

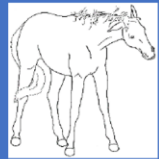
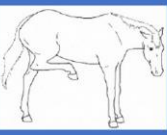
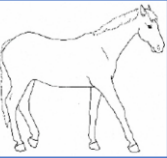








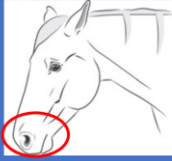
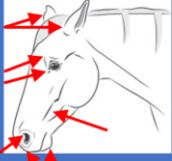




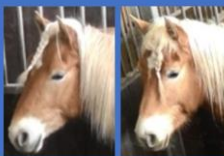




PAIN IDENTIFICATION






 <p>Six Core Concepts of Pain</p> <ol style="list-style-type: none"> 1 Pain is always an output of the brain, 100% of the time. 2 Pain does not equal the amount of tissue damage. 3 Pain is influenced by multiple factors such as thoughts, activity, sleep and stress. 4 Acute pain serves a useful protective function to warn of danger or injury. 5 Chronic pain results from a hypersensitive nervous system and usually no longer warns of damage. 6 Many treatments can help "turn down" a hypersensitive nervous system, reduce pain and improve quality of life. 	<ul style="list-style-type: none"> ☛ Pain is in the brain ☛ Pain does not equal the amount of tissue damage ☛ Hypersensitivity to pain increases over time ☛ Fascial restrictions, scar tissue, adhesions = more pain ☛ Vet can say issue healed; however, pain can still be there!
<p>HEAD POSITION</p>  <ul style="list-style-type: none"> Repeated Changes Head Tilt Tossed Twisted Low 	<p>HEAD POSITION</p> <ul style="list-style-type: none"> ☛ Head up/down, in/out, side tilting, repeated changes ☛ Head low; depression, listless ☛ Head in front or behind vertical ☛ Head position changes regularly, tossed or side twists
<p>HEAD, NECK, MOUTH, LIP MOVEMENTS</p>  <ul style="list-style-type: none"> Random Flehmen Frequent Yawning Head Bobbing 	<p>HEAD, NECK, MOUTH, LIP MOVEMENTS</p> <ul style="list-style-type: none"> ☛ Head bobbing, tilting, rotating or whole body shaking ☛ Abbreviated weaving, Spontaneous flehmen response ☛ Lip quivering/wincing, frequent yawning bouts ☛ Extending Tongue, Licking, Chewing, Salivating, Itching ☛ Frustration head tossing, nose tossing/flipping
<p>LIMB & BODY MOVEMENTS</p>  <ul style="list-style-type: none"> Pawing Stretching Backing 	<p>LIMB & BODY MOVEMENTS</p> <ul style="list-style-type: none"> ☛ Stepping in place, Stomping, Kicking out, back, up (belly) ☛ Rolling, Pawing, Romping/bucking ☛ Limb trembling, Lifting/holding limb up ☛ Backing, Flinching, Stretching
<p>POSTURE & WEIGHT BEARING</p>  <ul style="list-style-type: none"> Shifting weight Dragging limb Leaning on objects 	<p>POSTURE & WEIGHT BEARING</p> <ul style="list-style-type: none"> ☛ Altered stride, Resting limb, Shifting weight, Pointing ☛ Cross-legged limb resting, Camping under (Base narrow) ☛ Tucked up abdomen, Straining to defecate or urinate ☛ Atypical recumbency, Limb resting or dragging or dangling ☛ Base narrow or wide, Leaning against objects (walls/trees)
<p>SPEED</p>  <ul style="list-style-type: none"> Too Slow Rushed Irregular Lateral 	<p>SPEED</p> <ul style="list-style-type: none"> ☛ Gait too slow, rushed or repeated changes of speed ☛ Irregular rhythm in trot or canter ☛ Hindlimbs do not follow tracks of forelimbs but repeatedly deviate to left or right; on three tracks in trot or canter

