



canine arthritis
management

PET GUARDIAN
RESOURCES



ABOUT CAM

"It all started with a vet
and a dog..."

Canine Arthritis Management (CAM)
is a veterinary driven initiative set up
in 2015 by award winning vet Dr
Hannah Capon.

Her vision is to provide education
and support to canine professionals
and pet guardians on the early
identification and management of
arthritis – so dogs do not needlessly
suffer from the chronic pain
associated with the disease.

A major cause of premature
euthanasia



HANNAH

HOLLY

OUR VISION

CAM's vision is to help dogs lead long, comfortable and happy lives.

We want dogs to be listened to and understood, have their pain identified early and managed in a proactive manner.

We want to celebrate the special bond between humans and dogs and to enable dogs to have meaningful and pleasurable connections with the things important to them.



WHAT IS OA?

We believe that to be the best caregiver to a dog with OA (osteoarthritis), you need to arm yourself with knowledge. The realm of canine arthritis is large and can get confusing. So to make things easier for you, we have some easy to digest info on our main website, as well as a booklet designed to be a great starting point for anyone new to the OA journey.

Head to the link below to start your learning journey:



www.caninearthritis.co.uk/what-is-arthritis/arthritis-the-basics/



BOOKLET - WHAT IS ARTHRITIS?

To take a look at our booklet about OA (and many others) which is available in both digital and print format, head to the link below:



www.camonlineishop.com/cam-booklets-digital-download-versions/



TOP TIP

You can download all of CAM's booklets for free from the Member Zone. Keep reading for more info on how to join

IDENTIFICATION

Identifying the signs of pain your dog uses to communicate can be tricky, as the signs are often subtle, and we need to know what to look out for.

Again, this comes down to knowledge so that you can pick up on these signs early and give your dog the best chance of living a long and happy life with OA.


Head to the link below to find out more:

 www.caninearthritis.co.uk/what-is-arthritis/identifying-the-signs/



We have created a course to help you with this as well – **'Is My Dog In Pain'** is a FREE course for guardians so that you can learn how to identify signs of pain and get #YourDogMoreYears.

Head to the link below to enrol:

 www.cameducation.co.uk/course/is-my-dog-in-pain



**FREE
COURSE!**



VET VISIT PREP

FREE
DOWNLOADS!

Trips to the vet can be quite daunting, and let's be honest, simply not long enough. Most vets only get 15 minutes per consultation, and in that time they have to get the background of the symptoms, assess your dog, educate you, work out any medications with their doses, and so much more.

To help with this process, we have created several guides, charts, and forms for you to download, print off, and take with you to your vet visits to save you some valuable time in those consults.

A circular flowchart titled 'SUSPICION OF CHRONIC PAIN'. The central circle is yellow and labeled 'CHRONIC PAIN'. Four surrounding circles are blue and labeled 'behaviour change', 'weight change', 'posture change', and 'gait change'. Arrows connect these circles to the central one. Below the chart is a section for 'Due to the above observations, I am concerned this dog may have a chronic pain condition. I am requesting your help to investigate further.' with fields for 'Date', 'Location', 'Referral', and 'Notes'.

Suspicion of
chronic pain
chart

A booklet titled 'canine arthritis management CAM GUIDE TAKING OWNER COLLECTED VIDEOS FOR YOUR VETERINARY PRACTICE'. It features a photo of a dog's head. The text explains that video footage taken at home can be very beneficial to the vet, as it allows them to assess the dog's movement and posture when they are relaxed and in a familiar environment. It also includes a note about the importance of the quality of the footage.

Taking owner
collected vids for your
vet guide

A form titled 'WHAT HAS CHANGED FOR MY DOG' from canine arthritis management. It includes sections for 'GENERAL INFORMATION' (Name, Address, Phone, Email, Dog's Name, Dog's Age, Dog's Weight, Dog's Breed) and 'WHAT STAGE OF DISEASE ARE YOU AT?'. The latter section has a table with columns for 'DATE' and 'DETAILS' for recording changes in the dog's condition.

"What has
changed for my
dog' form

A chart titled 'OWNER - CHRONIC PAIN INDICATOR CHART' from canine arthritis management. It includes a section for 'Dog's Name' and 'Date of Birth'. The main part of the chart is a table with columns for 'Pain Level' (1-10) and rows for 'Pain Level', 'Pain Location', 'Pain Duration', 'Pain Frequency', 'Pain Intensity', 'Pain Timing', 'Pain Triggers', and 'Pain Response'. Each cell in the table has a small icon of a dog's head.

