

Convention 2015

THE NAVTA JOURNAL

A Publication of the National Association of Veterinary Technicians in America

in this edition...

FIC - Why all the Stress?

NAVTA 2014 Review

SCNAVTA - the Future of NAVTA



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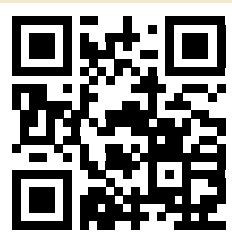




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You Are NAVTA!

Now is the best time to renew your membership – so tell your colleagues about all the benefits of NAVTA membership, and join today!

Who are NAVTA members?

The National Association of Veterinary Technicians in America (NAVTA) is made up of people just like you... people who want to make a difference in the lives of animals.

NAVTA is a growing global network of:

- Credentialed Technicians
- Veterinary Technician Specialists
- Assistants
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- Educators
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NAVTA empowers you to succeed in your career. Together, we strengthen the veterinary technician profession.

Why NAVTA?

NAVTA is a membership-based non-profit association that acts as the national voice of the veterinary technician profession. In addition to serving its members, NAVTA educates the allied industry and the general public about the veterinary healthcare team. NAVTA initiatives include:

- Monitoring legislation that affects the veterinary technician profession on a national level
- Continuing education and networking through state and local networks and student chapters
- Celebrating National Veterinary Technician Week
- Strengthening relationships with allied associations and NAVTA sponsors
- Distributing technician demographic and salary surveys
- Creating ongoing public relations campaign about the importance of credentialed technicians



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PRESIDENT'S MESSAGE

Letter From the President



Hello veterinary technicians and other Veterinary Professionals. My name is Dan Swenson and I am so excited to be the 2015 NAVTA President. It is a great opportunity and privilege to be able to represent my colleagues and fellow veterinary technicians in this capacity. I look forward to being able to continue the work and growth of our profession.

I have been a Veterinary Technician for 12+ years. Throughout my career I have had the opportunity to work in many states and with a variety of veterinary healthcare team members. I have learned a lot from each and every one of them. Every member of the veterinary healthcare team plays a crucial role in making the hospital a successful business and an enjoyable place to work. The places that I have really enjoyed working are places that know and understand how veterinary technicians should be utilized. When each member of the veterinary team is properly trained and their skills are properly utilized, the team functions well, the business becomes profitable, the patients receive the best care, and the hospital is a great place to work.

I love my profession and have built a wonderful career. It is great to work with a variety of animals and help them recover from the various ailments and diseases. It

is also so much fun to meet all the different pet owners. Each client is different, and comes from such a unique background. So many veterinary professionals go into this profession thinking that they will get to work with animals and not have to deal with people. As we all realize, this is not the case. Every animal that we work with has at least one person attached to it. It is our awesome responsibility to be able to interact with the pet owners and educate them on all the different needs that their pet has. It is a great opportunity to be able to meet with clients and discuss everything from behavior, grooming, vaccines and all the other things that will help their pet live a long and healthy life. Our clients rely on us to discuss and teach them the correct ways to care for their pet. In order for us to do this, we must have the proper knowledge that is generated from an educational background. Once we educate our clients with this knowledge, they begin to respect us, develop relationships and continue to bring their pets into our facilities for future needs.

Over the coming year as your NAVTA president, I hope to continue helping our profession grow and earn the respect that we all deserve. We are an integral part of the veterinary professional team and contribute to a successful and productive veterinary business. I encourage you to continue growing your knowledge base through continuing education, which allows you to educate your fellow team members and clients, resulting in excellent patient care.

It is going to be a great year and I look forward to celebrating many successes with each of you. Keep up the great work and dedication to our profession!

– Dan Swenson
NAVTA President, 2015

THE NAVTA JOURNAL

NAVTA

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- June/July edition: April 1 (CE articles and case studies) and April 15 (all other content)
- Aug/Sept edition: June 1 (CE articles and case studies) and June 15 (all other content)
- Oct/Nov edition: August 1 (CE articles and case studies) and August 15 (all other content)
- Dec/Jan '15 edition: October 1 (CE articles and case studies) and October 15 (all other content)

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A Letter from NAVTA's Executive Director



We as technicians work very hard every day. Our hard work pays off when we see the tails wagging, the wiggling butts, get the lick on the face or hand, get nose bumps or feel and hear the purrs, but we don't see much in the way of compensation in our paychecks or in the form of bonuses. We knew this coming into our profession. We were told this throughout school and continue to experience it, years after we graduate. We are passionate people and certainly did not enter this profession to get rich! We have to be cautious with our wages and spending habits. This is something most of us struggle with every day.

