

Bronchoalveolar wash fluid cytology from a dog with Eosinophilic Bronchopneumopathy

# Optivet Newsletter

## Autumn 2018

IN THIS ISSUE

## New Staff and New Services

Our service ethos of offering top-quality care with a personal and caring approach has continued to see rapid growth at Optivet. To maintain the quality which we pride ourselves on we must continue to expand our staff and offerings to meet the demand. We are extremely excited to be giving you a sneak peek into the upcoming plans for Optivet Referrals in this issue. Please find enclosed the information about our expansion to a 24-hour service. This expansion will provide the kind of 24-hour care which we would all agree we would want for our pets, but is so hard to find in the UK. Namely it will be located in a neutral, spacious, well-equipped hospital with good facilities and staffed by vets with a keen interest in emergency medicine who possess, or are actively working towards, advanced practitioner status. Over time you will get to know these vets and by not employing large numbers of casual staff you will

be able to know and trust how they work. We will be providing more and more information as the start date draws near but if you have specific questions or feedback on this development then, as always, we are very happy to hear from you.

The other exciting event is the addition of a specialist anaesthetist to our team. Our acclaimed anaesthetist will not only maintain the high level of anaesthetic safety that we currently enjoy but is also poised to set up pain clinics to fill the need to care for all our patients with chronic pain. See more info about the pain management clinic on page 3. More about this in the next issue!

We also continue to fill our intern positions and have been delighted by the quality and depth of applicants out their looking for rotating internships.

### Canine Rhytidectomy



We are not taught plastic surgery at vet school but for some dogs this

is medically indicated like the lovely Dylan.

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### Meet the specialist



Get to know Natalia one of our amazing and talented ophthalmologists

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### Walking for Alzheimer's

Laura, our head nurse, is donning her boots and trekking for a great cause



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Please find enclosed a copy of the initial information about our upcoming expansion to 24-hour, high-quality care.

OPTIVET REFERRALS  
24/7 care  
Coming soon

Providing the standard of out-of-hours care that you would want for your own pet

## Rhytidectomy – A face-lift for Dylan

Dylan is a handsome 10-year-old Clumber Spaniel whom we first saw in July 2017 as his owners were concerned that he was losing his sight. He had begun bumping into things and was losing his confidence on walks. Dylan was on long term treatment for dry eye with Optimmune to stimulate his natural tear production, but despite this he was also suffering from chronic red and sore eyes.

Upon presentation it was clear that Dylan's lovely eyes were hidden under severely droopy eyelids and the excess skin from his forehead was starting to slide forward over his brow.

We see this not uncommonly in older Spaniels, typically Cocker Spaniels. The ageing process leads to loss of elasticity in the skin which can lead to sagging of excess skin. In certain spaniels with a lot of excess skin, the facial mask starts to slip over the brow.

When Dylan's head was down to the floor (most of the time as he sniffed his way round), his forehead and upper eyelids were hanging over his eyes like a veil. No wonder he was bumping into things. This can also lead to entropion, where the upper eyelids start to turn inwards, causing the eyelashes to rub onto the eye – very painful indeed. In many cases this can lead to corneal ulceration and scarring as the hairs continually abrade the cornea.

The Cocker Spaniel below had upper eyelid droop causing upper entropion and a painful corneal ulcer (stained with fluorescein here) as a result. Note how the lashes are pointing down.



This was causing recurrent bouts of conjunctivitis and ocular infections for Dylan. While topical antibiotics had provided some temporary and partial relief the underlying cause was still present.

Surgical intervention was the only option for Dylan and we were delighted with the result. A large wedge of excess skin was removed from Dylan's head from between his ears and the skin sutured together to pull the

facial mask back to where it should be. In addition, the eyelids were shortened to make them a more natural length. The surgery took just over two hours and Dylan made an excellent recovery.

The picture (right) shows Dylan during surgery showing the extent of the surgical wound.

One week after surgery Dylan walked back into the practice and, to the owners' delight, he was already getting round much more easily and his eyes looked brighter and clearer. The hair grew back quickly and hid his scar.

