

FINDING BALANCE:

PATIENT CARE AND STRESS

Erin M. Morrison, LVMT (Anesthesia)
University of Tennessee, CVM
emorri26@vols.utk.edu

A LITTLE ABOUT ME:

- Hiking
- Crochet/Knitting
- Reading
- Doctor Who
- Cats!!!!



OVERVIEW

- Why is balance important
- Recognizing Fear/Anxiety
- Wants vs. Needs
- Keys to Successful visits



OVERVIEW

- Why is balance important
- Recognizing Fear/Anxiety
- Wants vs. Needs
- Keys to Successful visits



WHY BALANCE IS IMPORTANT



WHY BALANCE IS IMPORTANT


9:00 appointment-
Petunia 5y FS Chihuahua



- Vaccines
- Nail trim
- Pre dental exam
- Blood work

WHY
BALANCE IS
IMPORTANT

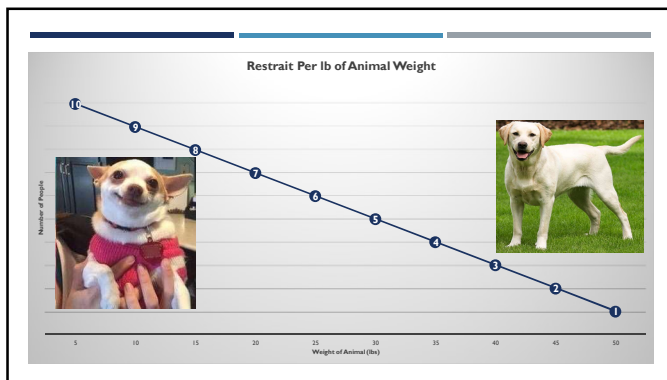
9:00 appointment-
Petunia 5y FS Chihuahua



OWNER
PROTECTIVE


CAUTION!!

WILL BITE



WHY
BALANCE IS
IMPORTANT

GOAL:



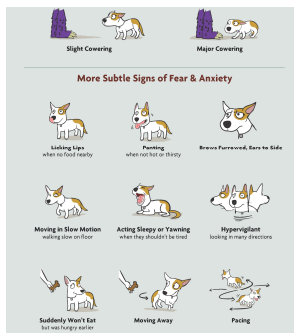
- Vaccines
- Nail trim
- Pre dental exam
- Blood work
- Healthy Pet
- Happy Pet
- Happy Owner
- RETURN VISITS

OVERVIEW

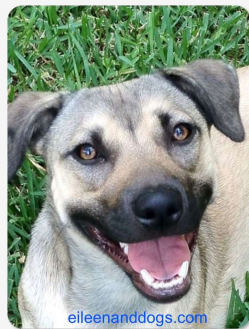
- Why is balance important
- **Recognizing Fear/Anxiety**
- Wants vs. Needs
- Keys to Successful visits



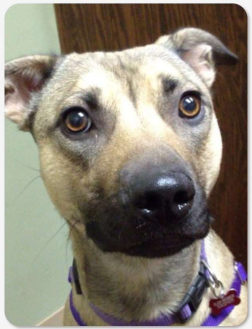
HOW TO RECOGNIZE FEAR AND ANXIETY IN DOGS




FEAR AND ANXIETY



FEAR AND ANXIETY























FEAR AND ANXIETY



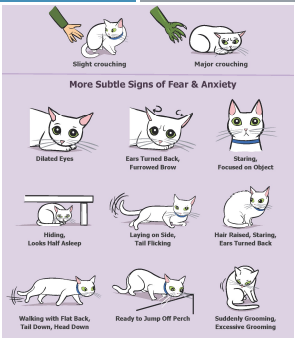
HOW TO RECOGNIZE FEAR AND ANXIETY IN CATS

CAT LANGUAGE

 INTERESTED	 FOCUSSED	 ATTENTIVE	 RELAXED
 TRUSTING	 POSITIVELY RELAXED	 CONTENT	 COMPLETELY CATATONIC
 PLAYFUL	 EXCITED	 "THIS IS GREAT"	 ANGRY
 FRIGHTENED	 HORRIFIED	 FRIGHTENED	 THREATENED
 SHAMPOO	 SUPER SHAMPOO	 BATHING	 DROUGHTED

