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Because practice ain't perfect.



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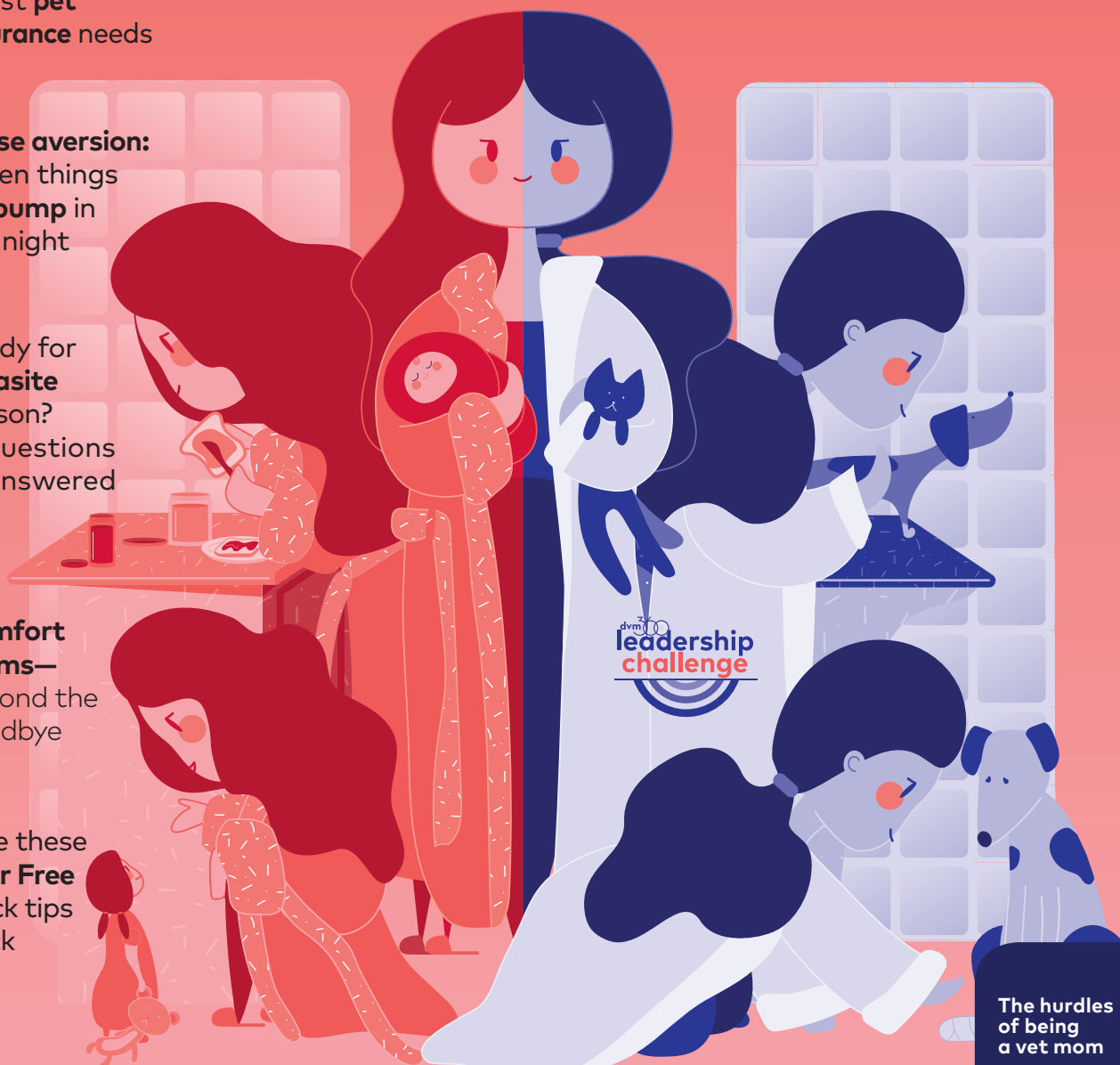
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The hurdles
of being
a vet mom

Hidden Disease. Visible Answer.



As your experts in endocrinology, Dechra Veterinary Products is proud to offer **ZYCORTAL® Suspension** (desoxycorticosterone pivalate injectable suspension)

- Replacement therapy for mineralocorticoid deficiency in dogs with primary hypoadrenocorticism (Addison's Disease)
- FDA approved for subcutaneous use
- 4mL vial of 25mg/mL suspension
- Available direct from your preferred distributor
- Three year shelf life from the date of manufacture

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NADA 141-444, Approved by FDA

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ZYCORTAL® SUSPENSION (desoxycorticosterone pivalate injectable suspension)

Mineralocorticoid for subcutaneous use in dogs only.

Brief Summary (For Full Prescribing Information, see package insert)

CAUTION: Federal (USA) law restricts this drug to use by or on the order of a licensed veterinarian.