Shortly after I graduated as a technician, I became a single mom and worked three jobs trying to make ends meet with daycare costs and regular bills. Trying to make ends meet was a continuous struggle, but despite living paycheck to paycheck, there were two things that I made sure I saved money for every year: my Minnesota Association of Veterinary Technician membership and my NAVTA membership. I have been a member of both every year since 1984. WOW! I'm really dating myself, but it is something I am very proud of and feel very strongly about.

For the longest time, I paid my membership fee every year, looking forward to the MAVT newsletters, the discounted convention rates, the NAVTA Journals, etc and really thought that was why became a member of both of these associations (not to mention it looked good on my resume). I was asked by a friend of mine a few years into my career to help with a MAVT event, and soon after found myself volunteering in various roles for MAVT. Eventually I began volunteering for various roles within NAVTA. I found that by doing this, it was giving back to my profession, meeting many different people, learning more about our profession and learning how our association ran.

One of the biggest things I learned throughout my career with my involvement in these organizations is that I was actually involved, just by *being a member*. Many people think that in order for you to be involved or to make a difference and give back to your profession, you have to become a board member, chair person, committee member, or actually hold a working position. They think that you only become a member for the "stuff" (Journals, newsletters, website access, etc) and yes, all of this is part of membership, but by becoming a member, you are doing much more than you actually know! You are giving back to your profession and supporting it hugely by paying that membership fee every year. That small membership fee gives that much more money towards projects and initiatives, keeping fees down for journal printing, convention costs, and everything that helps keep our profession moving forward.

All of us becoming one and increasing our numbers lets the rest of the world know how many there are of us. It allows us to become a bigger voice. With increased

membership numbers, it shows our strength and professionalism.

Increasing membership increases the awareness to various industry representatives, potential sponsors and partners, as well as our allied associations to let them see how strong we are. It also encourages them to partner with NAVTA and support projects and initiatives we are working on or wanting to pursue.

By becoming a member of your state association and NAVTA, it gives you the voice that you deserve and allows you to weigh in on what direction you want our profession to go. You are given the chance to take advantage of resources specifically for your career path and give you options for your future. It allows you to network with others in your profession and provides you with many opportunities in many ways to advance your career and head in a direction designed for yourself that you may not have otherwise known existed. There are so many things out there for us these days and many times the only way you know they are there is through professional organizations and networking.

Be proud of your profession, support it and let your voice be heard! Become a member today! Pass the word onto your co-workers and others, so that we can build strength in our professions by letting others know we are here and do have a voice!

