



Fear Free[®] Veterinary Technician Sedation and Monitoring Checklist

Debbie Martin, LVT, Veterinary Technician Specialist-Behavior, Elite Fear Free Certified Professional, Karen Pryor Academy Certified Training Partner

Pre-Sedation:

Emotional Considerations

Considerate Approach

- Ideally, pet stays with guardian
- Non-slip surfaces
- Warm blanket/towel
- Aroma and pheromone therapy
- Minimize visual exposure and provide dim lighting
- Minimize noise levels
- Acoustic therapy/white noise

Utilize Touch Gradient and Gentle Control techniques (including safety tools and numbing agents to injection site)

Pre-visit anti-anxiety pharmaceuticals/supplements, pain, and nausea interventions

Appropriate reinforcers for pet and situation

- Frozen broth
- Pleasant scent
- Calm talking
- Petting
- Toy to hold

Have a plan to administer sedation medications while maintaining low FAS level

- Every experience is a long-lasting memory for the pet!

Physical Considerations

Supplies specific for the procedure(s) is/are ready

Monitoring equipment

- Thermometer
- Blood Pressure
- Pulse oximetry
- Stethoscope
- ECG

Endotracheal tubes and oxygen*

*Patients sedated enough to allow intubation should be intubated.

Assess and develop a plan for preventing and treating pain and nausea based on procedure(s)

During Sedation:

Emotional Parameters

- Minimize noises
- Ear protection
- Calming music/white noise
- Minimize visual exposure
- Aromatherapy and pheromones
- Continue to use Touch Gradient and Gentle Control
- Monitor for increasing FAS, pain, and inadequate sedation level



Physical Parameters

Vitals*

Minimum physiological parameters for a lightly sedated patient:

- Peripheral pulse
- Heart rate
- Respiratory rate

Ideal (depending on safety considerations and sedation level):

- Mucous membrane (MM) color and capillary refill time (CRT)
- Temperature
- Blood pressure
- SpO2/pulse oximetry
- ECG

*Monitor all vitals that the patient tolerates with the level of sedation.

Keep warm

Provide comfortable and padded surface

Handle gently to prevent unnecessary pain or discomfort upon awakening

Provide appropriate analgesics for the procedure(s)



Post Sedation / Recovery:

Emotional Considerations

- Non-slip and padded surfaces
- Warm blanket/towel
- Aroma and pheromone therapy
- Minimize visual exposure and provide dim lighting
- Minimize noises
- Acoustic therapy/white noise
- Assess and respond to FAS, pain, and nausea
- Reunite with pet guardian as soon as stable and ambulatory whenever possible

Physical Considerations

Monitor all vitals that are safe to obtain during recovery:

- Respiratory rate
- Peripheral pulse
- Heart rate
- Temperature
- MM color and CRT
- Blood pressure

Assess and respond to pain and nausea