DESCRIPTION: Desoxycorticosterone pivalate is a mineralocorticoid hormone. Zycortal Suspension contains 25mg/ml of desoxycorticosterone pivalate.

INDICATION: For use as replacement therapy for mineralocorticoid deficiency in dogs with primary hypoadrenocorticism (Addison's disease).

CONTRAINDICATIONS: Do not use ZYCORTAL Suspension in dogs that have previously had a hypersensitivity reaction to desoxycorticosterone pivalate.

WARNINGS: Use ZYCORTAL Suspension with caution in dogs with congestive heart disease, edema, severe renal disease or primary hepatic failure. Desoxycorticosterone pivalate may cause polyuria, polydipsia, increased blood volume, edema and cardiac enlargement. Excessive weight gain may indicate fluid retention secondary to sodium retention.

HUMAN WARNINGS: Not for human use. Keep this and all drugs out of the reach of children. Consult a physician in case of accidental human exposure.

PRECAUTIONS: Any dog presenting with severe hypovolemia, dehydration, pre-renal azotemia and inadequate tissue perfusion ("Addisonian crisis") must be rehydrated with intravenous fluid (saline) therapy before starting treatment with ZYCORTAL Suspension. The effectiveness of ZYCORTAL Suspension may be reduced if potassium-sparing diuretics, such as spironolactone, are administered concurrently.

ADVERSE REACTIONS: The field safety analysis included evaluation of 152 dogs. The most common adverse reactions reported are polyuria, polydipsia, depression/lethargy, inappropriate urination, alopecia, decreased appetite/anorexia, panting, vomiting, diarrhea, shaking/trembling, polyphagia, urinary tract infection, urinary tract incontinence and restlessness. Reports of anaphylaxis and anemia have been associated with a different desoxycorticosterone pivalate injectable suspension product.

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Motherhood and the veterinary profession—a series of hurdles

Moms—who are also veterinarians—chime in on what makes this arrangement difficult.

At a recent Fetch dvm360 conference, we asked copresenters and Women's Veterinary Leadership Development Initiative (WVLDI) all-stars Sarah Wooten, DVM, Kimberly-Ann Therrien, DVM, and Caitlin DeWilde, DVM, about the perils of maintaining a career in veterinary medicine while being a mom. They had a lot to say on the subject. Here's a primer.

"Loathe to call in sick"

Dr. Wooten cited a common characteristic among vets as being problematic: their work ethic. She says that with a full schedule of serious appointments and a sick child, somethings got to give. Can you guess which it is? "It is an extraordinary hardship because I usually see kids that are sick sleeping in a kennel in the back." (We can only assume she means with the door open.)

Daycare hours

Dr. DeWilde brings up an obvious and nagging point: Daycare providers' hours generally don't overlap with veterinarians'.

"If your clinic is open until 8:00, but your daycare closes at 6:00 there's a big problem there with finding that shift coverage," Dr. DeWilde says.

"Family-centered events happen on weekends"

Dr. Therrien echoes the above and adds weekends. She says that it turns into a struggle, particularly in the cases where the clinic is populated by working mothers.

Go to **dvm360.com/WVLDImoms** to hear more from the all-stars, and scoot over to page 12 for more thoughts on being a parent *and* a vet, including some tips to carry through with confidence.

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UBM

THE GUIDE

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THE PICKS

(what we care about now)



80%

of millennials say
their pet is a member
of the family

Future trend? Millennials could be the boost pet insurance needs

Generation Y, or millennials, are poised to be the generation that makes pet insurance the norm. As the largest pet-owning demographic, owning 35% of all pets in the United States, millennials have surpassed Baby Boomers in recent years, who make up 32% of pet ownership.

And millennials are more likely to spend money on their pets, feeding them organic foods, giving flavored medications, paying for pet services, entertaining them with pet parties, and taking them on holidays, according to the 2017-2018 National Pet Owners Survey from the American Pet Products Association. A 2016 IDEXX Growth Strategy report found that 57% of millennials say their pet makes them happier than almost anything, and 80% say their pet is a member of the family.

"Millennials represent the largest

pet-owning demographic now and are driving pet spending across most categories," says Steve Shell, VP of veterinary services and partnerships with pet insurance company Pet-Plan. "This group is delaying having children, delaying home ownership, but they have the resources to spend. And they are the ones driving the subscription economy for things like BarkBox. Pet insurance fits into that subscription economy and helps them do what it takes to make their four-legged children healthy."

The IDEXX study shows that 61% of millennials are willing to make trade-offs in their finances to afford care for their pets, versus 57% of Gen X and 50% of Baby Boomers.

Shell says, "With the humanization of pets becoming more prevalent, this younger generation is the one that could absolutely make pet insurance common."

millennials own

35%

of pets in the US, making
them the largest pet-
owning demographic

61%

of millennials are willing
to make trade-offs in
their finances to afford
care for their pets

Get a more detailed
look at the numbers at
dvm360.com/loveinsured.