© 2019 CATS, UNIVERSITY OF CALIFORNIA, BERKELEY


HOW TO RECOGNIZE FEAR AND ANXIETY IN CATS




More Subtle Signs of Fear & Anxiety

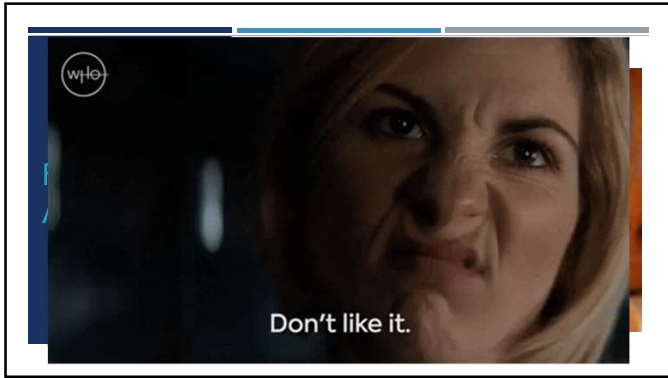
- Slight crouching
- Major crouching
- Dilated Eyes
- Ears Turned Back, Furrowed Brow
- Staring, Focused on Object
- Hiding, Looks Half Awake
- Laying on Side, Tail Flicking
- Hair Raised, Staring, Ears Turned Back
- Walking with Flat Back, Tail Down, Head Down
- Ready to Jump Off Perch
- Suddenly Grooming, Excessive Grooming

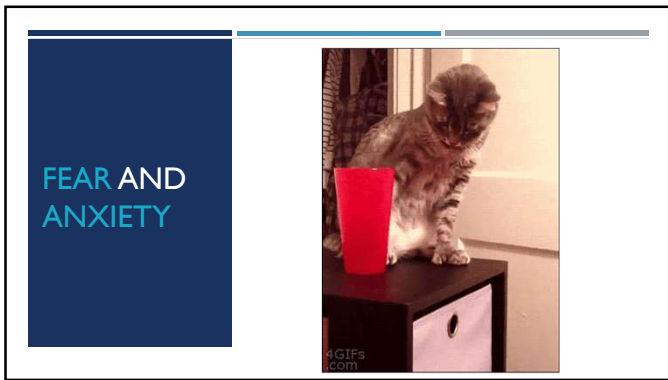
FEAR AND ANXIETY



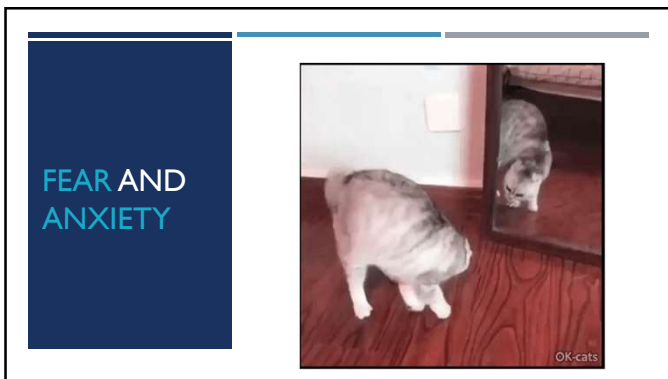
FEAR AND ANXIETY







FEAR AND
ANXIETY



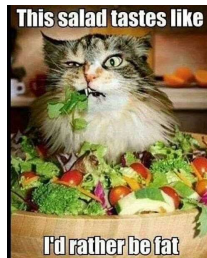
FEAR AND
ANXIETY

OVERVIEW

- Why is Balance Important
- Recognizing Fear/Anxiety
- **Wants vs. Needs**
- Keys to Successful Visits



WANTS VS. NEEDS



NEEDS

- Immediate life saving treatment
 - CPR
 - Chest Tap
 - IVC in critical patient



WANTS

- Everything else



JUST REMIND YOURSELF...



OVERVIEW

- Why is balance important
- Recognizing Fear/Anxiety
- Wants vs. Needs
- Keys to Successful Visits



WHERE DOES IT START?



