

# BISHOPTON

## EQUINE VETS



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### Christmas Newsletter



*Merry Christmas and a Happy New Year!  
Sending this with the November invoices always seems a little early, and with December's a little too late... hence the stand alone newsletter.*

*It is always good to end the year with news of the future plans, new faces and new premises. The new site at Sunley Raynes continues to take shape, and at a decent pace considering the weather – these are John's latest pictures (not the safari ones). We'll keep posting the updates on Facebook and hopefully we can all see it for real come the end of Spring.*

### New(ish) faces for the New Year

Many of you will have met Lucy as she's been with us for several months now, working mainly Thursdays and Fridays. We are delighted that she has agreed to stay on in the New Year and will be working Wednesday - Friday each week.

We are equally pleased that her husband (and Stewart's son...) Neil Mechie is coming to join the practice full time from January. Neil qualified in 2010 and worked in equine practice for a couple of years before joining the Mark Johnston racing team. He has worked for MJR ever since and will bring huge experience of the racing and sports horse sector to the practice. Neil and Lucy are based North of the practice and will no doubt be integral in supporting our clients in the Masham and Middleham areas.



On a separate note, Sara Fleck has decided to move on from the practice. Sara was with us for over two years and I'm sure you will be with us as we wish her well and thank her for her time at Bishopton.

*Despite this recent recruitment drive, there is no truth in the rumour we will have to rename the practice 'Mechie inc.' ...*

*John and Ben will endeavour to keep their presence felt, but Ben will no doubt be feeling a little outnumbered come the Six Nations...*



## Spring Meeting

We are hoping to run a client evening in association with *TopSpec*® in the early springtime. The focus will be on weight, PPID (*Cushings*) and metabolic disease. Watch this space and Facebook for more information – if anyone has any more topics they would like to see discussed please let us know.



## Notes on Pain Management

There's plenty of info regarding pain in the Veterinary Press at the moment, we'll write more next year, but a few key notes on approaches and principles to think about for the time being. In the main there's an emphasis on a balanced approach, including not only use of oral meds, but a complete assessment of all contributing and resultant factors. For example:

- Management of the region of pain – eg dressings and farriery.
- Complementary supportive therapies, such as physiotherapy, hydrotherapy and acupuncture – particularly for relieving muscle tension associated with pain.
- Diet, rest and controlled movement/exercise for repair and recovery
- Medication most appropriate for the type of pain – for example targeted analgesia, such as intra-articular or regional injections.

We all try and approach the problems in our horses with this multimodal approach to pain relief, but it is good to remind ourselves sometimes that just giving a sachet of bute as a 'sticking plaster' is probably not the whole answer (despite being a short term improvement!)

Pain relief should be tailored to the individual patient and client, as dictated by the type and degree of pain, plus the ability to actually administer the meds. There are many circumstances where we will prescribe a varied combination of medicines, for example, paracetamol, codeine and gabapentin to work alongside the more standard medications that we use.

If you think your horse's pain relief isn't working as well as hoped get in touch.

## Surrey Students

We were really pleased to have our first rotation of Surrey Vet students with us last month. The Vet School at the University of Surrey took its first intake of students in 2014, with the aim to produce vets equipped to work in the modern profession. Part of that process is to enlist Vet practices around the country to provide the work base placements for their final year training. As a practice we are delighted to be involved training the new generation of vets and in addition keeping us all up to date with the teachings of a new generation!

The students are readily identifiable as they seem to be heavily branded as Surrey (!), I'm sure everyone will make them feel welcome during their time at the practice over the next few years.

**Merry Christmas and a Happy New Year!**

The easiest way to get in touch is to email us at [equine@bishoptonvets.co.uk](mailto:equine@bishoptonvets.co.uk) or call the surgery on 01765 602396.