Give clients a hand to fit in exercise in winter

Picture spring, summer, the temperate moments of fall, the cool but tolerable time of winter: Your pet owners' cats at home on the patio (yes, that's a thing) playing with the kids, the dogs out with their owners on a run—families are moving, exercising and enjoying life. Then the world goes cold in real winter,

and our bodies (and the bodies of our pets) want to hibernate. Ernie Ward, DVM, wants to help you talk clients into keeping the action up. Share this client handout to keep pets exercising and at a healthy weight while winter is still here. Download it at **dvm360.com/winterexercise**.



Yoga in the vet clinic: Shoulder blade stretch

Are you carrying around tension or upper back soreness from the daily grind in the clinic? We're here to help.

Check out this move from Fetch dvm360 conference wellness ambassador and certified yoga instructor Torry Chamberlayne, RVT: the shoulder blade stretch. She says it's a great way to release stress in this area that is difficult to stretch. Here's what to do:

- Watch Chamberlayne's demonstration to get the hang of how to intermingle your hands (or how to hug yourself, if that's easier) at **dvm360.com/shoulderstretch**.
- As you gently tilt your chin downward, imagine the space between your shoulder blades

slowly expanding.

- Take five deep, slow breaths in the prescribed position, then switch your arms around and repeat.

Chamberlayne says this practice is great for staff members who spend long hours at the front desk hunched over computers, for those who wrangle all manner of patients or for those who end up on their feet for hours. Right—that's everyone in your clinic.

She recommends going through the sequence a few times a day, especially just when you start to notice the tension building up.

Added bonus: Chamberlayne—a new mama in her own right—says this is also an excellent exercise for mothers who carry lots of tension from holding the baby, nursing, etc.



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Contact Norbrook, Inc. at (888) 705-0408 for more information and availability.

Please see Brief Summary on page 6.

OBSERVE LABEL DIRECTIONS. Do not use Loxicom Oral Suspension in cats. Acute renal failure and death have been associated with the use of meloxicam in cats. As with any medication, side effects may occur. These are usually mild but may be serious. The most common side effects reported in field studies were vomiting, soft stool/diarrhea and decreased appetite. If side effects occur, discontinue treatment immediately and consult a veterinarian. Dogs should be evaluated for pre-existing medical conditions prior to treatment and monitored during therapy. See product labeling for full product information.

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THE PICKS



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Lest we forget it's Pet Dental Health Month ...

(yeah, that'd never happen!)—smile! We've got two videos from Mary Berg, BS, RVT, RLATG, VTS (dentistry), to get your dental instruments sharp and to the point, starting with scalers and curettes, and moving on to take your dental elevators to the next level. Watch Berg's step-by-step pointers at dvm360.com/BergSharpening.

Loxicom[®] (meloxicam oral suspension) 1.5 mg/mL Oral Suspension

Non-steroidal anti-inflammatory drug for oral use in dogs only

Warning: Repeated use of meloxicam in cats has been associated with acute renal failure and death. Do not administer additional injectable or oral meloxicam to cats. See Contraindications, Warnings, and Precautions for detailed information.

Brief Summary: Before using Loxicom Oral Suspension, consult the product insert, a summary of which follows.

Caution: Federal law restricts this drug to use by or on the order of a licensed veterinarian.

Description: Meloxicam is a non-steroidal anti-inflammatory drug (NSAID) of the oxicam class.

Indications: Loxicom Oral Suspension is indicated for the control of pain and inflammation associated with osteoarthritis in dogs.

Contraindications: Dogs with known hypersensitivity to meloxicam should not receive Loxicom Oral Suspension.

Do not use Loxicom Oral Suspension in cats. Acute renal failure and death have been associated with the use of meloxicam in cats.

Warnings: Not for use in humans. Keep this and all medications out of reach of children. Consult a physician in case of accidental ingestion by humans. **For oral use in dogs only.** As with any NSAID all dogs should undergo a thorough history and physical examination before the initiation of NSAID therapy. Appropriate laboratory testing to establish hematological and serum biochemical baseline data is recommended prior to and periodically during administration. To report suspected adverse reactions, to obtain a Safety Data Sheet, or for technical assistance, call Norbrook at 1-866-591-5777.

Precautions: The safe use of Loxicom Oral Suspension in dogs younger than 6 months of age, dogs used for breeding, or in pregnant or lactating dogs has not been evaluated. As a class, cyclo-oxygenase inhibitory NSAIDs may be associated with gastrointestinal, renal and hepatic toxicity. Sensitivity to drug-associated adverse events varies with the individual patient. Patients at greatest risk for renal toxicity are those that are dehydrated, on concomitant diuretic therapy, or those with existing renal, cardiovascular, and/or hepatic dysfunction. Concurrent administration of potentially nephrotoxic drugs should be carefully approached. NSAIDs may inhibit the prostaglandins that maintain normal homeostatic function. Such anti-prostaglandin effects may result in clinically significant disease in patients with underlying or pre-existing disease that has not been previously diagnosed. Since NSAIDs possess the potential to induce gastrointestinal ulcerations and/or perforations, concomitant use with other anti-inflammatory drugs, such as NSAIDs or corticosteroids, should be avoided or closely monitored. The use of concomitantly protein-bound drugs with Loxicom Oral Suspension has not been studied in dogs. Commonly used protein-bound drugs include cardiac, anticonvulsant and behavioral medications. The influence of concomitant drugs that may inhibit metabolism of Loxicom Oral Suspension has not been evaluated. Drug compatibility should be monitored in patients requiring adjunctive therapy.