	<h3>FASCIA</h3> <ul style="list-style-type: none"> Fascial restriction in one part of the body affects all other parts. Therefore, restriction around the hip region in this example, results in inability to lift arms. Horse will stumble, trip or slow down
<h3>GAIT</h3>  <ul style="list-style-type: none"> Stopping/Turning Leg/Gait Changes Stumbling Tripping Rearing, Bucking, Kicking 	<h3>GAIT</h3> <ul style="list-style-type: none"> Spontaneous changes of gait or direction Stumbles, trip, repeated bilateral hindlimb toe drag Repeated canter leg changes or incorrect strike off Reluctance to move forwards or stops spontaneously Rearing, bucking or kicking backwards
<h3>TAIL</h3>  <ul style="list-style-type: none"> Clamped Crooked Swishing 	<h3>TAIL</h3> <ul style="list-style-type: none"> Held to one side crooked Clamped tightly to middle or flaccid and limp Swishing large movements: repeatedly up/down, side to side, circular; repeatedly during transitions
<h3>ATTENTION (AREA)</h3>  <ul style="list-style-type: none"> Looking Swatting Autogrooming 	<h3>ATTENTION (AREA)</h3> <ul style="list-style-type: none"> Auto grooming is nibbling, nuzzling, biting, rubbing an area of the body to another or against an object Looking, glancing, gazing Swatting, swinging head and neck towards area
<h3>NOURISHMENT</h3>  <ul style="list-style-type: none"> Sipping Water Quidding Disinterest 	<h3>NOURISHMENT</h3> <ul style="list-style-type: none"> Altered eating or drinking, slipping water but not drinking Atypical jaw motion, quidding Disinterest in food or water
<h3>DEMEANOUR</h3>  <ul style="list-style-type: none"> Dull / Startle Prone Guarding Static / Restless 	<h3>DEMEANOUR</h3> <ul style="list-style-type: none"> Conservative movement, minimising movement Uncharacteristic aggression or fear guarding and cowering Dull expression, Depressed demeanour Hyper-response, startle-prone, restlessness, ill at ease

<p>VOCALISATIONS</p>  <p>Sighing Groaning Teeth Grinding</p>	<p>VOCALISATIONS</p> <ul style="list-style-type: none"> ☛ Screaming, calling, whining ☛ Grunting, squealing, groaning ☛ Sighing, smarting ☛ Teeth grinding
	<p>FASCIA</p> <ul style="list-style-type: none"> ☛ The irritation area in the body may not be the location of restriction. ☛ In this example, the restriction issue is around the hip. However, the irritation/sensation is lower in the limb
<p>We cannot see Equine pain But we can see <i>behavioural adaptations</i></p>	<p>PAIN EXPRESSION</p> <ul style="list-style-type: none"> ☛ The horse has the largest amygdala of all domesticated animals. Meaning horses express emotions as behaviour ☛ Therefore, we need to be aware of behaviour changes as a sign of pain experiences
	<p>POLYVAGAL THEORY</p> <ul style="list-style-type: none"> ☛ When pain issues are present for long time-frames, horses tend to introvert and hide internally from the pain. ☛ This means they “shut-down” in depression and may no longer show pain expression in an obvious physical display
	<p>EQUINE PAIN FACE</p>
<p>EQUINE PAIN FACE</p>  <p>Relaxed Pain Pain</p>	<p>EQUINE PAIN FACE</p> <ul style="list-style-type: none"> ☛ a. Facial expression of pain free, relaxed, attentive horse ☛ b. Facial expression of a horse in pain, asymmetrical ears ☛ c. Facial expression of a horse in pain, with low ears
<p>EARS</p>  <p>Lowered Wide Set Asymmetrical</p>	<p>EARS</p> <ul style="list-style-type: none"> ☛ Asymmetrical ears, low ears or ☛ Ears base wide; distance between ears increases at base ☛ Ears rotated back behind vertical ☛ Ears flat (one or both or repeatedly)

<p>EYES</p>  <ul style="list-style-type: none"> Contracted △ Tense Stare White Sclera Closed, Blinking 	<p>EYES</p> <ul style="list-style-type: none"> ☛ Contraction of the muscle above the eye giving peaked triangular top lid, or displaying white sclera ☛ Tense Stare; Zoned Out or Glazed over ☛ Eye lids closed or half closed for 2–5s, frequent blinking
<p>SIDES</p>  <ul style="list-style-type: none"> Tension Lines Puckering 	<p>SIDES</p> <ul style="list-style-type: none"> ☛ Tension of the facial muscles ☛ Lines, Puckering ☛ Chewing / sucking / moving
<p>NOSTRIL</p>  <ul style="list-style-type: none"> Dilated Tension lines Flared 	<p>NOSTRILS</p> <ul style="list-style-type: none"> ☛ Nostril dilated (wider) in the medio-lateral direction from the midline to the outside ☛ Tension lines and/or wrinkles ☛ Flared
<p>MUZZLE</p>  <ul style="list-style-type: none"> Shape Lip Press Chin Flattened 	<p>MUZZLE</p> <ul style="list-style-type: none"> ☛ Edged shape of the muzzle ☛ Lips pressed together ☛ Flattened chin
<p>MOUTH</p>  <ul style="list-style-type: none"> Opening Closing Tongue Exposed Bit Out To Side 	<p>MOUTH</p> <ul style="list-style-type: none"> ☛ Mouth opening and/or shutting repeatedly with separation of teeth ☛ Tongue exposed, protruding or hanging out, and/or moving in and out repeatedly ☛ Bit pulled through the mouth on one side, repeatedly
<p>REFRESH</p>  <ul style="list-style-type: none"> Ears Eyes Sides Nostrils Muzzle 	<p>RECAP</p> <ul style="list-style-type: none"> ☛ Ears; Symmetry, spacing, level ☛ Eyes; Shape, focus ☛ Sides; Tension, lines, puckering ☛ Nostrils; Dilated, flared, wrinkles ☛ Muzzle; Shape, press, flat ☛ Mouth; Open, Tongue, movement

