



March/April 2017

Five Free Apps That Can Improve Wellbeing

BY: TAD COLES

Aren't we all looking for ways to improve our wellbeing? Well, there's an app for that! In fact, there are quite a few apps for that. I've used the free elements of the following phone applications (available for iPhone and Android smartphones) and solidly endorse them:

Way of Life | Headspace | Calm | Insight Timer | Provider Resilience

Way of Life: Improving wellbeing always involves making a change. Need help establishing a new routine, reinforcing a new wellbeing plan? Way of Life is billed as the ultimate habit builder and breaker!

You can setup a reminder for weekdays, weekends, or specific days of the week; add a custom message and choose whether the reminder includes an alarm. You can also view charts to see how you are doing over time. Tracking change is an important reinforcement and takes less than a minute a day to accomplish with this handy app.

A few months ago I used the app to track how I was doing at practicing yoga before bed, getting to bed on time, and establishing a morning walking exercise program. With two out of three of those behaviors I've dramatically improved, in fact, I have established a new routine regarding my bedtime and walking in the morning. The yoga in the evening didn't take, but two out of three isn't bad!

With Way of Life you can track three habits at no charge; more will cost you a one-time fee of about \$5. That premium gets you multiple reminders, backup capability, and no ads.

Meditation Apps

If you've never meditated, want some help getting started, or you're an experienced meditator looking to try something new, then Headspace, Calm, and Insight Timer are excellent apps to try.

Headspace has made its founder, former Buddhist monk Andy Puddicombe, into a multimillionaire. Andy's catchphrase, "We all need to get a little head space," has become a mantra of sorts for millions of meditators.

You can try Headspace daily for 10 days for free and go back to those free introductory meditations over and over again. I have! There are other free single sessions such as their sleep and fear of flying exercises, which are 10 minutes each.

Every few days there is an animated video that you'll

likely enjoy. They're really cute and insightful. They'll stimulate your motivation.

If you want to get their sleep, stress, focus, and other series packs you'll need to become a member and it will cost \$13 monthly, \$95 annually (\$8/mo), or \$420 for an eternal membership. To see everything they offer, it is best to login to their website. As an example, with subscription you can also access an in depth meditation section for kids ages 5 and under, 6-8, and 9-12 years of age on calm, focus, kindness, sleep, and wake up.

Calm is a free phone app with three main sections: breathe, meditate, and sleep. The breathe bubble guides you to mindful breathing with options like holding your breath between inhale and exhale or not. This is another really good app for beginners or those of us who have been meditating for a long time.

Try out its free options, which you can reuse over and over again. There is a free seven days of calm program that introduces meditation with sessions that are about 10 minutes each. There are also free guided meditations (body scan, lovingkindness, calm light, forgiveness, and newly released sleep stories) in which you can select duration from three to 30 minutes.

If you like it and want to become a member so you can access their seven-day programs on managing stress, focus, calming anxiety, sleep, happiness, gratitude, self-esteem, it will cost ~\$13 monthly, \$60 annually (\$5/mo.), or \$300 for a lifetime membership. With membership you can also access their suite of guided meditations including their calm kids program and a number of other programs on sleep, walking meditation, returning to now, non-judgement, etc.

Insight Timer is available on your computer via the Internet or on your smartphone. It is rated as the top free meditation phone

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app. It offers several bell and duration options for silent meditation and more than 4,000 free guided meditations, music tracks, talks and courses by more than 1,000 teachers in more than 20 languages, with offerings increasing steadily.

You can see how the various offerings are rated and bookmark your favorites. Also, a social networking component let's you join groups, read posts, and make comments. I have especially enjoyed the Healing the Healer and the Healthcare Professionals groups.

I highly recommend this app for guided meditations on lovingkindness. Lovingkindness meditation involves acknowledging or praying that you, a loved one, an acquaintance, and a person you find irritating all want to be happy, healthy, useful, and at peace. I have found this type of meditation improves my self esteem, compassion for others, awareness of unity, ability to stand up for myself in a loving manner, ability to maintain boundaries without rancor, and achieving a feeling of being on an equal footing, rather than feeling superior or inferior to others. There are a plethora of guided Insight Timer meditations on lovingkindness in a variety of durations from a few minutes to over an hour.

In addition, I have found many of the sleep meditations quite helpful when I wake up in the middle of the night and am trying to settle down and get some rest.