Adverse Reactions: Field safety was evaluated in 306 dogs. Based on the results of two studies, GI abnormalities (vomiting, soft stools, diarrhea, and inappetence) were the most common adverse reactions associated with the administration of meloxicam. Of the dogs that took meloxicam (n=157), forty experienced vomiting, nineteen experienced diarrhea/soft stool, five experienced inappetence, and one each experienced bloody stool, bleeding gums after dental procedure, lethargy/swollen carpus, and epiphora. Of the dogs that took the placebo (n=149), twenty-three experienced vomiting, eleven experienced diarrhea/soft stool, and one experienced inappetence. In foreign suspected adverse drug reaction (SADR) reporting over a 9 year period, incidences of adverse reactions related to meloxicam administration included: auto-immune hemolytic anemia (1 dog), thrombocytopenia (1 dog), polyarthritis (1 dog), nursing puppy lethargy (1 dog), and pyoderma (1 dog).

Effectiveness: The effectiveness of meloxicam was demonstrated in two field studies involving a total of 277 dogs representing various breeds, between six months and sixteen years of age, all diagnosed with osteoarthritis. Both of the placebo-controlled, masked studies were conducted for 14 days. All dogs received 0.2 mg/kg on day 1. All dogs were maintained on 0.1 mg/kg oral meloxicam from days 2 through 14 of both studies. Parameters evaluated by veterinarians included lameness, weight-bearing, pain on palpation, and overall improvement. Parameters assessed by owners included mobility, ability to rise, limping, and overall improvement. In the first field study (n=109), dogs showed clinical improvement with statistical significance after 14 days of meloxicam treatment for all parameters. In the second field study (n=48), dogs receiving meloxicam showed a clinical improvement after 14 days of therapy for all parameters; however, statistical significance was demonstrated only for the overall investigator evaluation on day 7, and for the owner evaluation on day 14.

How Supplied:

Loxicom Oral Suspension 1.5 mg/mL: 10, 32 and 100 mL bottles with small and large dosing syringes.

Storage: Store at controlled room temperature 68-77°F (20-25°C).

Excursions permitted between 59°F and 86°F (15°C and 30°C). Brief exposure to temperature up to 104°F (40°C) may be tolerated provided the mean kinetic temperature does not exceed 77°F (25°C); however such exposure should be minimized.

Made in the UK.

Manufactured by:
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102 August 2018



When things go **BUMP** in the night

The world is filled with fireworks, thunderstorms and many other big bad sounds that leave pets trembling with fear. Here are three non-pharmaceutical products for noise aversion:



Wrap up those thunderstruck pets

The ThunderShirt, a vest for calming anxiety related to noise aversion, applies gentle, constant pressure to help calm a pet owners petrified fur-baby. Think of it like a hug in a shirt. According

to their website, the ThunderShirt provides a calming effect for more than 80% of dogs—which seems like a ratio worth the \$45. It should be worth noting that the ThunderShirt seems to be targeted to petrified pooches rather than fearful felines. Unless you're into the ol' "freeze and flop."



Keep 'em ultra-calm

Pet Acoustics Incorporated presents its anti-anxiety collar, aptly named the Ultra Calmer. This collar combats noise aversion by playing

music specifically created to soothe dogs. Think boombox designed to make your dog chill. The volume can be adjusted to suit the dog's agitation level. Does the dog in question hop into the nearest body of water when scared? No worries, this bad boy is water-resistant with a three-hour battery life and comes with a USB charger. Not sure how long the stress will last? The Ultra Calmer also comes with a continuous play option to keep the calm for as long as necessary.



Help pets find their Zen

Anti-anxiety dog den, the ZenCrate, plays calming music once it detects an animal entering the enclosure. The crate, designed by PNP Robotics, was

made to keep the scary sounds out and the calming sounds in. While the crate keeps the harsh sounds of the environment out, it also protects the environment by using only water-based polyurethane on the crate. The ZenCrate has a sensor that alerts the crate to your dog's nearness, battery backup just in case and a motor-activated fan to bring an extra level of comfort.



Find out more about these products at dvm360.com/quietcalm.

Here comes the sun—

Are you ready for parasite season?



Longer days. More vegetation. Spring brings forth a sense of hope and, at the same time, more stuff to encourage parasite numbers. Here are some answers to what might be on your mind.