Chronic pain
indicator chart



www.caninearthritis.co.uk/how-can-can-help/downloads



VET VISIT PREP CONT...

If you are at the stage where you already have a management plan that includes a **collaborative team of professionals** that help your dog in different ways, you may want to consider using our **OA Booklet tool**.

We have designed this booklet to be used like a “vaccination card”. You take it with you to the vet or therapist to record how your dog is doing on each visit. This ensures a team approach to managing your dog’s OA.

- It provides a crib sheet to be covered in each vet/therapist visit
- It has action plans and tick lists, as well as a “good day / bad day diary”
- It features CAM’s “chronic pain indicator chart” to help you monitor your dog better
- It also has a section for physiotherapists, hydrotherapists and other complementary therapists to record their findings to improve communication between the professionals managing your dog

Available in both digital and print versions,
head to the link below to purchase:



[www.camonline.shop.com/booklets/
books-booklets](http://www.camonline.shop.com/booklets/books-booklets)



**DOWNLOAD FOR
FREE IN THE
MEMBER ZONE!**

EDUCATION AND UNDERSTANDING

We have gathered together all of the info you could possibly want to know about OA and how to manage it, and packed it into this easy to follow, interactive online course called **Canine Arthritis Essentials**.

Head to the link below to check it out:



[www.cameducation.co.uk/
course/camessentials](http://www.cameducation.co.uk/course/camessentials)



CANINE ARTHRITIS ESSENTIALS

A comprehensive overview
of Canine Arthritis for
dog owners



 canine arthritis
management



INCLUDES
12 MONTHS
MZ ACCESS!



Here at CAM, we used evidence based information to create all of our resources, and our **digital booklets** are no different. Covering a range of topics, we aim to provide clear, no-nonsense advice to aid you on your OA journey.

Available in both digital and print formats, you can find them in our online shop via the link below:



[www.camonline.com/booklets/
books-booklets](http://www.camonline.com/booklets/books-booklets)



EDUCATION AND UNDERSTANDING CONT...

FAMILY EDUCATION - 'WHY DON'T YOU LISTEN' BOOK

Many behaviour problems result from an innocent lack of understanding, misinterpretation, and miscommunication. All of which could be avoided if we only learned to listen.

Why Don't You Listen? is a beautifully illustrated story book, teaching children (and adults) how to recognise when dogs are in pain. It is a must read for all families that share their lives and homes with our four-legged friends.

Head to the link below to purchase:



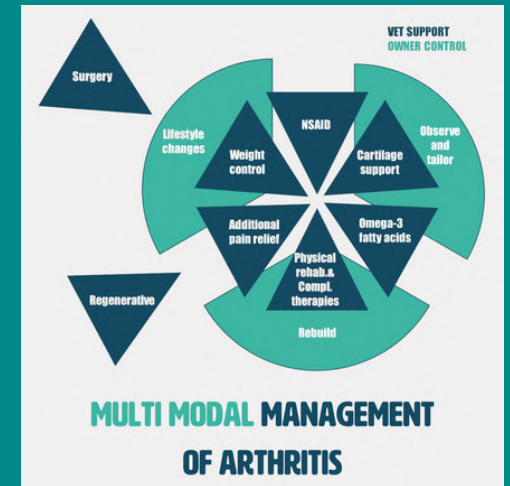
[www.camonline.shop.com/
why-dont-you-listen-book/](http://www.camonline.shop.com/why-dont-you-listen-book/)



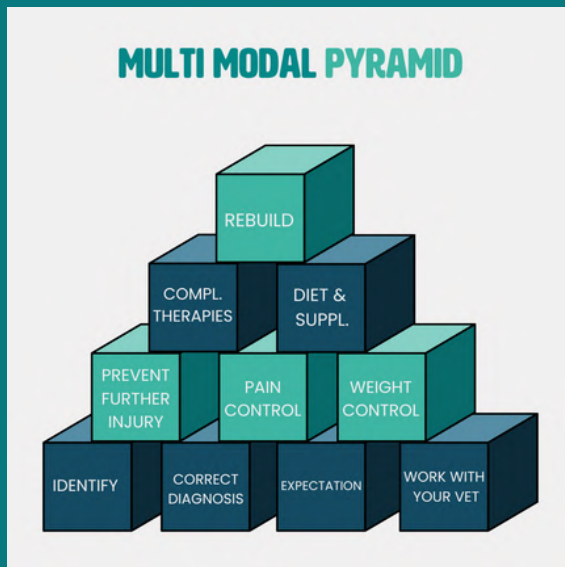
BUILDING A MANAGEMENT PLAN

To be able to tackle arthritis effectively, you need to have several different approaches in place at the same time. This is called a multimodal management plan, and it is by far the best approach to treating OA.