Provider Resilience

Last, but not least, is Provider Resilience. It is the one best app I've found for monitoring compassion fatigue and burnout. It was developed by the National Center for Telehealth & Technology (T2).

The main screen is a dashboard with a Resilience Rating gauge to show you how you are doing regarding your resilience to compassion fatigue and burnout. It is based upon the data you input via:

- Resilience Builders/Killers quiz - recommended daily;
- Burnout toggle chart - recommended weekly; and
- Professional Quality of Life (ProQOL) test - recommended monthly, which is a 30-question, five-point-Likert-scale test that takes about five-minutes

You can keep track of how you've done by checking on charts that display your burnout and ProQOL scores over time.

This is a very functional, well thought out app with lots of features. There are cartoon jokes to help you keep your sense of humor, simple physical exercises that can be done in the office, and alphabetically sorted "value cards" for contemplation or use as a daily devotional.

Improving your personal wellbeing is good for you and it will improve your relationships with family, friends, co-workers, clients, and patients. Guaranteed!

Veterinary Feed Directive Updated

BY: STEVEN BUCKNER

The U.S. Food and Drug Administration has revised its animal drug regulations regarding veterinary feed directive (VFD) drugs. This amendment is designed to make the FDA's VFD program more efficient while protecting human and animal health.

In 1996, Congress established the Animal Drug Availability Act to enable the approval and sales of new animal drugs and medicated feeds. This act established a new regulatory category for certain animal drugs used in or on animal food called VFD drugs. These VFD drugs represent new animal drugs intended for use in or on animal feed that are limited to use under the professional supervision of a licensed veterinarian.

The new VFD rule represents the third of three key documents the FDA is using to announce and implement its policy framework for the prudent use of medically important antimicrobial drugs in food-producing animals. Besides providing accountability, this final rule also updates the VFD requirements to improve the process's efficiency. These regulatory improvements are crucial for facilitating the transition of a large number of over-the-counter feed-use antimicrobial drugs to their new VFD status.

Key Points

- The categorization of VFD drugs will be determined on a case-by-case basis based on the likelihood that the particular drug at issue will produce an unsafe residue in edible products derived from treated animals, as is currently the case for non-VFD feed use drugs;
- The definition of VFD drugs is revised to simply refer to the statutory definition to provide further clarity;
- Veterinarians are required to keep the original VFD (in hardcopy or electronically) and the distributor and client must keep a copy of the VFD (in hardcopy or electronically); and
- These copies of VFDs and records of the receipt and distribution of VFD feed must be kept for a period of two years.

Get Involved: Meet Your Legislator

BY: STEVEN BUCKNER

Tuesday, March 14, 2017, is shaping up to be a red-letter day for the KCVMA and the Missouri Veterinary Medical Association.

That's because the MVMA is in need of veterinarians to make personal visits to our legislators on that date to help protect our profession and their patients. The goal is at least 50 veterinarians (five from each MVMA district) to attend Veterinary Day at the Capitol.

Have you ever wanted to attend but didn't feel comfortable talking with your legislator alone? There's no need to worry because you can choose for the MVMA to partner you with one of the veterinarians in attendance that have done this before. Then, as a team, you would call on your legislators together. What better way is there to learn, have fun, and get involved?

Also, we'll have a morning of "How To" discussions to make you feel comfortable when calling on your legislators. These discussions begin at 9:30 a.m. at Double Tree by Hilton, 422 Monroe St., Jefferson City, Mo., 65101.

Not only is the day at the Capitol important to your livelihood and profession, it's a fun way to spend the day with a colleague and meet someone who just may influence your future.

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9:30 a.m.
Introduction

9:45 a.m.
Key Topics & Practice Act Overview

10:15 a.m.
Legislator Strategies

11 a.m.
Working Lunch

11:30 a.m.
Advocacy at the Capitol
*(You can leave at your discretion.
Usually over by 3 p.m.)*

Social Media Tips for Vets

COURTESY OF NICK COMBS

Here are some practical tips to consider as you further your use of social media to promote your practice:

- 1 Social media is social. Tag everybody and everything possible, whenever possible. Reach out and make connections with other vets and other related businesses. Build relationships that amplify your message.
- 2 You work in an interesting field FULL of content. Everybody loves photos and videos of pets. You have no excuse to post boring content.
- 3 Invest in Facebook advertising. It's cheaper to reach more eyeballs than ever before. You'd be amazed how far \$100 goes, and you'll reach your specific audience instead of blasting everybody who isn't listening.
- 4 Map out a plan. Don't just post willy-nilly. Designate somebody to be in charge of social media. Create an editorial calendar for your content. Plan out what needs to be promoted and when, then stick to it!