The time for the upswing of the parasites begins soon—acknowledging, of course, that some warmer climates never quite lose them. So we asked a local veterinary clinic what parasitology-related questions they have and snagged answers from Richard Gerhold, DVM, MS, PhD—always ready to deliver crucial parasite prevention tips.



Do heartworm preventives with efficacy against intestinal parasites work for routine puppy deworming?

Dr. Gerhold: Depending on the active drug in the preventive, the treatment should be effective at removing *Toxocara canis*

(roundworms), *Ancylostoma caninum* (hookworms) and potentially *Trichuris vulpis* (whipworms). Ivermectin is not effective against *T. vulpis*, so animals receiving a preventive with only ivermectin would need a secondary product for treatment of infection with *T. vulpis*. Furthermore, tapeworm infections would need to be treated with either praziquantel or fenbendazole, depending on the tapeworm species. Finally, if dogs are being treated with ProHeart 6 (Zoetis), they will also need to be given a monthly medication to control intestinal parasites.



Are some fleas resistant to flea preventives?

Dr. Gerhold: Overall, my

feeling is that resistance is likely perceived because veterinarians are not educating owners about the need to perform thorough cleaning of the house to remove the larvae and egg stages. [Editors' note: Help clients rid their house of fleas with this client handout featuring house-cleaning tips at dvm360.com/flea-free.]



What are the latest updates on microfilarial resistance to heartworm?

Dr. Gerhold: While there does appear to be some legitimate resistance of *Dirofilaria immitis* microfilariae to at least some of the preventives, it's a minor issue compared to lack of owner compliance

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¹ Data on file.

² Data on file.

³ Data on file.

in administering monthly heartworm preventives to dogs and cats. Efforts should be focused on educating owners about the necessity of compliance with monthly administration of heartworm preventive. Furthermore, veterinarians should avoid the use of the slow-kill method for adult heartworms if at all possible. The use of slow kill greatly increases the chances of selecting for resistant strains of *D. immitis* microfilariae that may be transmitted to other canids.



What are the differences in efficacy between in-house fecal flotation versus outside diagnostic laboratory test versus centrifugation?

Dr. Gerhold: If in-house fecal flotation is being performed using centrifugation and the staff are trained in parasite identification, then this is sufficient for routine parasite detection. In cases where an unknown parasitic egg, larvae or oocyst is observed, fresh fecal samples should be submitted to a diagnostic laboratory employing

trained parasitologists to identify the parasites.

The use of centrifugation is superior compared with passive flotation for the detection of numerous eggs, oocysts and larvae. Often when centrifugation and passive floatation techniques are done side-by-side on the same sample, observers are surprised to see the increased number of parasite species and quantity of parasites with the centrifugation method.



What do you think of genetically modifying mosquitoes to make them less capable of transmitting diseases?

Dr. Gerhold: I am very much in favor of research to investigate options for genetically controlling vector-borne disease. I see this research as being similar to the release of sterile male screw worm flies that led to eradication of screw worms from the United States. Hopefully there is funding for such research projects in the future to test the efficacy of such genetically modified vectors.

The use of the slow-kill method for adult heartworms greatly increases the chances of selecting for resistant strains of heartworm microfilariae.



You're getting this wrong when it comes to parasite **preventives**

Stop educating pet owners and tell them a story.

If you're trying to get veterinary clients to "yes" on a parasiticide by feeding them facts and figures, well, knock it off. This comes from Fetch dvm360 conference speaker Bash Halow, LVT, CVPM. He says that clients can tell the difference between a sales pitch and a heartfelt story.

"The reason that you—and the rest of your team members—believe in a product is because they've tried it on their own pet, or they've had a success with that particular product and they've seen first-hand the value of it," Halow says.

He urges team members to become conversant in the products your practice offers and to try them out so they can tell customers how every choice works with confidence and strengthen the bond with those clients. Hear it all straight from Halow at dvm360.com/preventivepro.

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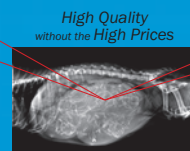
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Parenthood evolves our careers,
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some of us choose to quit the
profession altogether.

By Dani McVety, DVM

See more of our coverage in our sister publications ...



What do associates wish their bosses understood about raising kids in the midst of a veterinary career? What do practice owners wish associates knew? Explore these perspectives and more.

firstline

Find out how veterinary team members explain the rough hours, and tough work, to their kids. Plus, tips for managing parenthood in practice as well as apps that help get it all done.

"Being a mom is exactly what I imagined it would be," said no parent, ever. One friend of mine, who has chosen not to have children, recently said, "Being a mom is not that different from having a dog." To be fair, we all understand this sentiment as caregivers in the veterinary field, but having a human child fundamentally evolves us in ways most of us never predicted. Priorities shift from being a good diagnostician to being home for dinner; career aspirations evolve from practice ownership to "making just enough." And yet through this path of becoming a mother, I feel that as veterinarians we aren't just changing into parents—we are truly becoming the caretakers we all strive to be in the first place.

