

First Aid Basics for the Barn and Trail

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FIRST AID BASICS

- ▶ **1st -Be prepared:** Design a first aid kit and be able to use it.
- ▶ **2nd Don't Panic:** You have more time than you think... if you use it wisely.
- ▶ **3rd-Call for Help:** Call your veterinarian for more information if you need help.

FIRST AID KIT

- ▶ Your veterinarian's name and phone number.
- ▶ cell phone/GPS sat text device
- ▶ flashlight/headlamp.
- ▶ Information about and directions to your location.
- ▶ Digital thermometer and stethoscope
- ▶ Bandage materials can be purchased from your veterinarian; Proper application is as important as having the materials.
- ▶ Antibiotic eye ointment

FIRST AID KIT basics

- ▶ Keep out of the reach of children and/or any animal intruders.
- ▶ Bandage Scissors or plastic protective bandage knife
- ▶ Stethoscope-basics
- ▶ First Aid Newsletter and physical parameters card

First Aid Kit List

Essentials

- ▶ Thermometer
- ▶ Stethoscope
- ▶ Bandage scissors
- ▶ 1 l Saline (wound/eye flush)
- ▶ Antibiotic eye ointment
- ▶ Antibiotic wound ointment-ssd
- ▶ Leatherman/small wire cutter
- ▶ Hoof knife
- ▶ Banamine paste
- ▶ +/- IM Sedative

Bandaging materials

- ▶ 2 rolls vet rap
- ▶ 2 rolls elastikon
- ▶ 2 double sheet cottons or Gamgee roll
- ▶ Small roll gorilla tape or EZ boot
- ▶ 1 roll 6" brown gauze
- ▶ Telfa pad(2) and diaper
- ▶ 6" polo wrap

Normal Equine Parameters

- ▶ **Temperature:** 99.5 -101.5 degrees F
- ▶ **Pulse:** 30-50 beats/min
at rest
- ▶ **Respirations:** 10-25 breaths/min
- ▶ **Mucous membranes:** pink and moist
- ▶ **Intestinal Sounds:** should be present all quad.
- ▶ **Capillary Refill Time:** less than 3 seconds

FIRST AID KIT

- ▶ Epsom Salts. May be used for foot abscesses-Soak bag.
- ▶ Duct/Gorilla Tape.
- ▶ Bute Paste and/or Banamine Paste.
- ▶ Miscellaneous medications and ointments previously prescribed by your vet. Before using consult with your vet. Make absolutely certain that you know what to use these for and that they have not passed any expiration date for useage.
- ▶ Hoof pick, rasp and knife

BASIC FIRST AID Kit: continued

- ▶ knife, wire cutters, pliers-leatherman
- ▶ Information about your horse's medical history w/vaccination and deworming status.
- ▶ *You can add other things to the kit as you accumulate them!*

BASIC FIRST AID Kit: Bandaging

Materials

- ▶ 3 Rolls each of Vetrax, gauze padding and elastic. Combi Cotton (one roll)
- ▶ Gauze Squares 3" x 3" and 1 or 2 Infant Diapers
- ▶ AD ointment (handy for oozing below wounds).
- ▶ Water based Antiseptic wound ointment- Nitrofurazone or silver sulfadiazene
- ▶ saline eye wash/1 litre saline bag.
- ▶ Betadine Scrub and Betadine Solution.
- ▶ Latex Exam Gloves.

BASIC FIRST AID Kit: Bandaging

Materials

- ▶ Picture of bandage materials needed
- ▶ Guidance on application

Eye Injury:

Most common eye injuries:

- ▶ Foreign bodies
- ▶ Conjunctivitis: This inflammation of the tissues (*conjunctiva*) surrounding the eye, red and discharge
- ▶ Scratched or damaged cornea:
- ▶ **Symptoms: all or none**

- ▶ Excessive blinking.
 - ~ Tears or discharge from eye.
 - ~ Swollen or shut eyelid(s).
 - ~ Reddening of the eye.
 - ~ A whitish or bluish tinge to the *cornea*



Treatment of eye problems

- ▶ **Step 1:** Carefully examine your horse's eye, gently grasping and removing any foreign body you can see, or by using Step 2.
- ▶ **Step 2:** Rinse the eye with saline from your first-aid kit, to clean out foreign bodies (such as dust or gravel), or accumulated mucus, and to relieve discomfort.
- ▶ **Step 3:** Apply triple antibiotic ophthalmic ointment, which will help to ward off infection if the cornea is damaged.
 - ▶ no steroids
 - ▶ Neosporin??

Typical Eye Injuries



Eye Problems: What to do

- ▶ **Step 4:** If your horse is blinking, tearing, or keeping his eye closed-all signs his eye is painful-- administer a dose of Banamine, to relieve pain and inflammation.
- ▶ **Step 5:** If you notice a cloudy or bluish hue to his eye, immediately call your vet--your horse may have damaged the cornea. If the cornea is clear, the vet is not needed right away

Typical Eye Injuries



Colic

- ▶ **Signs:** Restlessness, pawing, looking at abdomen, lying down! rolling, reluctance to eat, depressed attitude, absence of bowel movements or diarrhea.
- ▶ **Early treatment and info to collect: Banamine?**
 - ▶ horse is rolling or thrashing?
 - ▶ membrane color, temperature, and respiratory/heart rates.
 - ▶ Never IM Banamine-DANGER
- ▶ *IM or IV Xylaizine if available*
- ▶ *Oral electrolytes*
- ▶ *Access to water*
- ▶ *No food*
- ▶ *Walking frequency*

