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Overview/description

Canine osteoarthritis: How we can work together to simplify a complex problem

OA is the number one cause of chronic pain in our pets. In this webcast, Dr. Tom Gibson will discuss a practical approach to managing OA in dogs using the updated AAHA Pain Management Guidelines. He will explore the five key elements for ensuring the optimal OA management approach:

- Involving the whole team to best manage chronic pain;
- Reviewing available tools for assessment of pain;
- Involving the pet owner;
- Starting early with a multimodal approach, which involves both
- pharmacological and non-pharmacological options; and
- Conducting regular re-evaluations to help assess program success
- or failure and adjust treatment accordingly.

Speaker's bio and credentials



Tom Gibson, BSc, BEd, DVM, Dipl. ACVS

Dr. Tom Gibson graduated from the Ontario Agricultural College at the University of Guelph in 1986 with a BSc in Agriculture. He then graduated from the University of Windsor's Teachers' college and pursued a career in teaching in the York Region for three years. He then returned to Guelph and graduated from the Ontario Veterinary College in 1995. After 6 years in small animal general practice, he returned to the OVC to complete a small animal rotating internship and surgical residency completing a DVSc and becoming board certified with the American College of Veterinary Surgeons in 2006. After almost two years in private referral practice, he returned to the OVC as an Associate Professor in Small Animal Surgery from 2007 to 2019 to combine his passions for surgery and teaching. In January 2020, he started Grand River Veterinary Surgical Services in Cambridge, Ontario. He is an orthopaedic surgeon with an interest in rehabilitation after completing rehabilitation training at the University of Tennessee in 2010. He achieved board certification with the American College of Sports Medicine and Rehabilitation in 2018.



Questionnaire

1. Please select the most accurate statement(s) from the list of choices below:

- ☐ Greater than 70% of our canine population is obese.
- ☐ 50 % of dogs have radiographic signs of osteoarthritis
- ☐ 40 % of dogs with osteoarthritis are overweight or obese
- ☐ Approximately 50% of our canine population is overweight or obese

2. Osteoarthritis can lead to unrecognized chronic pain in our small animal patients. Which of the following statements are true.

- ☐ Owner questionnaires such the Liverpool Osteoarthritis in Dogs (LOAD) or the Client Specific Outcome Measures (CSOM) are research tools that are not validated for clinical practice
- ☐ Chronic pain can lead to behaviours such as aggression and/or hiding in our patients
- ☐ An owner questionnaire such the Liverpool Osteoarthritis in Dogs (LOAD) is a valuable tool for evaluating the effectiveness of our osteoarthritis treatment protocols
- ☐ Untreated chronic pain can result the development of maladaptive pain and central sensitization
- ☐ All of the above
- ☐ B,C and D

3. Not all treatments commonly used to manage osteoarthritis in dogs are supported by robust scientific research. Please select the treatment(s) that are well supported by research for use in treating canine osteoarthritis.

- ☐ Nonsteroidal anti-inflammatory drugs
- ☐ Green lipped mussel
- ☐ Omega 3 fatty acids
- ☐ Glucosamine



4. Leptin a peptide hormone, has received much attention in attempts to understand the relationship between obesity and OA in humans. Please choose the correct answer(s) from these statements about leptin.
- ☐ Leptin has a detrimental effect on articular cartilage
 - ☐ Leptin concentration in synovial fluid is elevated in obese people
 - ☐ Production of pro-inflammatory mediators in the body are induced by leptin
 - ☒ All of the above
 - ☐ None of the above
5. The Kealy Lifespan Study revealed that:
- ☐ Reducing feed intake by 50 % in a group of Labrador Retrievers resulted in body condition scores of 2/5
 - ☐ Overfeeding Labrador Retrievers by 25 % resulted no change in osteoarthritis scores
 - ☐ 25 % reduction in food intake increased the median lifespan in a group of Labrador Retrievers
 - ☐ 25% reduction in food intake delayed the onset of signs of chronic disease in a group of Labrador Retrievers
 - ☐ All of the above
 - ☒ c and d
6. Please choose the BEST thing to discuss with the client who comes to the clinic with an overweight pet is:
- ☒ Obesity may be the biggest controllable factor in preventing and managing chronic disease in our pets
 - ☐ The research behind all of the weight loss diets for sale at your clinic
 - ☐ That obesity may exacerbate the signs of osteoarthritis
 - ☐ Overweight dogs may require expensive orthopaedic joint surgeries
7. Which statement is accurate?
- ☐ Of all the nutraceutical compounds, omega-3 fatty acids are the only one that have the potential to reverse osteoarthritis
 - ☐ Clinical signs of osteoarthritis in dogs is relatively simple to treat once you establish a multimodal treatment protocol
 - ☒ Osteoarthritis is a disease of the entire joint and involves the central nervous system
 - ☐ Osteoarthritis in dogs is very similar to the rheumatoid arthritis found in humans



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8. Which statement regarding osteoarthritis is correct?

- ☐ Osteoarthritis is considered an inflammatory arthritis and always respond well to anti-inflammatory drugs.
- ☒ Osteoarthrosis in dogs is for the most part considered secondary to other disease process affecting the joint
- ☐ The literature generally supports the use of Omega-3 Fatty acids for the reversal of the joint degeneration observed in osteoarthrosis
- ☐ Degenerative joint disease is typically a disease of the articular cartilage and changes to other joint structures are secondary

9. Choose the correct statement(s) related to Nerve Growth Factor (NGF)

- ☐ NGF has a minor role the developing animal allowing treatment with Anti-NGF Monoclonal Antibody products at any age.
- ☐ In the adult: primary role is pro-nociceptive and plays a major role in pain signaling
- ☐ NGF levels become elevated during injury, inflammation and chronic pain and is released from damaged tissues such as cartilage as well as immune cells
- ☒ B and C
- ☐ A and C

10. The advantages of Anti-NGF Monoclonal Antibody therapy include:

- ☐ Consistent long-acting effects
- ☐ Treatment for dogs and cats
- ☐ Improved owner compliance due to once monthly injections
- ☐ Minimal side effects due to a mode of action similar to naturally occurring antibodies
- ☒ All of the above

PERSONAL INFORMATION:

First name:

Last name:

Type:

(Veterinarian, Technician)

Licence number:

Province where you practise:

Email:



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CERTIFICATE OF COMPLETION

Educational webcast

Canine osteoarthritis: How we can work together to simplify a complex problem

Presented by

Tom Gibson, BSc, BEd, DVM, Dipl. ACVS

This document confirms that

Dr. Lorem Ipsum

has viewed the above-mentioned webcast and has answered and submitted the questionnaire meant to evaluate the understanding of the content.

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