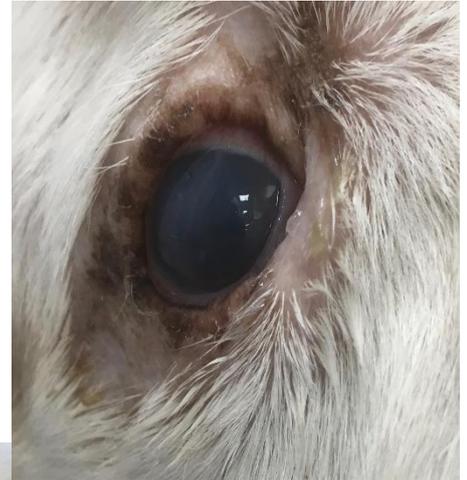




..... Dylan's right eye before  
and 3 weeks after surgery.....

This surgery is called a rhytidectomy (or facelift), and although plastic surgery might sound drastic, in certain cases, it is the best way to alleviate pain and improve sight in an older Spaniel with excess skin.

6 months later, Dylan came back to us to Show off how well he was doing by frolicking in the snow.



## Introducing our new Pain Management Clinic

We are delighted to announce the launch of a Pain Management Clinic at Optivet Referrals run by our Anaesthesia and Analgesia Service, Dr. Eva Rioja Garcia (DVM, DVSc, PhD, Dipl. ACVAA, Recognised RCVS specialist in Anaesthesia and Analgesia, MRCVS) our new lead anaesthetist, and Dr. Anastasia Papastefanou (DVM, PhD, MRCVS).

Dr. Eva Rioja Garcia has recently joined Optivet and has extensive clinical experience treating acute and chronic conditions in small animals. Dr. Anastasia Papastefanou has extensive clinical experience and knowledge in anaesthesia and analgesia.

Chronic pain is a debilitating condition that impairs normal activities of our pets, reducing their quality of life. Unfortunately, it is very common in geriatric patients due to osteoarthritis as well as in chronic incurable conditions, such as cancer or some neurological conditions (e.g. Chiari-like malformation and syringomyelia). Now that the understanding and treatment options for chronic pain are expanding it is becoming more common to include it as part of our multidisciplinary integrated veterinary approach. Also, an increasingly number of owners are becoming more aware and concerned about their pet's reduced mobility and behavioural signs of pain and are willing to improve their quality of life.

The Pain Management Clinic offers an integrated approach, including multimodal medical management, weight management, modification of lifestyle, exercise program and other therapies such as acupuncture and steroid injections, where appropriate.

If you would like some advice about anaesthesia and/or pain management of a specific case or you would like to refer a case to our Pain Management Clinic, please do not hesitate to send us an email to [pain@optivet.com](mailto:pain@optivet.com)



## Meet the specialist: Natalia Escanilla

BSci DVM Dipl ECVO MRCVS

Natalia is originally from Barcelona, Spain where she completed Psychology studies between 1998 and 2004 at Barcelona University and Veterinary Medicine studies from 2003 and 2007 at the Autonomous University of Barcelona. She completed the European college of veterinary ophthalmology residency program at the same university in 2012.

Natalia has a wealth of experience from working at Barcelona University, the Royal Veterinary College in London and now having spent several years in private practice at Optivet. This has exposed her to a large caseload, different clinical approaches and allowed her to develop a high level of surgical skill.

Natalia has a particular interest in corneal surgery and particularly enjoys the challenges associated with treating corneal sequestrum in cats.

She has published an array of papers.....

Uveodermatologic lymphoma in two young related Portuguese water dogs. **Escanilla N**, Leiva M, Ordeix L & Peña T. *Veterinary Ophthalmology* 2012; 15(5):345-350.

Aqueous humour fibrinolytic activity in dogs with cataracts. **Escanilla N**, Leiva M, Monreal L, Ríos J & Peña T. *Veterinary Ophthalmology* 2013; 16(6):409-415.

Preliminary results of a prospective study of inter- and intra- user variability of the Royal Veterinary College corneal clarity score (RVC-CCS) for use in veterinary practice. Sanchez RF, Dawson C, Matas Riera M & **Escanilla N**. *Veterinary Ophthalmology* 2016; 19(4):313-318.