"Having kids may appear to change us, but I believe it actually evolves us further and more deeply into the dedicated, passionate caretakers we already are as veterinarians."

Yes, parenthood changed my life as a veterinarian ...

Before having my own children, I never considered myself a "kid" person. I felt completely inept talking to small humans in my early 20s, maybe because I turned down babysitting jobs as a teenager, preferring the companionship of adults or animals. The first diaper I ever changed was my own son's. In fact, we purposefully had our first child during veterinary school (planned between semesters) so that I could graduate and have time to practice before having a second child.

Now that my oldest son is 10 years old, I realize how much of my career has been shaped by him and his sister (now 8 years old). And with a third child on the way, my decisions constantly revolve around being the best mother and wife I can be, which includes modeling a balanced and purpose-driven life.

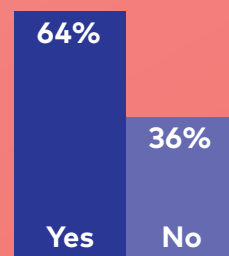
I've made career and business decisions I never would have imagined as a younger, ambitious woman, turning down large speaking engagements for small school events and holding remote meetings from my car in the school pickup line. And still the most meaningful comments I hear are not about business acumen or case management, but rather about being a good mother. After many discussions with other parents, I'm not the only one who finds herself prioritizing children and family over a career I worked so desperately hard to achieve.

... but it was evolution and growth, not frustration and loss

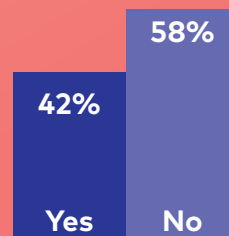
As doctors we give most of our 20s to the pursuit of a veterinary degree. We study, take tests, attend to patients and eventually graduate. We think we know what we want. And for many of us, we find our world completely reprioritized when our children are born. We thought we were OK with being a working parent, then completely second-guess that decision when we hand over our baby to a caretaker. Many women (and men) cut back on hours, change to less demanding jobs or take time off.

For veterinarians, this follows a particularly interesting path. In general, we choose a career in veterinary medicine because at least on some level, we are caretakers who aren't intensely financially motivat-

Did you delay having children or starting a family because of your career in veterinary medicine?



Women



Men

We did a survey on veterinary working moms and dads! Find sprinkles of data throughout these pages, and see more at dvm360.com/momdaddata.

ed. For those of us who choose to then welcome human children into our home, something gets "turned on" in our brains.

Having kids may appear to change us, but I believe it actually evolves us further and more deeply into the dedicated, passionate caretakers we already are as veterinarians. Our hearts become deeper, our minds more acutely tuned to the world around us and we experience a heightened empathy for other beings. The world needs more mothers and fathers like us, ones who are passionate, dedicated and immensely caring about the children in our society as much as we care about the animals.

Wrangle your to-do list for less stress

Strike a balance between responsibilities at home and at your veterinary practice with these tips.

By Jessica Vogelsang, DVM

Find a tribe

Being a working parent can be very isolating, and it's really easy to end up in a bubble where everyone you interact with depends on you for something. In those times, when you feel swallowed by pressure, the support of people who need absolutely nothing from you can be invaluable. It doesn't matter whether your tribe consists of people who live your same life every day, or people you have nothing in common with other than your love of pinot noir. The only mandatory part is that your tribe must be there with unconditional support.

Take advantage of technology

I am convinced technology is the only reason I accomplish anything these days. I use the Alexa function on our Echo to sync to an app called Todoist, which keeps track

not only of my daily tasks but also our shopping list just by yelling across the room. When my son's after-school robotics league ran overtime and I knew wouldn't be able to go to the store as planned, I ordered groceries to be delivered so we wouldn't have to call for pizza yet again. It's not lazy—it's efficient.

Pick your yeses

When my kids were younger, I felt pressure to say yes to everything I was asked to do to prove I was being both a good parent and a good veterinarian. Yes, I would be kindergarten room mom. Yes, I would cover your Saturday. Yes, I would make cupcakes for so-and-so's birthday. Yet these gestures were never reciprocated.

Rather than continue to sink into a deep sense of resentment and an ever-increasing feeling of discomfort when I had to say no, I finally decided

Rather than continue to sink into a deep sense of resentment and an ever-increasing feeling of discomfort when I had to say no, I finally decided to draw a hard-and-fast line around the tasks I was happy to do and refuse anything else.

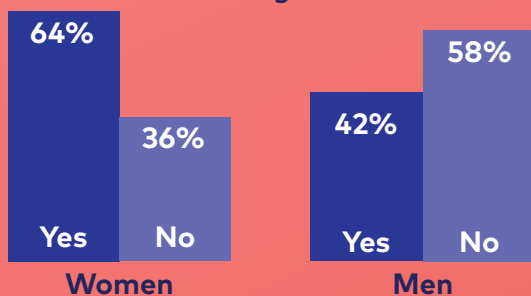
to draw a hard-and-fast line around the tasks I was happy to do and refuse anything else. My chores list shrank tenfold, as did my stress level.