—Julie Legred, CVT
Executive Director, NAVTA



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FIC

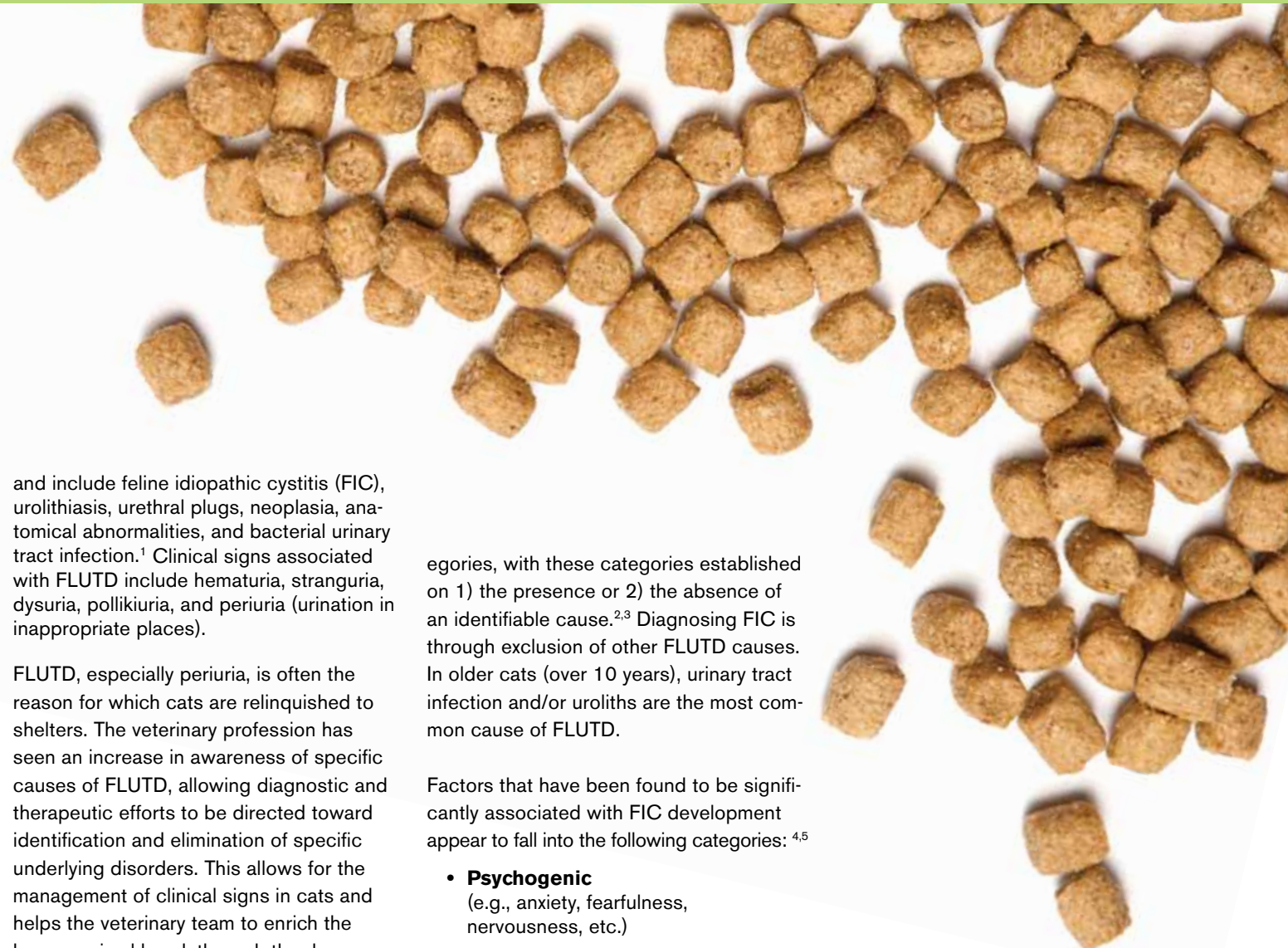
Why all the Stress?

Kara M. Burns, MS, MEd, LVT, VTS (Nutrition)
Academy of Veterinary Nutrition Technicians

This program was reviewed and approved by the AAVSB RACE program for 1 hour of continuing education in jurisdictions which recognize AAVSB RACE approval. Please contact the AAVSB RACE program if you have any comments/concerns regarding this program's validity or relevancy to the veterinary profession.

Objective: After reading this article, participants will be able to define FLUTD, identify causes and discuss potential treatments for the disease.

Urinary concerns are a common cause for which cat owners bring their cat to the veterinary hospital. Feline lower urinary tract disease (FLUTD) is a term used to describe any disorder affecting the urinary bladder and/or urethra of cats. Lower urinary tract signs may result from disorders affecting the urinary bladder and/or urethra of cats



and include feline idiopathic cystitis (FIC), urolithiasis, urethral plugs, neoplasia, anatomical abnormalities, and bacterial urinary tract infection.¹ Clinical signs associated with FLUTD include hematuria, stranguria, dysuria, pollikiuria, and periuria (urination in inappropriate places).

FLUTD, especially periuria, is often the reason for which cats are relinquished to shelters. The veterinary profession has seen an increase in awareness of specific causes of FLUTD, allowing diagnostic and therapeutic efforts to be directed toward identification and elimination of specific underlying disorders. This allows for the management of clinical signs in cats and helps the veterinary team to enrich the human-animal bond, through the decrease in painful signs associated with FLUTD.

FLUTD Prevalence and Risk Factors

Reportedly, FLUTD is responsible for 7% to 8% of feline admissions to veterinary hospitals, and has been reported in up to 1.26% of all cats.^{2,3} FLUTD does not appear to have a gender prevalence. However, overweight cats and indoor cats are believed to be a higher risk for developing FLUTD. The first episode of FLUTD typically occurs between 2 and 6 years of age with a reported 50% of these cats experiencing a recurrence.

The most common cause of FLUTD in cats less than 10 years of age is feline idiopathic cystitis (FIC), followed by uroliths, and urethral plugs. The common causes of FLUTD are divided into two general cat-

egories, with these categories established on 1) the presence or 2) the absence of an identifiable cause.^{2,3} Diagnosing FIC is through exclusion of other FLUTD causes. In older cats (over 10 years), urinary tract infection and/or uroliths are the most common cause of FLUTD.