The graphic shows the different aspects of a multimodal management plan, and whether it is something you can get started with alone, or whether you will need veterinary support.



As you can see, good management takes a team effort.



This graphic shows the different steps involved in building a gold standard management plan, and it is these steps that we use to structure our **10 email mini-series** – designed to guide you step-by-step through the process of building a top notch management plan.

You can sign up for the email series via the link below:



<https://bit.ly/managementplan10>



BUILDING A MANAGEMENT PLAN CONT...

We have also created an email mini-series dedicated to **weight control**, which can be a very useful accompaniment to the management plan email series if weight is an issue for your dog.

You can sign up via the link below:



<https://bit.ly/WeightLossCAM>



HANNAH CAN HELP
YOU BUILD YOUR
MANAGEMENT PLAN!
HEAD TO THE PAIN VET ON
THE NEXT PAGE FOR
MORE INFO

CAM TOOLS

Take a look at the tools below, created to help you make some adaptations as part of your management plan.



HOME ASSESSMENT TOOL

Make your dog's home environment easier to negotiate to help improve their quality of life.
#itsmyhometoo



caninearthritiscam.co.uk/member-zone/cam-tools/home-assessment-tool/



LIFESTYLE TOOL

Our interactive lifestyle tool highlights hazards and offers advice for your dog both in the home and outside.



caninearthritiscam.co.uk/member-zone/cam-tools/



www.caninearthritiscam.co.uk/how-can-can-help/downloads/



THE PAIN VET

by canine arthritis management

**Direct coaching with leading
veterinary experts who tailor a
management plan to you and your
dog's lifestyle and needs**



HOW WE CAN HELP YOU...

**EXPERT
ADVICE**

**ONLINE
AND IN
PERSON**

**COLLABORATIVE
CARE**

**TIME RICH
CONSULTS**

**FLEXIBLE
OPTIONS**

**EDUCATIONAL
RESOURCES**

**INSURANCE
REIMBURSEMENT
POTENTIAL**

**LONG TERM
MANAGEMENT**

**The Pain Vet offers a one-of-a-kind, expert-led service
that gives pet caregivers personalised, one-on-one
consultations to help manage their pet's chronic pain.**

**HEAD TO THE WEBSITE TO LEARN
MORE ABOUT THE SERVICE, THE
PAIN VET TEAM, AND TO BOOK AN
APPOINTMENT**

FIND OUT MORE



THEPAINVET.CO.UK

MONITORING

Once you have your management plan in place and know what to look for when it comes to signs of pain, you can closely monitor your dog for signs of improvement or deterioration, the latter meaning some adjustments are needed to your management plan.

For more info on objective monitoring, head to the link below:



www.caninearthritis.co.uk/managing-arthritis/owner-identification-of-pain/



MONITORING TOOLS

There are a number of recognised semi-objective monitoring tools available for you to use to monitor your dog's quality of life. For a list of these tools, please head to the page below:



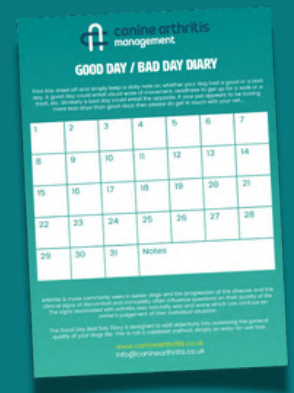
www.caninearthritis.co.uk/managing-arthritis/what-works-how-to-introduce-it



We have made a simplified version of a monitoring tool, known as the **'good day/bad day diary'**. Just like a calendar, put it on your fridge and record your dog's experiences each day. This is great for noticing patterns or responses to new interventions.



www.caninearthritis.co.uk/how-can-can-help/downloads/



YOUNG DOGS AND PREVENTION


We all know the adage – “prevention is better than cure”.

This could not be more true for a disease like arthritis. We want to help all dogs, not just those already with the disease, so we have created some resources aimed at puppies and younger dogs whose caregivers want to reduce the likelihood of their dog developing joint issues later in life.



Our **puppy guidance handout** is aimed at building good practices, and avoiding those activities and habits that cause joint damage.



 <https://caninearthritis.co.uk/how-cam-can-help/downloads/>



Our **Young Dog Joint Care course** covers all bases when it comes to a lifetime of healthy joints. Enrolling on this course could save you thousands in vet bills later on.



 www.cameducation.co.uk/course/young-dog-joint-care

FREE FOR
CAM
MEMBERS!