SO YOUR TAKING ME TO THE VETS?



TELL ME AGAIN HOW YOUR GETTING ME IN THE CAT CARRIER



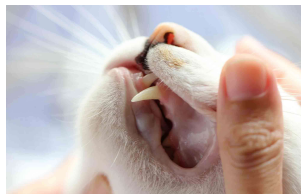


TRUST



TRUST

- Teach owners condition pets
- Treats and praise



TRUST



TRUST





TREATS

- Peanut Butter



TREATS

- Peanut Butter
- Easy Cheese



TREATS

- Peanut Butter
- Easy Cheese
- Lickety-stick



TREATS

- Peanut Butter
- Easy Cheese
- Lickety-stick
- Mini Marshmallows (hypoallergenic)



TREATS

- Peanut Butter
- Easy Cheese
- Lickety-stick
- Mini Marshmallows (hypoallergenic)
- Baby food



TREATS

- Peanut Butter
- Easy Cheese
- Lickety-stick
- Mini Marshmallows (hypoallergenic)
- Baby food
- Any treat they love!

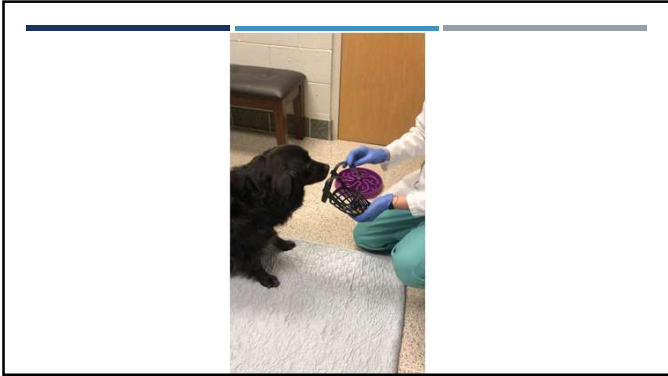


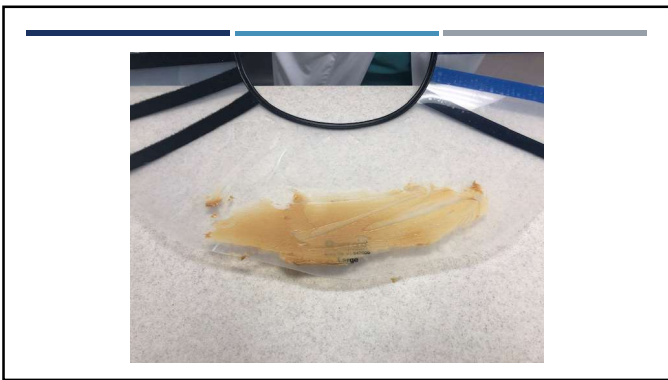
COMFORT

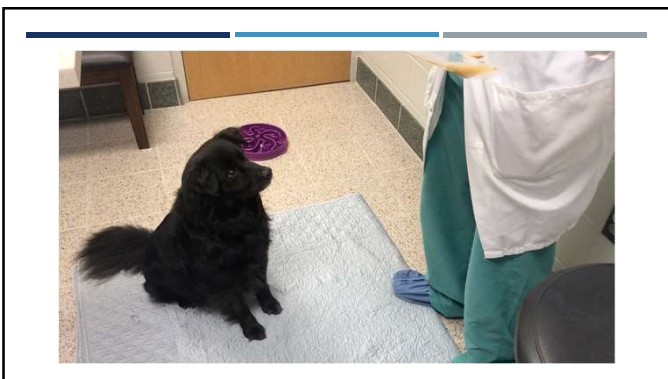