Nick Combs is a social media expert who works and lives in the Kansas City area.

APRIL CE

Speaker: Dana Fertig, DVM, MS
Dechra Veterinary Professional Services

Topic: Update on Managing Canine
Hyperadrenocorticism

Date: Thursday, April 13th, 2017

Time: 6:30pm – Dinner & Registration
7pm – Presentation

Location: Fiorella's Jack Stack BBQ (Freight House)
101 W 22nd St.
Kansas City, MO 64108

CE: 1.5 Hours RACE Approved event

Fee: No fee to attend this event, but RSVP
is required by Monday, April 10th. Current
membership dues cover all CE.

Sponsored by



Please register by Monday, April 10th at kcvma.wildapricot.org/event-2477574

CONTINUING EDUCATION OPPORTUNITIES BY

Veterinarians, veterinary technicians and practice managers are invited to earn continuing education credit by attending one or more sessions that will be held throughout the spring from 6-7p.m. at Kansas State University Olathe, 22201 W. Innovation Dr., Olathe, KS 66061. For more information and to register, visit olathe.k-state.edu/vetmedce.

TOPICS AND DATES:

March 29, 2017 | What's New in the Diagnosis and Treatment of Lymphoma in Pets?
Mary Lyn Higginbotham, D.V.M., M.S., DACVIM, Assistant Professor, KSU College of Veterinary Medicine

April 12, 2017 | One Health and Public Health: An Update
Ellyn Mulcahy, Ph.D., MPH, Director of Master of Public Health Program, KSU College of Veterinary Medicine

April 26, 2017 | Diagnostic Submission Hints and Case Examples
Kelli Almes, D.V.M., DACVP, Assistant Professor, KSU College of Veterinary Medicine

More information: Paige Adams, D.V.M., Ph.D. | apadams@ksu.edu | olathe.k-state.edu/vetmedce

*This CE Event is not an official KCVMA event. If you have questions about the CE opportunity, please contact the event organizer.
The KCVMA is not responsible for the content, schedule or fees associated with these events.*

Classifieds

Send your classified ads to: Wanda Geis, PO Box 12468, Shawnee Mission, KS 66282-2468, or email them to classifieds@kcvma.com. Ads must not be over 100 words in length. Classified ads will be run at the sole discretion of the editor and may be edited for content.

Busy small animal veterinary clinic in NE Johnson County seeking a part-time Associate Veterinarian to work 3 days weekly, including a 6-hour shift every Saturday. Occasional opportunities for additional work days will be available. Competitive salary and benefits. If interested, please submit resume to missionanimalclinic@planetkc.com.

Raytown Gregory Animal Health Center is seeking a full or part-time associate veterinarian. We are looking for a new grad or experienced DVM who has excellent client communication skills. Interest in surgery a plus! No on call or after hours emergencies. We are a 3 doctor practice with good technician to doctor ratio, allowing our doctors to focus on being doctor and not techs. Salary based on experience. Send inquiries or resume to Tim Chirpich at info@raytowngregory.com

Do you want the opportunity to fully utilize your education and training in a beautiful modern facility working with a highly skilled team where a positive work-life balance is valued? Look no further, Lakewood Animal Health Center is seeking a hard-working, compassionate RVT for a full or part-time position in our AAHA accredited 4 doctor practice. We are located just off I-470 in Lee's Summit Missouri. We have a team-oriented approach to patient care and are dedicated to our clients, patients, and staff. Our RVT's are fully utilized and responsible for many aspects of patient care including outpatient appointments, surgery, and hospitalized patient care. We are seeking someone proficient in the following areas but would consider training the right candidate: venipuncture, IV catheter placement, radiography including digital dental radiographs, anesthesia induction/monitoring, lab diagnostics, and client education. We have full parameter anesthesia monitors, digital radiography and ultrasound capabilities. Candidate must be a self-motivated, compassionate team player with a joy for lifelong learning. Advanced training and investment in areas of special interest available for the right candidate. We offer a competitive hourly wage and benefit package based on skills and experience. Send resume to Lakewood Animal Health Center 5001 NE Lakewood Way Lee's Summit, MO 64064. Attention Dr. Sarah Golladay or email resume to lakewoodanimal@sbcglobal.net

The Humane Society of Greater Kansas City is currently seeking an energetic and enthusiastic veterinarian to join our team part or full time. In addition to our own animal shelter, our 501 c3 non-profit organization provides veterinary service for the KCK Animal Control and operates an outpatient veterinary clinic targeting underserved/low income populations. Come help us with saving and improving the lives of animals and in the Greater Kansas City area! Your resume/CV submissions can be made to walker@hsgkc.org.

