

## **RELAXATION AND BREATHING USED AS AN EFFECTIVE METHOD FOR DESENSITIZATION OF INVASIVE BEHAVIOURS.**

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After 5 years dedicated to conditioning animals for different husbandry practices, WHIT has developed different training methods with positive results, having the idea that in the process of desensitization and training programs, either to recover or train medical procedures with effectiveness, is necessary to achieve high levels of relaxation, comfort and tolerance for an individual to increase the desired response when an invasive medical procedure such as intubation, venipuncture or internal inspection is presented.

In the human experience respiration and relaxation are together, and anxiety is correlated with the alteration in the respiratory frequency, or to release tension or stress while something is causing anxiety or nervous, we use the same principle with the animals.

The challenge was to retrain or to do new medical training in different facilities, giving us the chance to develop a new method consisting in looking for the relaxation of the individual evaluating the breathing frequency and consistency e.g deep or short breathing, frequency decided by the trainer, effort expected or unexpected and muscle tension, and using this as an effective tool to develop a method for desensitization of invasive behaviors. We focused in the observation of the breathing while a medical behavior is elicited and conditioning the individual. Selectively reinforce the breathing during the training process, before during and after the behavior and taking the medical sample or perform the procedure until the individual shows comfort and relaxation, achieving goals such as intramuscular injections, endoscopy, intubations or swabings.

As a result we achieve high comfort levels while performing medical invasive procedures, decreasing stress during the procedures.

This paper will show all the process of the conditioning of different individual based on the respiration to achieve medical procedures, the advantages found with the use of this method as an effective tool, and why conducting the behavior in this way improve the welfare of the individual decreasing stress and increasing relaxation.