It's a small but fundamental change to proactively define your boundaries rather than waiting for others to force you to figure them out along the way. I started telling my kids' teachers I can volunteer on particular days at particular times. I will always send in paper plates or





Would you take less pay
for greater flexibility
in working hours?



cookies for celebrations. I can stay late if needed on these days, but on other days, I must leave on time.

Yes, these boundaries irritated certain people along the way, but who cares? It was always the people who were going to badger me into something I didn't want to do anyway. Life runs much more smoothly now.

Dr. Jessica Vogelsang is a certified veterinary journalist, a regular contributing writer for a number of publications, author of the memoir All Dogs Go to Kevin, and creator of the popular blog Pawcurious.com.



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Hospital design



These rooms can be used for more than saying goodbye to veterinary patients. They make great spaces for a variety of appointment types, provided they're outfitted appropriately.

By Heather E. Lewis, AIA

We tend to associate comfort rooms with euthanasia, but there's really no reason to limit them. A typical exam room is 8x10, 9x10 or 10x10 feet at its largest. A comfort room should be at least 10x10, but many are larger, making them useful every day of the week for a variety of purposes, provided they're comfortably furnished and decorated tastefully. Comfort rooms are great spaces for:

- > Large family groups
- > Difficult or lengthy consultations

- > Procedures such as acupuncture that are typically done in larger exam rooms
- > Physical exams on the floor (because comfort rooms tend to be oversized).

Want an example? The oversized comfort room pictured above at Wheat Ridge Animal Hospital, Wheat Ridge, Colorado, illustrates how a space may be used for floor examinations of elderly pets in addition to euthanasia. The ability to examine a pet on the floor can also provide the hospital with more flexibility for accommodating

low-stress or Fear Free practice by doing exams where the patient is most comfortable.

Want more examples? You got it! See how practices have incorporated natural lighting, outdoor space and more into their comfort rooms at dvm360.com/HDcomfort.

Heather Lewis, AIA, NCARB, is a partner at Animal Arts, an architecture firm in Boulder, Colorado, and frequent HospitalDesign360 conference speaker. She's a lighting geek and a (seriously) devoted advocate of minimizing pets' stress and anxiety during their veterinary visits.

HELPFUL STUFF

Fear Free quick tip: Pot holders are good for more than just the kitchen

By Katie James, dvm360 Associate Content Specialist

Frequent treat administration—or high-value, long-lasting treats—are a hallmark of the Fear Free experience in the exam room, and Julie Reck, DVM, shared a new idea for distributing peanut butter and other soft treats at a recent Fetch dvm360 conference.

Inexpensive silicone pot holders, or trivets, can be found online and often have a texture that's great for smearing soft treats on. You can drop it on the floor for the pet and wash it after the appointment is finished. Often the pot holders come in multipacks so they can be deployed during concurrent appointments for minimal investment.

Bonus tip: Dr. Reck recommends

using single-serving containers of peanut butter during exams. They may be a bit more expensive, but they're beneficial for three reasons:



1. They're quick and easy to open and administer, while being less messy—no sticking your hand

down into the bottom of the jar and coming out with peanut butter on your fingers.

2. You won't lose your client's attention if you accidentally double-dip into a standard multi-use container. Some clients are grossed out by a popsicle stick being licked by a pet and then put directly back into the peanut butter jar, Dr. Reck says. Then the client loses focus on what you're trying to tell them.

3. If you don't use a whole single-serving package during the appointment, send it home with the client as a bonus treat—something that will play a part in bonding them to your practice.

Be more *anal* in the exam room

From Brij Gupta, DVM,

PhD: I recommend you always perform comprehensive physical exams, including checking both anal sacs. And if they're full, always recommend expressing them. While it's true that many dogs would be able to express anal sacs themselves, you'd be surprised how many impacted and infected glands you find. By doing this, you may minimize anal-gland-associated problems such as impacted and infected glands and anal sacculitis, and sometimes you may find adenocarcinomas.



Share this at-home blood glucose monitoring form

From Jordan Peter, RVT: My idea?

At-home blood glucose curve tracking. This is something I frequently train clients with diabetic pets how to do. What I'm finding is clients tend to get a little confused about when to check blood glucose and how long to continue the curve, so I made a take-home form.



Find this form and more ideas at dvm360.com/idea. Submit your own at dvm360.com/ideaform.