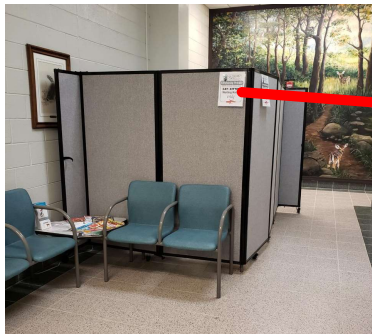






COMFORT





COMFORT

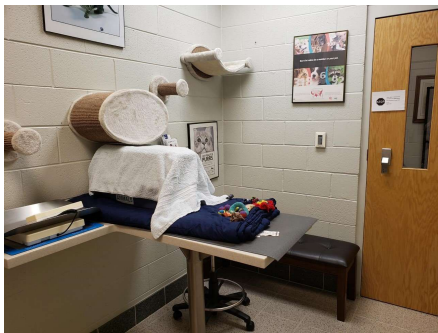


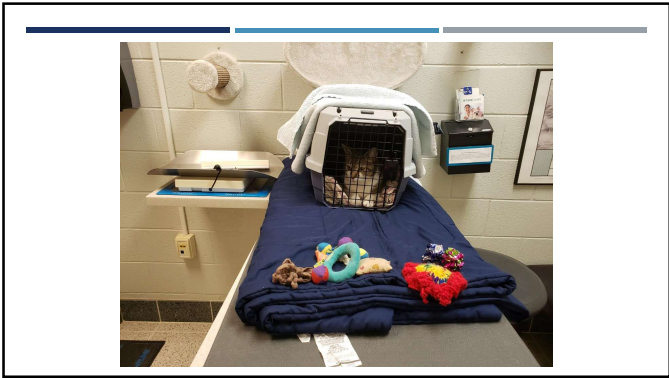
COMFORT

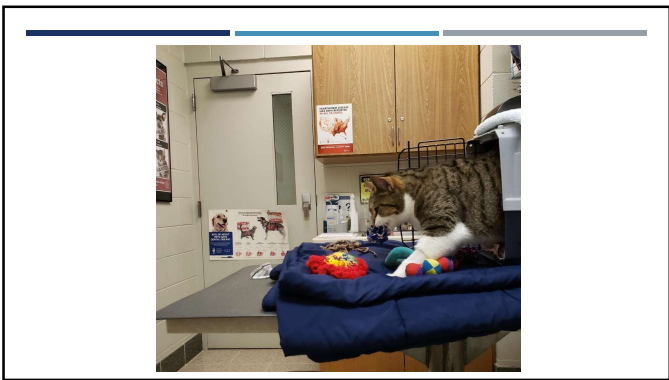


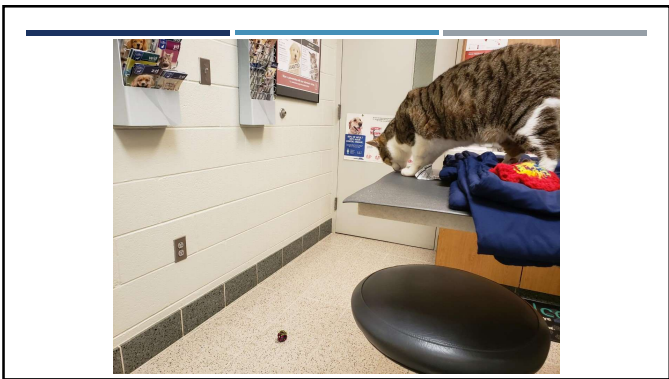
COMFORT











DRUGS (SOMETIMES)



DRUGS (SOMETIMES)

- Trazodone



DRUGS (SOMETIMES)

- Trazodone
- Gabapentin



DRUGS (SOMETIMES)

- Trazodone
- Gabapentin
- Sileo



DRUGS (SOMETIMES)

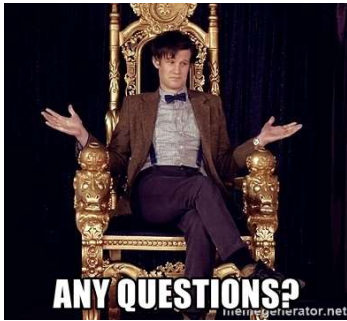
- Trazodone
- Gabapentin
- Sileo
- Acepromazine (controversial)



VETERINARY BEHAVIORISTS



- <https://www.dacvb.org/>



REFERENCES

- Cooperative Veterinary Care, Alicea Howell, Monique Feyrecilde
- Low Stress Handling, Restraint and Behavior Modification of Dogs and Cats, Sophia Yin
- Photos from Google, myself, and Alyssa Stair
