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Overview/description

Just cutting the chicken won't cut it! – Tips and tricks on how to perform successful diet trials

Performing an elimination diet trial is a crucial step in the diagnostic workup of pets with non-seasonal pruritus. One of the most common comments we hear from owners of allergic pets is their desire to 'get to the root cause' of their pet's itching, but this cannot be done without a proper diet trial.

In this webcast, Dr. O'Shaughnessy-Hunter will go through a step-by-step guide on how to perform successful diet trials as well as discuss common pitfalls and roadblocks that can lead to their downfall, and tips on how to overcome them.

Speaker's bio and credentials



Laura O'Shaughnessy-Hunter BSc, DVM, MSc, Dipl. ACVD

Dr. O'Shaughnessy-Hunter graduated from the Ontario Veterinary College in 2014. After three years in general practice, she completed a rotating internship at the Atlantic Veterinary College, followed by a three-year dermatology residency at the Veterinary Allergy Dermatology & Ear Referral Clinic (VADER) near Guelph, Ontario. She became a Diplomate of the American College of Veterinary Dermatology in 2021 and continues to practise at VADER. Dr. O'Shaughnessy-Hunter is passionate about educating clients and fellow veterinary team members on all aspects of veterinary dermatology to help improve the quality of life of pets with skin disease. In her spare time, she enjoys spending time with her husband and two young children, and hiking with her Brittany Spaniel and Aussiedoodle.



Questionnaire

1. **Which of the following diets would be most suitable for an elimination diet trial for a 2-year-old dog who was on Purina Pro Plan Essential Care Puppy kibble as a puppy, followed by Hill's t/d as an adult. His only treat is beef liver.**
 - ☐ Hill's Derm Complete
 - ☒ Royal Canin Anallergenic
 - ☐ Performtrin Ultra Limited Ingredient Fish & Sweet Potato
 - ☐ Big Country Raw Pure Kangaroo
2. **A 6-year-old FS DSH presents with a chronic history of overgrooming to the point of hair loss. There is alopecia of the ventral abdomen extending down the medial thighs. Cytology is unremarkable. What do you recommend to the owner?**
 - ☐ Perform environmental and food blood allergy testing to identify the underlying cause of the itching
 - ☐ A course of antibiotics to rule out an infection
 - ☒ An elimination diet trial to identify the underlying cause of the itching
 - ☐ A trial of clomipramine as overgrooming the ventral abdomen is most likely due to anxiety
3. **A 3-year-old French bulldog presents for a repeat Cytopoint injection, 4 weeks after starting a hypoallergenic diet trial. The owner wants to return to previous Nutro Salmon & Brown Rice Recipe diet as the itch has returned. What do you recommend?**
 - ☒ Repeat the Cytopoint injection but continue the hypoallergenic diet trial for another 4 weeks, as only 50% of dogs will show an improvement in their symptoms at this stage of the diet trial
 - ☐ Repeat the Cytopoint injection and switch back to the Nutro Salmon & Brown Rice, as food allergies are ruled out at this point
 - ☐ Continue the diet trial for another 4 weeks, as only 50% of dogs will show an improvement in their symptoms at this stage of the diet trial, but don't repeat Cytopoint as this will prevent you from evaluating the response to the diet trial



4. A 4-year-old Bernedoodle presents to you for chronic itching and licking of the paws, ears, perianal area, armpits and groin. The owner has seen no improvement with over-the-counter diets so they have ruled out food allergies. You speak with the owner:
- They have effectively ruled out food allergies and environmental allergies are most likely
 - Unfortunately, over-the-counter (OTC) diets are not an appropriate option for elimination diet trials and you recommend a true prescription diet trial with Rayne Adult Health-RSS for 8 weeks
 - Unfortunately, OTC diets are not an appropriate option for elimination diet trials and you recommend a true prescription diet trial with Royal Canin Hydrolyzed Protein HP for 8 weeks
 - Unfortunately, OTC diets are not an appropriate option for elimination diet trials and you recommend performing food allergy testing to confirm this patient does not have food allergies.
5. True or False. Food allergies in dogs and cats can develop at any age.
- True
 - False
6. True or False: Food and environmental allergies in dogs and cats cannot be distinguished based on clinical signs.
- True
 - False
7. True or False: Most dogs will develop a flare-up of their allergic symptoms within a day of being fed a food allergen.
- True
 - False
8. True or False: Using hydrolyzed chicken diets can lead to false negative diet trial results in up to 40% of dogs with chicken allergies.
- Vrai
 - Faux



9. An 8-year-old, female spayed Bengal presents with chronic itching, a granular soft tissue mass on the tongue and diffuse small crusting on the back. She eats Fromm Feline Adult Gold. You perform cytology but results are unremarkable. What do you advise?
- ☐ Start Atopica daily and a diet trial with Royal Canin Selected Protein PD
 - ☐ Start a tapering course of prednisolone and a diet trial with Royal Canin Anallergenic
 - ☐ Start Atopica daily and a diet trial with Royal Canin Anallergenic
 - ☐ Start a tapering course of prednisolone and a diet trial with Royal Canin Selected Protein PD
10. A 6-month-old, female Golden Retriever presents with bilateral redness, smell and itchiness of the ears. She is fed Acana Large breed Puppy, a variety of table scraps and treats, and regularly gets into their cat's food. What do you advise?
- ☐ Treat the ear infection based on cytology and eliminate chicken from the diet
 - ☐ Treat the ear infection based on cytology and switch to Royal Canin Hypoallergenic HP Puppy, 100% exclusively
 - ☐ Treat the ear infection based on cytology and switch to Hill's Derm Complete Puppy, 100% exclusively
 - ☐ Switch to Royal Canin hypoallergenic HP Puppy, 100% exclusively

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

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Presented by

Laura O'Shaughnessy-Hunter BSc, DVM, MSc, Dipl. ACVD

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.

Date:

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