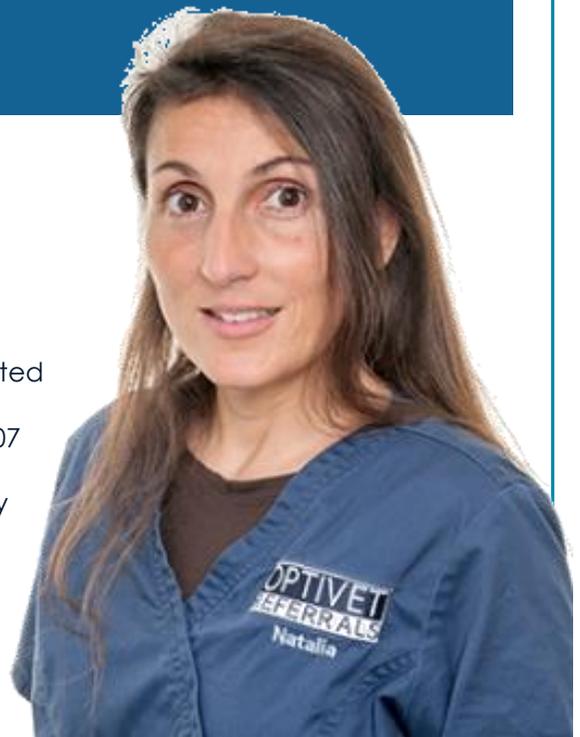
Differential diagnoses, investigation, and management of a periocular swelling close to the nasolacrimal duct in a horse – a case report of Dacryops. Dawson C, Dixon J, Lam R, Priestnall SL & **Escanilla N**. *Veterinary Ophthalmology* 2016; 19(5):427-431.

Calculation of posterior chamber intraocular lens (IOL) size and dioptric power for use in pet rabbits undergoing phacoemulsification. Sanchez RF, Becker R, Dawson C, **Escanilla N** & Lam R. *Veterinary Ophthalmology* 2017; 20(3):242-249.

Immediate effects of diamond burr debridement in patients with spontaneous chronic corneal epithelial defects, light and electron microscopic evaluation. Dawson C, Naranjo C, Sanchez-Maldonado B, Fricker GV, Linn-Pearl RN, **Escanilla N**, Kafarnik C, Gould DJ, Sanchez RF & Matas-Riera M. *Veterinary Ophthalmology* 2017; 20(1):11-15.

Natalia is a kind and compassionate member of the team. She is very understanding and patient with clients and explains the problems and treatment options well. She heads up the European residency training program at Optivet which also means she ensures she is up-to-date on all current and cutting-edge techniques.

Natalia enjoys bird watching, exploring and walking the countryside in her spare time



# CPD bonanza at Optivet

July saw CPD events for both vets and nurses and Optivet. We were extremely proud to celebrate all that is great about veterinary nurses with a whole day of CPD for nurses from our surrounding clinics. With two streams of lectures with six lectures in each as well as six small-group, short workshops on a variety of topics we were able to cover a huge amount of ground from blood transfusions to capnography and Schirmer tear tests to pre-anaesthetic examination. As well as covering all these clinical and practical topics the nurses were also able to discuss cases and techniques with our vets and nurses and to socialise over coffee, a BBQ and ice cream. The number of nurses attending was outstanding and the quality of nurses working in our local clinics was clear with high levels of understanding and great questions and feedback on display.

Thank you to all the attendees for coming and for being so enthusiastic. The day was such a huge success that



we look forward to welcoming you all back next year for another exciting programme of nurse CPD.

Also in July was an evening dedicated to our hard-working referring vets with talks on both radiography, using a set of interesting surgical case examples, and pancreatitis. Again, the turnout was great, which is symptomatic of our local vets who want to be up to date with the latest best practice even if it means an extra activity at the end of their working day.