<div><h3>LEGO PAIN ASSESSMENT TOOL</h3><div><div>0</div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div></div><div><div><div>NO PAIN</div><div>😊</div><div>0: No pain Horse is grinning</div></div><div><div>MILD PAIN</div><div>🙂</div><div>1: Slight frown Horse can be soothed</div></div><div><div>MODERATE PAIN</div><div>😞</div><div>2: Frown Horse may interfere with tasks</div></div><div><div>SERIOUS PAIN</div><div>😠</div><div>3: Frown Horse may interfere with concentration</div></div><div><div>SEVERE PAIN</div><div>😡</div><div>4: Frown Horse may interfere with concentration</div></div><div><div>WORST PAIN POSSIBLE</div><div>😤</div><div>5: Frown Horse may interfere with concentration</div></div></div></div>	<div><h3>PAIN ASSESSMENT</h3><ul style="list-style-type: none">🐾 We can grin and bear low level pain🐾 Medium pain interferes with tasks, facials, and attitude🐾 High level pain is unbearable and takes full focus affecting behaviour and mood and can result in physical expression</div>	
	<h3>ASSESSING PAIN FACES</h3>	
<div><div>WHICH HORSE IS IN PAIN?</div><div></div><div><div><input type="checkbox"/> Ears</div><div><input type="checkbox"/> Eyes</div><div><input type="checkbox"/> Sides</div><div><input type="checkbox"/> Nostril</div><div><input type="checkbox"/> Muzzle</div><div><input type="checkbox"/> Mouth</div></div></div> <div><ul style="list-style-type: none">🐾 Left horse; Pain free before surgery🐾 Right horse; In pain after Surgery in recovery ward</div>	<div><div>PAIN?</div><div></div><div><div><input checked="" type="checkbox"/> Ears</div><div><input type="checkbox"/> Eyes</div><div><input type="checkbox"/> Sides</div><div><input type="checkbox"/> Nostril</div><div><input type="checkbox"/> Muzzle</div><div><input type="checkbox"/> Mouth</div></div></div> <div><ul style="list-style-type: none">🐾 Ears widely spaced</div> <div><div>PAIN?</div><div></div><div><div><input type="checkbox"/> Ears</div><div><input checked="" type="checkbox"/> Eyes</div><div><input type="checkbox"/> Sides</div><div><input type="checkbox"/> Nostril</div><div><input type="checkbox"/> Muzzle</div><div><input type="checkbox"/> Mouth</div></div></div> <div><ul style="list-style-type: none">🐾 Tension above eye</div>	<div><div>PAIN?</div><div></div><div><div><input checked="" type="checkbox"/> Ears</div><div><input checked="" type="checkbox"/> Eyes</div><div><input checked="" type="checkbox"/> Sides</div><div><input checked="" type="checkbox"/> Nostril</div><div><input checked="" type="checkbox"/> Muzzle</div><div><input type="checkbox"/> Mouth</div></div></div> <div><ul style="list-style-type: none">🐾 Ears stiffly back🐾 Orbital tightening🐾 Strained chewing muscles🐾 Nostrils strained, and flattened🐾 Mouth strained; pronounced chin</div>
<div><div>PAIN?</div><div></div><div><div><input type="checkbox"/> Ears</div><div><input type="checkbox"/> Eyes</div><div><input checked="" type="checkbox"/> Sides</div><div><input type="checkbox"/> Nostril</div><div><input type="checkbox"/> Muzzle</div><div><input type="checkbox"/> Mouth</div></div></div> <div><ul style="list-style-type: none">🐾 Strained chew muscles🐾 Mouth tension increase🐾 Left; No pain present🐾 Middle; Moderate pain🐾 Right; Obviously present</div>	<div><div>PAIN?</div><div></div><div><div><input checked="" type="checkbox"/> Ears</div><div><input checked="" type="checkbox"/> Eyes</div><div><input checked="" type="checkbox"/> Sides</div><div><input type="checkbox"/> Nostril</div><div><input checked="" type="checkbox"/> Muzzle</div><div><input type="checkbox"/> Mouth</div></div></div> <div><ul style="list-style-type: none">🐾 Ears low, asymmetrical🐾 Eye angled, intense stare🐾 Muzzle tension🐾 Mimic muscle tension</div>	<div><div>PAIN?</div><div></div><div><div><input checked="" type="checkbox"/> Ears</div><div><input type="checkbox"/> Eyes</div><div><input checked="" type="checkbox"/> Sides</div><div><input checked="" type="checkbox"/> Nostril</div><div><input type="checkbox"/> Muzzle</div><div><input type="checkbox"/> Mouth</div></div></div> <div><ul style="list-style-type: none">🐾 Left; No pain🐾 Right; Ears back🐾 Sides contracted🐾 Tense facial muscles🐾 Nostril dilation</div>