Tying Up- exertional muscle problems

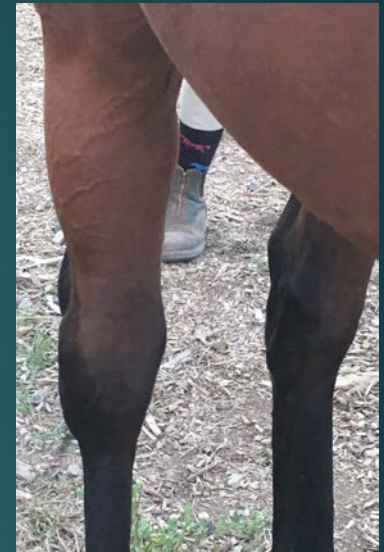
- ▶ **How to avoid?**
- ▶ **Signs:** Reluctance to move, sweating, hind muscles are tender, painful, and/or quivering. You may see dark brown urine.
- ▶ Do not move the horse! Call your veterinarian.
- ▶ Ensure adequate hydration and electrolytes
- ▶ Take temp-heat stress??
 - ▶ treatment
- ▶ Banamine paste and mild sedatives

Bruising, Sprains, Strains, and Kicks:

- ▶ **Signs:** Localized pain swelling with heat and potential instability
- ▶ **Early Treatment:**
 - ▶ Lame-rest
 - ▶ Oral NSAIDS-judicious
 - ▶ apply cold water/ice/snow for 20-30 minutes 3-5 times daily
 - ▶ Compression wrap

SPRAINS AND STRAINS

- ▶ Early treatment:
- ▶ Focused at reducing swelling
- ▶ cryotherapy
 - ▶ apply direct uniform pressure.
 - ▶ Lower limb wounds may be bandaged.
 - ▶ Stabilize leg/joint



Lacerations

- ▶ Early treatment:
- ▶ Tetanus status?
- ▶ Irrigate irrigate irrigate
 - ▶ apply direct pressure.
 - ▶ Lower limb wounds may be bandaged.
 - ▶ Pressure wrap/tourniquet can be applied above the wound**



Horse Trailer/camp accidents



Lacerations and fractures

- ▶ Medications:
 - ▶ What to apply
- ▶ To suture or not to suture factors involved
- ▶ Important areas
 - ▶ Joints Tendons
 - ▶ Tendon sheaths
 - ▶ Sole/frog
 - ▶ Stability of the leg??



Laceration examples



Laceration/Punctures

Examples

- ▶ More serious
 - ▶ Location based therapy
- ▶ Foot and or near a joint



Esophageal Choke

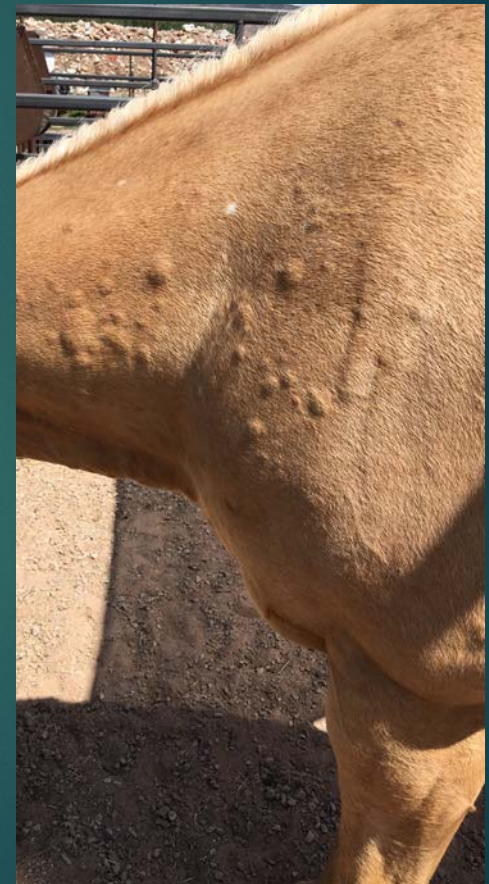
- ▶ obstruction of the esophagus
- ▶ rarely involves blockage of the windpipe
- ▶ aspiration of food material
- ▶ Signs: Food material and/or saliva draining from nostrils shortly after eating.
- ▶ Treatment: Remove food and water
- ▶ Prevention: Regular dental exam/floating. Discourage horses "bolting" -smaller meals at more frequent intervals
- ▶ large rocks in feed pan that they must eat around

Choke



Skin diseases-urticaria aka hives

- What has been recently applied to skin
- Insects
- Changes in diet
- Rx management
 - antihistamines
 - steroids
- Previous occurrences



A Word About Medicating Your Horse

- ▶ Drugs and first aid knowledge
- ▶ Previous veterinary instruction
- ▶ Expiration dates
- ▶ medications can worsen a horse's condition.
- ▶ tranquilizers can be dangerous if a horse is in shock
- ▶ Pain relievers may mask important symptoms
- ▶ injured horses may exercise.

Avoiding Emergencies

- ▶ **Practice Preventative Medicine.**
- ▶ Keep current on vaccinations and deworm regularly (Up to 80% of colics are related to damage done by intestinal parasites) especially small strongyles.
- ▶ Keep your horse cool and hydrated
- ▶ Avoid heat stress
- ▶ Minimize internal parasites

Good Horsemanship

- ▶ Provide fresh water and quality feed in a clean area.
- ▶ Keep stalls clean.
- ▶ Know your horse's normal habits so you will recognize
- ▶ changes that may indicate that something is wrong.
- ▶ Repair safety hazards in the pasture, barn, and fences. Do not exercise sick or injured horses.
- ▶ Know your horse's limits, and do not exceed them.

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Questions?

