

## GLOBAL NEWS

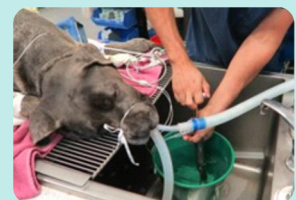
### World Veterinary Day 2022 focuses on strengthening veterinary resilience

April 30 is World Veterinary Day: a day to celebrate veterinarians, their work and their impact. The theme for this year is "strengthening veterinary resilience." The veterinary profession is a profoundly rewarding pursuit. Safeguarding animals against illness means protecting those who can suffer but cannot speak. Veterinarians

are called upon to ensure these animals have a voice and an advocate who ensures their welfare is a priority. Veterinarians are aware though that this burden can be physically and mentally taxing. Stress, burnout and other health issues have risen in recent years, particularly during the pandemic. Veterinarians, much like their patients, need proper tools and support to maintain their personal health and wellness. Resilient veterinarians are better equipped to handle the daily challenges and crises that may occur in their practices. Resilience cannot be facilitated solely by individual veterinarians though. It requires appropriate support by associations, institutions and governments to ensure adequate education, training, mentorship, and collegiality. It also requires ongoing research to better understand the mental and physical burdens veterinarians face and the opportunities to provide greater support. The 2022 World Veterinary Day will celebrate efforts from veterinarians, veterinary associations and others to strengthen veterinary resilience and bring attention to this important cause.

### Gastric lavage: more harm than good?

Vet Times, April 4<sup>th</sup> 2022



In recent reviews of the effectiveness of gastric lavage—using animal and human oral poisoning data over 50 years – it appears the procedure does more harm than good in most cases. In fact, gastric lavage has been associated with worse patient outcomes (especially with

aspiration pneumonia) and intensive care admission, while the omission of the procedure is not associated with poorer patient outcomes. Exceptions to the rule: some uncommon cases may benefit from gastric lavage, including: those that have ingested highly toxic material and presented within 10 to 30 minutes from the time of ingestion, toxic material that causes a delayed gastric emptying effect, toxic material that is slow to dissolve and, thus, release its toxin, toxins that form gastric concretions (chocolate, for example), extremely toxic substances such that even a small reduction is likely to result in substantial clinical benefits (for example paracetamol ingestion in cats). The cases unlikely to benefit are those where it has been more than 60 to 120 minutes from the time of ingestion and toxins that are rapidly absorbed. Last resort - Gastric lavage should only be considered if other less invasive and less risky techniques are not feasible, or if the potential benefit of lavage outweighs the potential risks.

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