   | 9       | 36        | 17       | 68         | 32%      |
| 11      | 6        | 5.00   | 8        | 2         | 6.00   | 11      | 44        | 15       | 60         | 16%      |
| 8       | 7        | 1.00   | 11       | 6         | 5.00   | 12      | 48        | 14       | 56         | 8%       |
| 6       | 4        | 2.00   | 2        | 1         | 1.00   | 18      | 72        | 19       | 76         | 4%       |
| 16      | 15       | 1.00   | 13       | 11        | 2.00   | 12      | 48        | 13       | 52         | 8%       |
| 11      |          |        | 5        |           |        | 14      | 56        |          | 0          |          |
| 3       |          |        | 9        |           |        | 15      | 60        |          | 0          |          |
|         |          |        |          |           |        |         | 0         |          | 0          |          |

### COLLABORATIVE WORKING



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