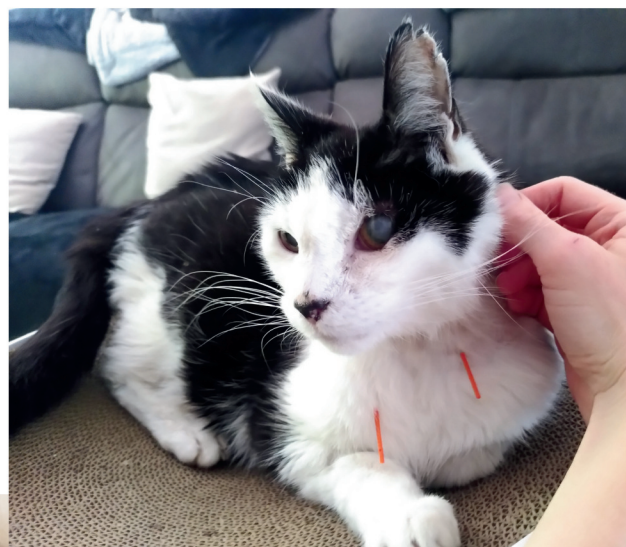


# Introducing the Recover Programme

The *chronic pain* referral service on your  
(clients') *doorstep*



**Pet  
Therapy**  
ACUPUNCTURE  
& PAIN MANAGEMENT

A comprehensive vet-led package to support pet owners in managing their pet's chronic pain



## CAROLE PARSONS BVSc CertAVP MRCVS

Carole has been a practising veterinary surgeon for over 20 years, initially in mixed/large animal work but latterly in small animal practice, but always as a general practitioner with a passion for pain management.

After using acupuncture in her general practice work for some years she recently left practice to pursue her passion for helping animals with chronic pain in their own homes, using acupuncture. During home visits she has seen first hand the benefits of establishing a relationship with animals and their owners, finding out what they are really struggling with and helping them with safe, evidence-based therapies and lifestyle changes.

Carole offers acupuncture as a safe and effective treatment alongside conventional medications prescribed by the animal's primary vet, and works with physiotherapists, hydrotherapists and massage therapists to offer a broad service covering as many aspects of a pet's pain management needs as possible.

Carole only works on referral from a primary vet to ensure a continuity of care and keep communication channels open as much as possible, so that pets gain the benefit of a team approach to their care.

She believes in a free-free approach to patient care, having worked in cat-friendly practices in the past, and is registered with the Dogs Trust Dog Friendly Clinic scheme. She uses gentle handling and staged examinations where appropriate.

# What is included?

This programme aims to inform clients and give them the resources to support their pet so that their pain is controlled and their quality of life the best it can be. Every animal is different and every owner's expectations and relationship with their pet is individual, so I will work with them to find out what works best for them and their pet in their circumstances. This is following the 'biopsychosocial model\*', which is well recognised in the human healthcare field.

The programme may vary according to individual case needs but will normally include four home visits following this pattern:

## Session 1

Medical and lifestyle history taking  
Full clinical assessment where possible\*\*, including gait/musculoskeletal  
Pain scoring & quality of life assessment  
Acupuncture trial treatment

## Session 2

Medication & nutritional review  
Home environment assessment  
Caregiver well being assessment  
2nd acupuncture treatment

## Session 3

Other modalities review (physio/hydro/laser)  
Tertiary referral if appropriate  
3rd acupuncture treatment

## Session 4

Repeat pain score questionnaire  
Repeat quality of life assessment  
4th acupuncture treatment

At a 6 week follow up telephone call we will review the effectiveness of acupuncture together & decide how/whether to continue acupuncture, continue pain management with other modalities only or cease service.

\*Wade DT, Halligan PW. The biopsychosocial model of illness: a model whose time has come. *Clinical Rehabilitation*. 2017;31(8):995-1004.

\*\*Using a fear free approach to optimise patient cooperation. Sometimes, this means not performing the full range of a normal examination if the animal is in too much pain or distress, or staging it over several visits.

# WHAT BENEFIT DOES THE PROGRAMME OFFER OVER AND ABOVE TREATMENT IN GENERAL PRACTICE?

It is now well recognised that in chronic pain, an individual's experience is influenced not only by the biological disease processes going on in the body such as trauma or injury, but that over time the nervous system adapts in an unhelpful way, leading to central sensitisation effects such as allodynia and hyperaesthesia, leading to an expanded and exaggerated pain field. We also know such pain can be influenced by stress, emotional health, caregiver interactions, lifestyle factors and other disease processes. This programme addresses all these areas in what is termed the 'biopsychosocial model of health'\* and can be much more effective than pain medication alone. However it takes time and building a relationship of trust with the patient - something that is very difficult to achieve within the constraints of general practice.

Referring to myself allows you a route to offer these patients what they need without taking more of your valuable time in practice.

## STILL GOT QUESTIONS?

I am keen for this programme to be offered as an extension of the valuable service that general practitioners offer, which is why I insist on colleague referral. I will always refer back to the primary vet for suggested medication changes or treatment of other conditions that arise. Drop me a message via the contact details below and we can arrange a chat.

I also offer free lunch and learn CPD sessions for the whole practice team to allow you to learn the evidence behind acupuncture therapy, appropriate case selection and refer with confidence.

## READY TO REFER?

Complete the referral form on my website and email it over, or ask your client to get in touch directly to arrange an initial appointment.



*Together* we can make  
a difference to your  
patients' *quality of life*

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