We are committed to providing high-quality, free-of-charge CPD to our local vets and we are pleased to announce that the next evening will be on Wednesday 3<sup>rd</sup> October, and as always we have plans for a festive CPD later in the year, keep your diary free and look out for more information on these events coming soon.



## Congratulations

As our nursing team continues to grow we have created two deputy head nurse positions. These nurses will oversee the nurse and VCA teams to ensure high levels of training, high-quality of care and efficient running of the hospital.

We are delighted to announce the appointment of two of our fantastic nurses, Hannah O'Shea and Rosie Webb to these positions.



ORIGINAL STUDIES

## Latest publications

As a practice we strongly value the commitment to best practice and evidence-based medicine and as part of this we continue to promote the importance of referral centres being involved in clinical research. We have a number of studies underway at this time but please see these two latest publications, both are final author publications in international journals, which reflect the standards we set for ourselves.

### Safety and Tolerability of Hyperbaric Oxygen Therapy in Cats and Dogs

Gemma L. Birnie, BVSc, Darren R. Fry, MA, VetMB, Matthew P. Best, MA, VetMB

ABSTRACT

This prospective clinical trial was designed to evaluate the safety of hyperbaric oxygen therapy (HBOT) in a population of cats and dogs with a variety of naturally occurring diseases. Seventy-eight dogs and twelve cats with various naturally occurring disease conditions, who had the potential to benefit from HBOT, were enrolled in the study. These patients were treated with HBOT in a monoplace hyperbaric oxygen chamber at 2 air pressure absolute for a treatment length of either 45 min or 60 min. There were 230 hyperbaric oxygen treatments performed during the study period. No major adverse effects were observed. There were 76 minor adverse effects recorded, which were not considered to be of clinical significance. Hyperbaric oxygen therapy was well tolerated and there were no major adverse effects recorded during treatment. *J Am Anim Hosp Assoc* 2018; 54:■■■■■■. DOI 10.5326/JAAHA-MS-6548



### Call for exotic patients

Our ophthalmology residents need to be able to examine and treat the eyes of all species and to make sure they are able to do this we are asking anyone with an exotic pet (small furies, reptiles, birds) who would like a free ophthalmic check to book in with one of our residents!

CASE REPORT

WILEY Veterinary Clinical Pathology  
An International Journal of Laboratory Medicine

### Persistent reticulocytosis in a case of poodle macrocytosis

Susan P. Boyd<sup>1</sup> | Matthew P. Best<sup>2,3</sup>

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Abstract

A healthy 14-year-old, male neutered, Miniature Poodle was found to have a persistent erythrocyte macrocytosis and reticulocytosis with a normal and stable HCT. The hematologic features of macrocytosis, increased Howell-Jolly bodies, and metarubricytosis, in the absence of anemia or other cytopenias, combined with the cytologic evidence of bone marrow erythroid dysplasia, including megaloblastosis, binuclearity, increased mitotic activity, and nuclear fragmentation, are consistent with previous reports of congenital dyserythropoiesis termed poodle macrocytosis. We speculate that the additional presence of persistent reticulocytosis in the absence of an identifiable stimulus for accelerated erythropoiesis may represent a phenotypic variation of this inherited condition, and the morphologic abnormalities of the dyserythropoiesis are described.

KEYWORDS

Bone marrow, canine, cytology, dyserythropoiesis, pseudoreticulocytosis

## CONTACT US

As always, we are very happy to discuss cases with you including your approach as well as what role referral might play. We are also very open to hearing any ideas about content that you would like to see in our newsletters and at future CPD evenings.

Please do look out for our next evening CPD event on October 3<sup>rd</sup>.

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## Trekking for Alzheimer's



Our amazing head nurse is self-funding an epic, four-day trek in Machu Pichu. As well as the hurdle of self-funding she will need to navigate three flights to get there, adapt to the 4600m altitude and extremes of temperature, during the day and night, as well as manage the grueling 104km walk. All of this is raising money for the Alzheimer's Society. Laura has already raised almost £1500 for this great and important cause – if you would like to support her while helping to support those with Alzheimer's and furthering research into this condition please visit her just giving page

<https://www.justgiving.com/fundraising/laura-largan>

