

## Editorial Board

### Malcolm Ness BVetMed MRCVS DipECVS CertSAO FRCVS

Malcolm is a European Specialist in surgery and heads up the surgery team at Croft Veterinary Hospital in Northumberland.

### Giunio Bruto Cherubini DVM DECVN MRCVS

Giunio is responsible for neurology/neurosurgery service at DWR and contributes to the undergraduate teaching programme at the University of Nottingham School of Veterinary Medicine and Science.

### Ian Wright BVMS BSc MSc MRCVS

Ian has a Master's degree in Veterinary Parasitology and is a member of the European Scientific Counsel Companion Animal Parasites (ESCCAP UK and Ireland).

### Anna Meredith MA VetMB PhD CertLAS DZooMed MRCVS

Anna is Head of Melbourne Veterinary School, University of Melbourne, Melbourne, Australia.

### Iain Cope BSc BVM&S Cert AVP (Zoo Med) MRCVS

Iain is an RCVS recognised Advanced Veterinary Practitioner in Zoological Medicine. He runs his own practice at Newmarket Vets4Pets.

### Kate Bradley MA VetMB PhD DVR DipECVDI MRCVS

Kate is a Senior Clinical Fellow in Veterinary Diagnostic Imaging for the University of Bristol/Langford Veterinary Services.

### Mark Craig BVSC MRCVS Cert SAD

Mark runs Re-Fur-All Referrals, a veterinary dermatology referral service in the south of England and the Midlands.

### Mark Lowrie MA VetMB MVM DipECVN MRCVS

Mark is an RCVS and European specialist in veterinary neurology (ECVN). Mark works at Dovecote Veterinary Hospital, Castle Donington, part of CVS Group plc.

### Molly Varga BVetMed CertZooMed DZooMed (Mammalian) MRCVS

Molly is an RCVS Recognised Specialist in Zoological Medicine. She works at Cheshire Pet, Cheshire.

### Jo Murrell BVSc PhD(Bristol) DipECVA MRCVS

Jo is a European specialist in Veterinary Anaesthesia and Analgesia, primarily based at the School of Clinical Veterinary Sciences, University of Bristol.

### Karen L Perry BVM&S CertSAS DipECVS FHEA MRCVS

Karen is Associate Professor in Small Animal Orthopaedics at the Veterinary Medical Center, Michigan State University, Michigan, USA.

### Kit Sturgess MA VetMB PhD CertVet DSAM CertVC FRCVS

Kit is an RCVS Recognised Specialist in Small Animal Medicine and an Advanced Practitioner in Veterinary Cardiology; he sees clinical cases 3 days per week at Optivet Referrals in Hampshire.

### Sam Woods BSc (Hons) MA VetMB CertSAS Dipl. ECVS MRCVS

Sam is a European and RCVS Registered Specialist in Small Animal Surgery and is currently a Senior Lecturer in Small Animal Surgery (Soft Tissue and Orthopaedics) at the Royal (Dick) School of Veterinary Studies, University of Edinburgh.

### Valerie Lamb BVM&S DipECVIM-CA MRCVS

Val is a specialist in small animal internal medicine working at Southern Counties Veterinary Specialists in Hampshire.

### Matthew Oxford BVM&S GPCert(SAS) MRCVS

Matthew is a referral Veterinary Dentist and oral surgeon with clinics at Lumbry Park Veterinary Specialists, South Devon Referrals, Stone Lion Veterinary Hospital and Priory Veterinary Hospital. He is the Course Organiser for the British Veterinary Dental Association, included in which he lectures at Bristol University.

### Paola Monti DVM MSc FRCPath DipACVP (Clinical Pathology) MRCVS

Paola is an American Specialist and RCVS-Recognised Specialist in Clinical Pathology. She is a Clinical Pathology Consultant with Dick White Referrals, Cambridgeshire.

### Sarah Shull DVM CCRT

Sarah is Service Head for Sports Medicine and Rehabilitation of the Veterinary Medical Center, and Assistant Professor in Small Animal Clinical Sciences, College of Veterinary Medicine, Michigan State University, Michigan, USA


# In pandemic times, be kind

We are living in strange, uncertain and worrying times. The pandemic of COVID-19, with the measures put in place both in the UK and globally to attempt to slow its spread, have changed our lives: from the cancellation of BSAVA Congress to the elderly and those with certain disease conditions being asked to stay at home for possibly 12 weeks or even longer. We are all being asked to minimise physical contact and physical proximity to others. Some jobs can be carried out from home, but others require close physical contact — the physical contact that we are being asked to avoid.

With our veterinary education, including teaching on epidemiology and disease control, we have a better understanding than most of the potential numbers involved if the pandemic were to be allowed to continue unchecked. It is evident that while many people are affected relatively mildly or develop unpleasant but moderate symptoms, some people develop severe and life-threatening disease, requiring intensive care and respiratory support. If numbers of infected increase and the number requiring such support exceeds the support available, then many severely affected people will die. The present lockdown is necessary to enable the severely affected to be treated, while avoiding overwhelming medical services and healthcare workers. However, it is not without a price. Many people are finding they no longer have a job, either being furloughed for the present or being made redundant. Businesses from freelance photographers to airlines, and including veterinary practices, are struggling to survive.

Veterinary surgeons are navigating a difficult line between providing emergency and essential care to their patients on the one hand, while on the other hand avoiding, as much as possible, close interactions with other people — colleagues as well as owners — that risk spreading the coronavirus. The announcement that veterinary practices are explicitly exempted from closure is welcome. However, social distancing (I prefer the phrase physical distancing) measures still need to be applied and face-to-face contacts with clients minimised. The RCVS has developed guidelines including FAQs ([https://bit.ly/RCVS\\_Covid-19FAQ](https://bit.ly/RCVS_Covid-19FAQ)), while the BSAVA has produced a downloadable, printable triage chart (<https://www.bsava.com/TriageTool>) to assist vets in deciding whether a particular animal needs urgent care, potentially needs such care, can be dealt with via teleconsultation, or whether the client can be advised that consultations are not presently being provided for such cases, but the client will be informed when this changes, and in the meantime should contact the surgery again if their pet's condition changes.

During these difficult times, it is important to be kind. Physical distancing may be necessary, but social interaction is probably more important than ever. Reach out to your family, friends and colleagues by telephone, email, social media or any other method where physical contact is not presently possible, and be kind to one another. Smile and call a greeting while keeping a safe physical distance from people you pass on the street. Check that your older or more vulnerable neighbours are managing to get food and other essentials, and offer to help if that is needed.

And, whether still working or not, be kind to yourselves also. Go out for your daily run, walk or cycle. Do exercises at home, or your daily yoga practice (or both). Meditate. Make time for whatever helps you, whether that is reading, knitting, doing crossword puzzles or playing an online game. Keep well. 



**Debra Bourne**  
MA VetMB PhD  
MRCVS  
Editor,  
*Companion  
Animal*

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