CAREGIVER SUPPORT

We talk a lot about how we can help our dogs deal with this difficult disease, but not many people talk about the hardships faced by their caregivers.

Caregiver burden, compassion fatigue, anticipatory grief and **pet loss** are just some of the labels used to describe the incredibly turbulent emotional journey experienced by many pet owners.

If you are experiencing any of these things, please know **you are not alone.**

We have a dedicated **Emotional Support** section in our Member Zone where we go into much more detail, as well as offer more direct support to caregivers.

Take a look here:



caninearthritis.co.uk/member-zone/emotional-support/



CAREGIVER SUPPORT CONT...

CAM began as a simple Facebook group aimed at owner support and education. That was back in 2015, and that group is still thriving!

It is called Holly's Army, and with over 18.2K members, it has become the soul of CAM.

It is that place owners go to ask questions and get advice from others who have been in similar situations.

We moderate the group with a lovely team of CAMbassadors who volunteer their time to us and keep the group the wonderful safe space that it is.

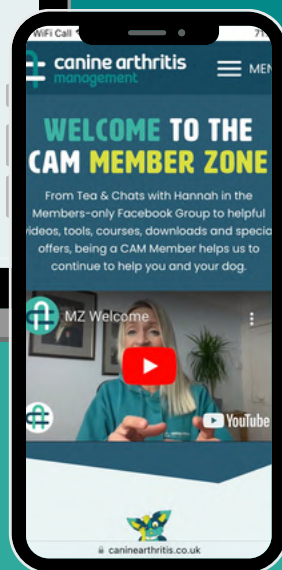
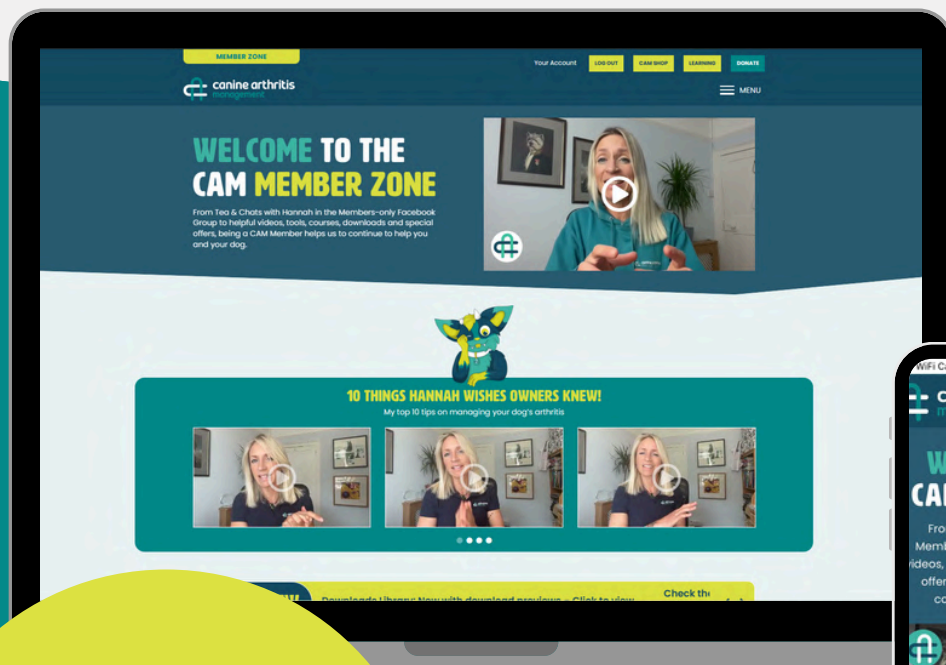
To take a look at the group, please head to the link below:

 www.facebook.com/groups/2161091580843717/



WELCOME TO THE CAM

Mz MEMBER ONE



**£35
PER YEAR!**



[CANINEARTHRTIS.CO.UK/MEMBER-ZONE/](https://caninearthritis.co.uk/member-zone/)

The Member Zone is full of resources, tools, downloads, and discounts, all for a small annual fee of £35.

It's a one-stop-shop for all things OA – you can lose yourself in everything you need to know about arthritis and chronic pain. Members can now access all of our Pet Guardian courses for FREE within the Member Zone.

THE CAM ONLINE SHOP

Our online shop is set up with arthritis in mind. We only stock products that have scientific evidence to back them up, or ones that have been through rigorous CAM testing!

We stock with lifestyle, support, and enrichment in mind. And we bet there are some products in there that you didn't know you might need!

