



**WELCOME** to the first edition of the NARCH newsletter. This is YOUR newsletter so we hope that future editions will include contributions from you sharing your practices, experiences and knowledge with fellow professionals who, like you, provide a positive, professional approach to canine rehabilitation and hydrotherapy.

## Hydrotherapy on the Whisky Trail

Based in Keith, on the famous Whisky Trail and set in the beautiful Morayshire countryside within the highlands of Scotland, Yonderton Canine Care is the most Northerly Hydrotherapy Treadmill in the UK.

Fran Murtaugh, RCH reports that there is one disadvantage and that is the weather! She says "Boy, can it snow here and yes, we get plenty of it. In fact, we had to purchase

a snow blowing machine last year, so we are able to make it to civilisation...if we want to.

The best thing though, is our dogs LOVE snow and there is no need to worry about unexpected visitors, unless they're Yetis.

So if you love Scotland, whisky and snow, this is the perfect place to be and luckily I love it all!"

PHOTO - Fran's dogs enjoying the snow

**AT THE TIME OF WRITING** the list of Registered Canine Hydrotherapists has risen to over 75! This is a fabulous increase since the launch of NARCH at the beginning of 2010. The Register is continuing to grow at a rapid rate. This is due to hydrotherapists who have recently undertaken training and applications from experienced hydrotherapists who wish to join NARCH because they recognise the advantages of belonging to a respected and professional organisation. The support hydrotherapists can gain from being involved within a network of like-minded professionals willing to share their ideas and experiences can be invaluable - especially in these challenging times.

## Christmas stocking filler ideas?



We found the Pogo Plush toys at the London Vet Show. The spider (above) is particularly lifelike and fun. Plus these flashing glow in the dark mini rugby balls are perfect for dark winter evenings. All available from [www.pettechnologystore.com](http://www.pettechnologystore.com). The picture of Barbie or Cindy (perhaps you know which?) with her own hydro pool is courtesy of Marrousia Leguin a hydrotherapist in northern France.

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## CPD reminder . . .

NARCH requires RCHs to undertake 20 hours Continuing Professional Development each year.

However 6 hours of this quota can be self-reflective learning (i.e. researching/reading appropriate articles/books and using internet-based learning opportunities). As with direct-contact CPD, this self-reflective learning still needs to be evidenced and uploaded onto your NARCH record.

Please contact us if you know of any CPD opportunities that may be of interest to other RCHs so we can publish them on the CPD page of the website.

## Kirsty's christmas safety tips . .

There can be few vets who haven't been called out over the Christmas holidays to deal with an emergency over a dog having indulged itself in human festive fare. What is enjoyable to us can be fatal to a dog so this is a good time to remind our clients of the potential hazards, not to say expense, that they could face at this time of year.



- 1 Keep all chocolate out of reach. Chocolate contains a chemical called theobromine which is poisonous to dogs and can cause vomiting, diarrhoea, seizures and death. Grapes, raisins and sultanas are also toxic to dogs. Other foods that can cause problems are liquorice, avocados, onions and some nuts.
- 2 Do not give the dog cooked bones. Once cooked bones become brittle and can break into sharp pieces which can choke a dog or cause serious intestinal problems.
- 3 Do not give rich sauces and gravy to dogs - they contain a lot of salt, sugar, cream or fat all of which can cause digestive problems in dogs.

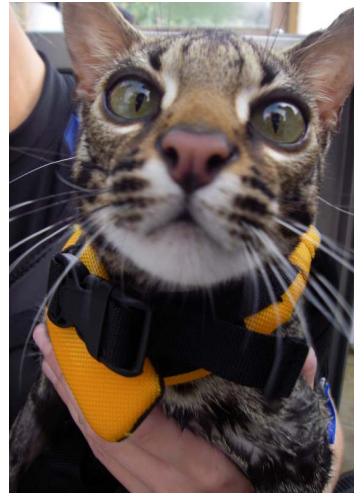
4 Tree lights and any other electrical decorations should be kept safely out of a dog's reach - especially if the dog is a chewer! If you have a real christmas tree, the needles can become stuck in dogs's paws and are also dangerous if eaten. Dogs can also get tangled in tinsel or pull things off the tree which can cause injury.

5 Sorry to spoil your fun but mistletoe, holly and poinsettias are also toxic.

6 Keep the exercise amounts the same! Advise all your clients to keep to their dogs's normal routine as much as possible. Many of the patients seen with injuries or setbacks in January have been over walked during the Christmas break!



## Hydrotherapy for cats?



Loonie between sessions in the water treadmill at Greyfriars Rehabilitation Centre.

Lone Star (Loonie) is a six month old Asian Leopard Cat who suffered a spontaneous fracture of the spine leaving him paraplegic. Post surgery he has been treated in a water treadmill together with physiotherapy and functional rehabilitation. Loonie is very affectionate and will do anything for food or his favourite kitten toys.

Hydrotherapy can be very effective for cats so please do consider saying 'yes' if you get an cat enquiry. If you need help or advice about cat techniques and what works please contact NARCH for advice.

## Insurance update

As you know, over the last year, NARCH has been lobbying the chief underwriters of the pet insurance industry. Committee members have worked hard to gain the inclusion of NARCH as an approved hydrotherapy organisation listed in insurance policy documents. We have had great success with the biggest underwriting providers - AXA and AGRIA have finally come on board this year. However one problem we are now encountering concerns insurers renegotiating contracts and changing underwriters far more often than in the past. Please inform us if you are having any problems with claims and keep checking the NARCH website for up to date information.

## Car breakdowns and dogs

Do you know what happens to your dog when your vehicle breaks down? None of the three major breakdown services have a policy when it comes to where your dog has to go in a breakdown. All of them report it is down to the 'recovery driver's discretion'. This means your dog may be able to join you in the recovery vehicle or may have to be left in the back of the car while it is transported to the garage. This may be acceptable for some dogs but being lifted onto the back of a recovery vehicle may reduce others to nervous wrecks! So next time you renew your breakdown cover check your recovery company's policy.



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