Registered Veterinary Technician wanted full or part time for a two doctor practice in Independence. Salary dependent upon experience. Paid holidays and vacation. IRA available after 6 months. Discounts on pet care. Please send resume to: Hidden Valley Animal Hospital, 17501 Hidden Valley Road, Independence, MO 64057 or fax to 816-795-9233 or email to hvahpets@gmail.com.

Crest Animal Hospital is seeking 1 or 2 full or part time associates for our growing South Kansas City veterinary hospital. We are a full service veterinary hospital looking for Doctors that have a passion for our profession. We value continuing education and seek to constantly upgrade and improve the services available to our clients and their pets. Please contact John R Lyle, DVM at 816-763-1313 or johnrlyle@gmail.com.

Busy, small animal practice located in western Shawnee is seeking a part-time veterinarian to work Mondays to assist with our appointments. May have future potential to work additional days as scheduling allows. We are needing a veterinarian who is compassionate, professional, and is willing to educate clients as well as be a team player. Resumes may be emailed to Jill Ayala @ Animal Care Clinic accoakvalley@att.net.

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Progressive multi doctor veterinary practice in south rural Kansas City Metro area looking to add a mixed animal veterinarian and a small animal/equine veterinarian to our team. One practice (Drexel Veterinary Clinic – Drexel, MO) has small animal facility and newly remodeled cattle and equine haul in facilities. The other practice (Wildcat Veterinary Clinic – Louisburg, KS) has only small animal facilities. Advanced practices offering full service small and large animal care. In house blood machines, in house canine progesterone, digital radiology, new ultrasound units, cold laser therapy, and in house coggins lab. We offer soft tissue and orthopedic surgery, equine and small animal reproductive services, cattle herd work and animal chiropractic care. If interested please contact Dr. Aaron Stohs, 913-660-4040, stohsdvm@yahoo.com. For more information about the clinics please visit www.drexelvetclinic.com and/or www.wildcatvetclinic.com

Spring Hill Veterinary Clinic in Spring Hill, KS is looking for an experienced Veterinary Technician. Certification/Licensure not required but must have at least 4 years in-clinic tech experience with strong surgery/anesthesia knowledge. We are looking for the right person to fit our high-volume, low-key, family oriented clinic. Our clinic is well-equipped with an in-house blood machine, digital radiography, ultrasound and more. Competitive salary and benefit package. Interested applicants can email resume and cover letter to springhillvetmanager@yahoo.com

Spring Hill Veterinary Clinic in Spring Hill, KS is looking for a ft or pt kennel assistant. Position will include weekends and 7a-6p shifts during the week. Position includes caring for up to 40+ animals (dogs and cats) some of which may need medications administered, will also be trained to help assist doctors and technicians as needed and to work at the front desk. Interested candidates should have a love of animals, prefer a candidate that has previous animal care/handling experience. Resumes can be emailed to springhillvetmanager@yahoo.com.

The Humane Society of Greater Kansas City is currently seeking veterinary technicians/assistants to join our team. Candidates should be prepared to multi task and give excellent customer service and patient care in our high volume outpatient clinic. Bilingual Spanish speakers and/or individuals with previous veterinary experience are desired, but we are open to training the right person. If you are ready to join us in saving and improving the lives of cats and dogs in the Greater Kansas City area please email your resume to alker@hsgkc.org and/or submit an application and resume at 5445 Parallel Parkway, Kansas City, KS 66104.

City Animal Hospital, a growing 1-1/2 doctor practice in South Kansas City is looking for an experienced registered veterinary technician (MO), or veterinary assistant with 3+ years experience for 20-30 hours a week. No Weekends! We practice high quality medicine and are looking for a hardworking tech/assistant who loves their job and would like to have fun at work! We have great clients, a fantastic staff and doctors who are constantly learning. Please email resumes to mcah@mcahvet.net