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#### WELLNESS

Life sucks.

It's busy.

Some of us has been isolated for WEEKS....

There are not enough people, and the hours do not end.

Some days it's hard to put on pants.

Our patients and clients sometimes make us question life decisions.

### Academy of Veterinary Technicians in Anesthesia and Analgesia

Newsletter April 8, 2020

The Academy recently held a vote regarding a proposed name change to include the title Nurse. The name change is directed by a movement to include all designations of our Anesthesia family, some of which are referred to as nurses, in the international field. The results of the vote are to keep our name the same. We will begin the trademarking process shortly, #goawaycovid19 We appreciate all those individuals who took the time and opportunity to vote. Your voice matters in this Academy. Jenn

#### \* \* \* \* \* \* \* \* \* \*

## Under the Drape

Amazing anesthesia technicians, as we progress through the international challenge of the pandemic, I'm proud and admittedly a little anxious that each one of you is considered essential for the health and wellbeing of our veterinary patients. Further, some of you are registered as emergency responders for their state/providence and stand ready to assist our human counterparts in your delegated role. Thank you.

By majority agreement, the BOR has opted to acknowledge the difficulty in many in obtaining in person CE for our prospective 2021 applicants. For this purpose, for 2021 only at this time, the allowance has been granted for 30 out of the 40 hours of CE to be obtained by approved online CE. We will continue to monitor the situation globally in terms of extending this to our 2022 applicants. As Jenn Sager has reassured everyone who is to recertify, there is no such limitation for existing academy members.

The 2020 applicants have been made aware that due to unforeseen circumstances and crazy scheduling of the volunteers for the Credentials committee, the notification of the results of the applications may be delayed until April 15. The response back from many applicants has been positive and understanding of the situation.

Looking forward – we are investigating the possibility of administering the exam remotely and the availability of proctored exam/testing centers. There are some exam software programs available that can provide proctored testing, but we have not yet determined that these will fit our individual needs.

We are also looking at the possibility of offering Zoom participation for our annual general business meeting and how we can best serve the entirety of the membership.

I, meaning Jenn Sager facilitating the polling, will be putting together a survey/poll to find out how the pandemic is affecting each of you in regards to work hours, case load and the types of cases that you are seeing and the variance between those in academia and private practice situations. This will be repeated so that we may have the best information on the effects for those individuals who are seeking to apply for the 2021 exam.

From my self-isolation I wish you all to be safe and stay well,

Katy

In all sincerity, take a time out...take a moment...reach out...go for a walk . Enjoy the silence and equally enjoy the chaos.

Mental Health Monday should be Mental Health Everyday....

1-800-273-TALK



sential employees, and we are on the front line of the veterinary field, but stay safe my friends. I truly enjoy seeing the clients in the parking lot, and not yelling at me in the lobby, but I also recognize it is a tough time. Drugs will become scarce, PPE will be donated, and if we have to join the fight with our human counterparts we will. Some of us may loose our jobs. And now some of us are relearning math and homeschooling our kids!!!

What can you do to help? Join your State's volunteer registry.

Try a link to the AVMA for any updates :

https://www.avma.org/javma-news/ veterinarians-pledge-ventilatorssupplies-human-medicine

Information is changing daily, but we are in this together. And I love my ZOOM lectures.... #towearpantsornottowearpants

Please take the time for yourself and practice self-care.

Check out Face Book: Veterinary Profession COVID-19 Support Group

You think I got jokes, that group is great....



#### First look at next month's hot hair trend!

# WE WANT YOU!!!!-

Volunteers Needed for Applicant Mentors!!

Contact Brynn if Interested.

The Credentials committee will need help this upcoming year

Contact Darci if Interested!

As we grow, our newsletter will hopefully be a source of member case reports, interesting facts, all the relevant hashtags, and maybe a funny meme or two. If you would like to submit any of the above, please contact Jenn



What kind of jokes are the CDC recommending during the Coronavirus outbreak? It's the time of year again where we elect new members for opening positions in the AVTAA academy! Please consider serving and helping

our academy grow. You can elect yourself or someone else.

We have a need for three positions this year: president-elect, treasurer, and member at large. If you have any questions, please reach out to the nominations committee. Please send all nominations to megnsmith86@gmail.com

Open positions with limited descriptions (full description can be found in Bylaws):

- The President-Elect shall: 1. Serve for two (2) years.
- Serve for two (2) years.
  Automatically become President at the termination of his/her predecessor's term of office.
- 3. Assume the responsibilities of the President if the President is unable to perform the duties of his/her office.
- The Treasurer Shall:

1. Serve for two (2) is a proposed by-law change, not ratified by membership, unless required to continue in position for banking purposes.

2. Maintain the financial records of the organization and prepare them for audit when requested.

#### Members-at-Large Shall:

1. Serve for six (6) years.

A. Serve in the first and second years of office as: Liaison to other VTS Academies. Will review quarterly reports from all committees and report to BOD

B. Serve in the third and fourth years of office as: Chairperson of the Credentials Committee subcommittee

C. Serve in the fifth and sixth years of office as: Liaison to the ACVAA and NAVAS



Something to consider folks!! A note from the IVAPM on what to do with the short supply of anesthetics we are facing

There are steps that you can take now, to continue to provide excellent analgesia while assisting the cause:

- 1. Induction agents and sedation:
- Use veterinary labelled propofol products, such as Propoflo®, Propoflo28®

- Consider the use of other induction agents, such as alfaxalone, or Telazol®, neither are used in human medicine, or diazepam/ketamine

- Consider using diazepam (which is infrequently used in human medicine) instead of midazolam
- Brush up on your CRIs and consider combinations of lidocaine, dexmedetomidine and ketamine. Check out the IVAPM CRI calculator for dosages and detailed information

#### https://ivapm.org/professionals/cri-calculator/

- Acepromazine, while not necessarily helpful for analgesia, remains a safe and effective animal sedation product. Dexmedetomidine is used extensively in human ICU/ventilated patients. If veterinary labelled dexmedetomidine becomes less available, consider using medetomidine.

2. Opioid-sparing anesthesia and analgesia:

- Local analgesia - including epidurals - is a life saver and an integral part of multimodal analgesia

- Nocita® is now available in smaller vials and has new published information about the safety and efficacy of using vials for consecutive cases across multiple days.

- Consider the use of veterinary-specific opioids such as Simbadol® and Torbutrol®. Buprenorphine is seldom used in human emergency/ICU medicine, so it's availability should be steady when compared to hydromorphone and fentanyl.

- The Opioid-Sparing techniques outlined in this article from the Opioid Working Task Force in 2018 are relevant and helpful. <u>https://ivapm.org/.../u.../2018/12/Op-Sparring-Task-Force-WP.pdf</u>

- 3. Adjunct multimodal techniques
- Want to know more about gabapentin, ketamine CRIs, acupuncture and CBD? A quick listen to our library of lightening lec-







Need Online CE?

Check out many resources...

VSPN, VetFolio, VETgirl, Today's Veterinary Nurse

\*And don't forget your free subscription to NAVAS https://www.mynavas.org/ Mom, why are humans wearing muzzles? Honey, they are too dumb to learn "sit" and "stay".

Dang it. I keep trying to make Andy's sanitizer mixture and it keeps coming out as Bourbon and Coke



#### UPCOMING CE



AVMA 2020 San Diego, CA July 31-August 4 2020 IVECCS St. Louis, MO September 16-20, 2020 Connexity 2020

Denver, CO

September 30-October 3, 2020

VANS

Las Vegas, NV

October 26-28, 2020