



**Rotherham Doncaster  
and South Humber**  
NHS Foundation Trust

**Paro Seal as a Therapeutic Activity in Older  
People's Mental Health Services**  
**Standard Operating Procedure**

<b>DOCUMENT CONTROL:</b>	
<b>Version:</b>	3
<b>Ratified by:</b>	Clinical Policies Review and Approval Group
<b>Date ratified:</b>	5 March 2019
<b>Name of originator/author:</b>	Clinical Lead Occupational Therapist Consultant Occupational Therapist
<b>Name of responsible committee/individual:</b>	Clinical Policies Review and Approval Group
<b>Unique Reference Number:</b>	22
<b>Date issued:</b>	17 May 2019
<b>Review date:</b>	March 2022
<b>Target Audience</b>	Therapy staff, Older People's Mental Health

## 1. Aim

The aim of this Standard Operating Procedure (SOP) is to give guidance and a framework to those healthcare staff responsible for the facilitation of therapeutic activities using Paro (robotic sea). It should promote consistency in the way these sessions are administered, facilitated and the performance data collected.

In addition, this document should ensure the delivery of a high standard of service to those accessing the service.

It is also to ensure infection prevention and control procedures are applied consistently.

## 2. Scope

Older People's Mental Health Services (OPMHS) are dedicated to providing person centred care and non-pharmacological interventions for non-cognitive / behavioural and psychological symptoms of dementia. Paro seal is part of the repertoire of activities available to support this provision.

## 3. Link to overarching policy and/or procedure

- Infection Prevention and Control (IPC) Manual  
<https://www.rdash.nhs.uk/46192/infection-prevention-and-control-manual/>

### 3.1 Linked policies / procedures / practice

- Hand Hygiene Procedure
- Non-pharmacological interventions for managing non-cognitive symptoms and behavioural and psychological symptoms of dementia
- Cleaning and Decontamination procedure (IPC Manual)
- Blood and body fluid spillages procedure (IPC Manual)
- Prevention and Management of Violence and Aggression (PMVA) Policy
- Multi-sensory interventions for dementia
- Replication of the benefits seen from animal assisted therapy such as increase in social, emotional and cognitive functioning; enhanced well-being; stimulating memories; sensory stimulation; decreasing stress and providing comfort.
- NICE Guidelines (ng97) Dementia: assessment, management, and support for people living with dementia and their carers  
<https://www.nice.org.uk/guidance/ng97>

## 4. Procedure

**Paro must only be used under close supervision from staff to**

**monitor patient's response to Paro and ensure standards of cleanliness are maintained.**

**4.1 Procedure to reduce contamination:**

1. Staff to decontaminate hands thoroughly before handling Paro
2. Patients to decontaminate hands thoroughly before handling Paro
3. Staff to check patients hands for cleanliness before handling Paro
4. Any surfaces should be cleaned using Clinell Universal wipes prior to Paro being placed on them.
5. Any patients who are physically unwell, have a known or suspected infection, are known to be colonised with an alert organism or have open wounds must not handle Paro
6. Paro must not be used on the ward if any patient/s have diarrhoea and/or vomiting and if an outbreak of infection is in progress. Paro must not be used again until the ward is clear from infection.

**4.2 Storage:**

1. Paro is to be stored inside the protective plastic shell within the box it was delivered in. This is stored in a locked cupboard in the Activity / Therapy Room.

**4.3 Cleaning PARO:**

1. After use PARO should be cleaned following the manufacturers guidelines.(appendix A)
2. The cleaning record must be completed and signed by staff (appendix B)
3. If Paro seal become contaminated with blood and/or bodily fluids, it must not be used. Paro must be returned to the manufacturers to have the outer skin replaced.








**4.4 Documenting PARO use:**

1. As with all therapeutic interventions, individual patient's care records should be completed.
2. A separate record must be kept of patients who have handled PARO (Appendix C) for traceability purposes

## Appendix A

### Cleaning PARO Seal

#### Things you need

Basin of cold water	 <p>a basin of cold water</p>	Fabric Detergent	 <p>a fabric detergent</p>
Fabric Softener	 <p>a fabric softener</p>	Fabric Pre-Wash	 <p>a fabric pre-wash</p>
Anti-Bac Febreze	 <p>anti-bac febreeze</p>	Sponge (White Cloth or Sponge is best for PARO)	 <p>a sponge cloth</p>
Old Toothbrush	 <p>an old toothbrush</p>	Clean Towel	 <p>a clean towel</p>

**General Method:**

Pour a small amount of Fabric Detergent into the water



Dampen the Cloth (White cloth is best for PARO)



Squeeze out all excess water



Gently Rub your PARO's Fur



**For stubborn dirt add the following steps:**

Spray the Fabric Pre-wash thoroughly on the stained area



Gently Scrub it with a toothbrush



**Time to rinse the PARO**

Fill up the water with Fabric Softener, damp the cloth and **wring it out.**



**Just fill up the water**

Wipe the PARO





Roll your PARO in towel



Use a Soft Brush to give PARO a brush. (Brush the PARO before you dry PARO. This help to restore the sleek shiny look that the PARO originally had)



Let PARO Dry



Spray PARO with Anti-Bac Febreze