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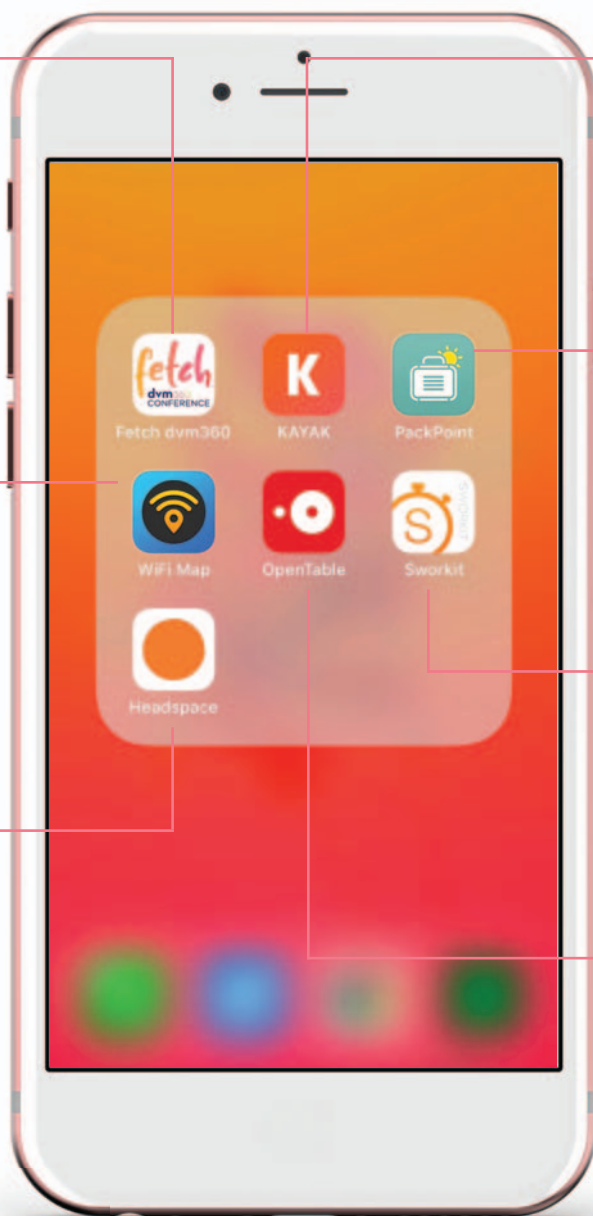
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After a long day of sessions and exploring the exhibit hall, use OpenTable to make a reservation for a well-deserved dinner. (You can also check reviews to find the best restaurants in the city.)



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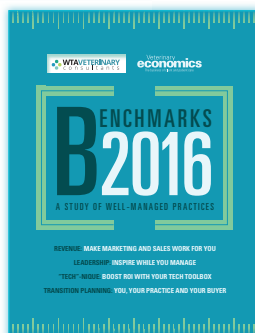


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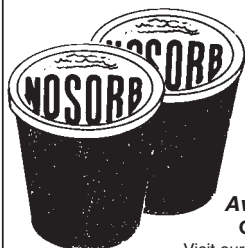
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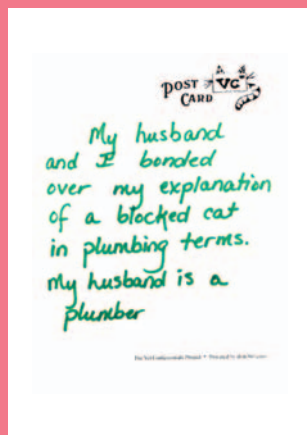
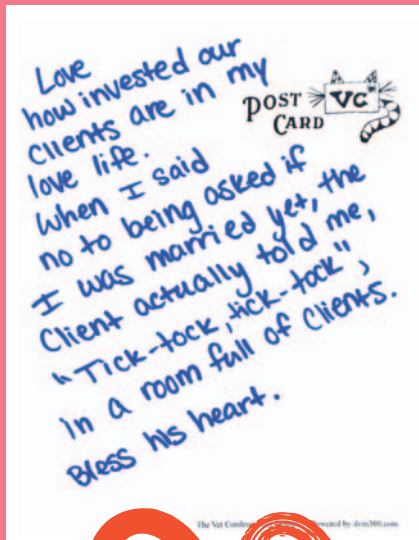


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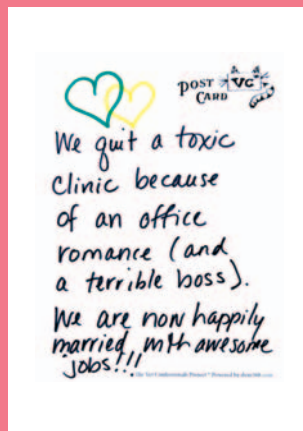
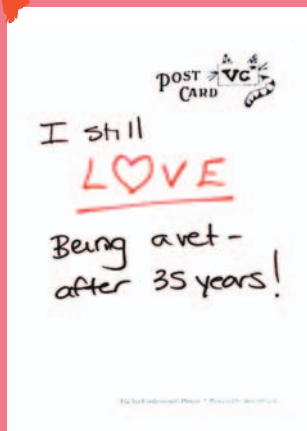
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