We even have some branded merchandise for those who want show their support for CAM – these are often great conversation starters with other dog walkers!

Take a look around via the link below:

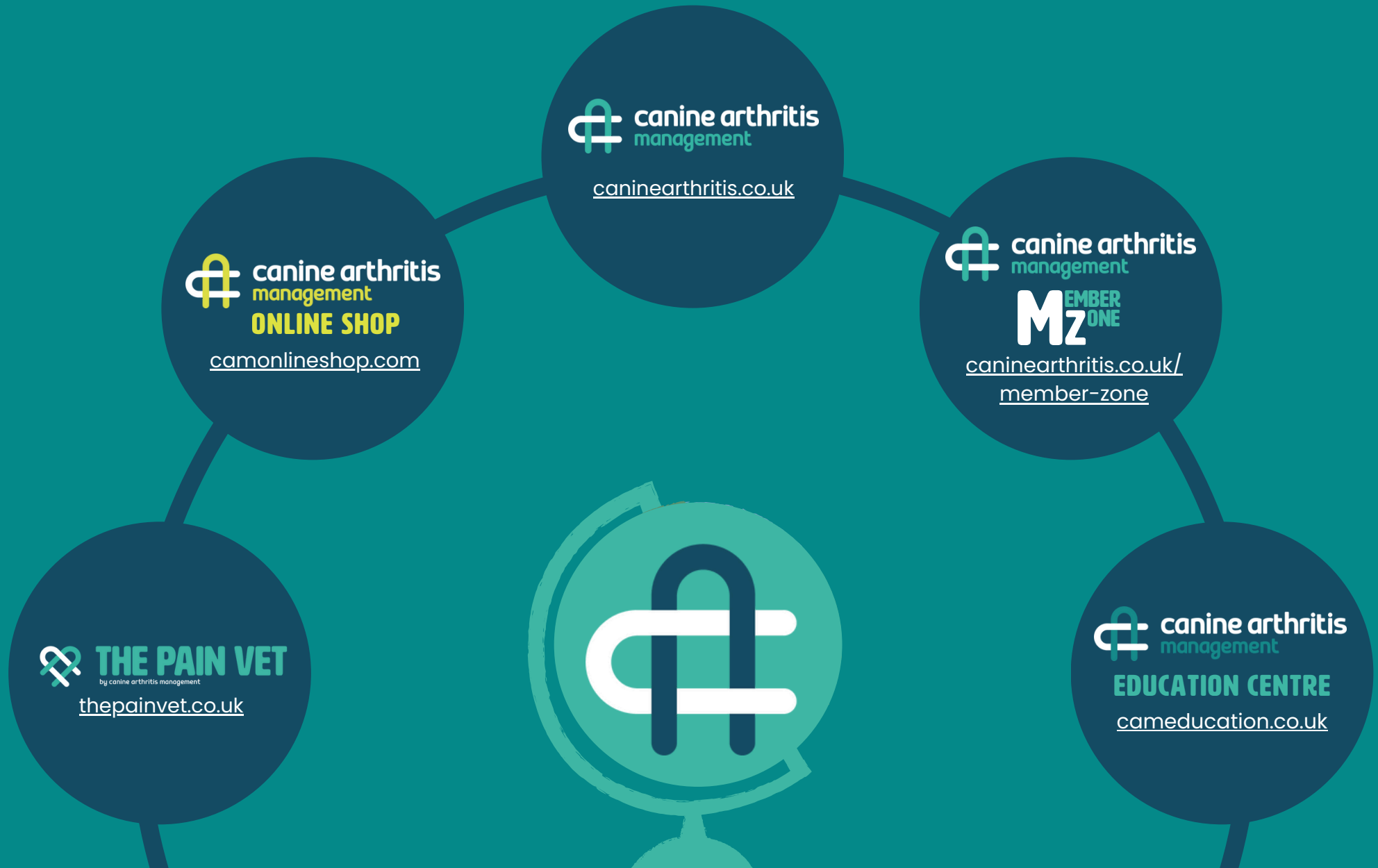


www.camonlineshop.com/



THERE IS SO MUCH MORE TO SEE!...

Please explore the world of CAM to see how we can help you and your dog on your OA journey.



GET SOCIAL WITH CAM



@CAMarthritis



Holly's Army



CAM Product Share and Reviews



@canine_arthritis



Canine Arthritis Management



@CanineArthritisManagement



@CAMarthritis



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caninearthritis.co.uk



cameducation.co.uk

#YOURDOGMOREYEARS