<div><p>PAIN?</p><ul style="list-style-type: none"><input type="checkbox"/> Ears<input type="checkbox"/> Eyes<input type="checkbox"/> Sides<input type="checkbox"/> Nostril<input checked="" type="checkbox"/> Muzzle<input checked="" type="checkbox"/> Mouth</div> <div><ul style="list-style-type: none">☛ Pronounced upper lip relaxation☛ Open mouth☛ Sedated-like appearance</div>	<div><p>PAIN?</p><ul style="list-style-type: none"><input type="checkbox"/> Ears<input type="checkbox"/> Eyes<input type="checkbox"/> Sides<input type="checkbox"/> Nostril<input checked="" type="checkbox"/> Muzzle<input checked="" type="checkbox"/> Mouth</div> <div><ul style="list-style-type: none">☛ Left; Upper lip not relaxed☛ Middle; Lip slight relax☛ Right; Pronounced relaxation of upper lip</div>	<ul style="list-style-type: none">☛ Although animals present with signs of pain, sometimes it is difficult to interpret and categorize the signs.☛ Animals vary in their tolerance of pain and cannot verbalize their pain score nor describe how they feel
<div><p>IT'S HARD!</p><p>Assessing pain; horses...</p><ul style="list-style-type: none">❖ Can't talk❖ Can't locate❖ Can't inform pain level❖ Differing pain tolerances</div>	<div><ul style="list-style-type: none">☛ This Isn't Easy!☛ One of the greatest challenges in health care is assessing pain in patients that cannot describe the location nor level of their pain☛ This makes it difficult to interpret and categorize signs☛ Requires attentiveness!</div>	
<p>ADDITIONAL</p>		
<div><p>ADDITIONAL PAIN SOURCE</p></div>	<div><p>CONSIDERATIONS - FEEDING</p><ul style="list-style-type: none">☛ The horse is a monogastric and a continuous grazer 24/7☛ The stomach should NEVER be empty. Or less than 2hours☛ Full (grass, hay, chaff) stomach stops gastric acid ulcers☛ Feed horses (hay or chaff) before each and every class</div>	
<div><p>ADDITIONAL PAIN SOURCE</p></div>	<div><p>CONSIDERATIONS - HOOF</p><ul style="list-style-type: none">☛ For a horse standing square on said hoof, you should be able to draw a straight line through pastern and hoof☛ Much like you walking in uncomfortable, ill-fitting shoes all day, malalignment is painful and energy expensive</div>	
<div><p>ADDITIONAL PAIN SOURCE</p></div>	<div><p>CONSIDERATIONS - BITS</p><ul style="list-style-type: none">☛ Rider reins are best attached to the halter, not the bit☛ Horses can be led from halter without bit and bridle☛ Ensure bit not breaking teeth seal, thin palates are hard fit☛ Thin bits are harsh, thicker bits are kinder, if tongue space</div>	
<p>Take this information out to the horses and assess their pain level present.</p>		

<input type="checkbox"/> <input checked="" type="checkbox"/>	HORSE NAME:										
PAIN FACE											
1. Ears											
2. Eyes											
3. Sides											
4. Nostrils											
5. Muzzle											
6. Mouth											

PAIN BODY											
Head Position											
Head, Neck, Mouth, Lip Moves											
Limb and Body Movements											
Posture and Weight Bearing											
Speed											
Gait											
Tail											
Attention (Area)											
Nourishment											
Demeanour											
Vocalisations											