Factors that have been found to be significantly associated with FIC development appear to fall into the following categories:^{4,5}

- **Psychogenic**
(e.g., anxiety, fearfulness, nervousness, etc.)
- **Physiologic**
(e.g., sedentary, decreased water intake, increased BCS)
- **Environmental**
(e.g., indoor vs. outdoor, less hunting activities, using a litterbox, etc.)

Diagnostic Evaluation

When managing cats with FLUTD, it is recommended that a multimodal approach be used to attain the best results. This approach includes identifying and treating underlying medical conditions, modifying the home environment, addressing behavioral issues, and managing nutritional factors. Diagnostic evaluation of cats with recurrent or persistent lower urinary tract signs should include a urinalysis and diagnostic imaging.⁶ If there is a history of urinary tract manipulation (e.g., urethral catheterization), evidence of urinary tract infection (e.g., pyuria, bacteriuria, malodorous urine), or the

cat is older (usually 8-10+ years of age), a urine culture should be done. More advanced procedures (e.g., contrast radiography) may be appropriate in some cases. If no cause is identified after thorough diagnostic evaluation, FIC is likely.

Pathogenesis of FIC

Although FIC is suspected when all other causes are ruled out, the following steps have been theorized to play a major role in the pathogenesis of FIC:^{7,8}

- A.** The stress response system (SRS) is activated when a cat perceives stress in its environment.
- B.** The SRS heightens activity in the sympathetic nervous system and increases outflow down the spinal cord to the urinary bladder. In otherwise healthy cats, this response is regulated/dampened by activity of the hypothalamic/pituitary/adrenal input.

FIC, continued



C. Increased sympathetic input to the bladder is believed to cause neurogenic “inflammation”, which leads to:

- increased permeability of the urinary bladder mucosa
- greater access of substances in the urine to sensory neurons in the bladder wall
- increased pain receptors/fibers in the bladder
- release of inflammatory cytokines from cells in the bladder wall and increased sensitivity of afferent nerves

D. Sensory input via afferent input from the bladder is transmitted back to the brain and perceived as pain, which causes additional stress

The result is a vicious cycle affecting the brain and the urinary bladder. Therefore, to increase success of managing cats with FIC, treatment approaches should be aimed at both the brain and the bladder.

Multimodal Management of FIC

The management of cats with FIC, should involve a multimodal approach to attain the best results. This includes identifying and treating underlying medical conditions, modifying the home environment, addressing behavioral issues, and managing nutritional factors. The goals of managing cats with FIC are to:

1. reduce stress
2. provide pain relief
3. decrease severity of clinical signs
4. increase the interval between episodes of lower urinary tract disease.

Because of the role of stress in the pathogenesis of FIC, much attention recently has focused on managing stress and anxiety in cats.

Feeding moist food (>60% moisture) has been associated with a decreased recurrence of clinical signs in cats with FIC. During a 1-year study, clinical signs recurred

less often in cats with FIC when fed a moist food compared with cats fed the dry formulation of the same food.⁹ Beneficial effects have been observed in cats with FIC when urine specific gravity values decrease from 1.050 to values between 1.032 and 1.041. Additional methods for increasing water intake (e.g., adding broth to foods, placing ice cubes in the cat's water, and providing water fountains) also may be helpful for some cats.

Inflammation plays a role in many causes of FLUTD, especially FIC and urolithiasis. Therefore, a key nutritional factor for managing cats with FLUTD includes omega-3 fatty acids, specifically EPA & DHA, which are known to have strong anti-inflammatory effects. Additionally, vitamin E and beta carotene are helpful for counteracting oxidative stress and reducing free radical damage, conditions that often accompany inflammation.

Managing stress and anxiety nutritionally involves foods that contain specific nutrients with proven anti-anxiety benefits and offers an innovative approach for management of FIC. Nutritional management with L-tryptophan and alpha-casozepine is supported by clinical studies in dogs and cats.¹⁰ Additionally, a nutritional approach is beneficial for cats as the owner may no longer need to administer daily treatments causing stress in the owner and the cat. Through nutrition, cats receive the necessary nutrients to decrease anxiety and stress. This approach strengthens the human-animal bond and subsequently increases compliance.

Serotonin, one of the major neurotransmitters in the brain, is responsible for regulating mood and emotion in animals and human beings. Tryptophan is an amino acid that serves as a precursor for the synthesis of serotonin. Serotonin is not able to cross the blood-brain barrier (BBB) to enter the central nervous system. However, tryptophan and 5-hydroxytryptophan are able to cross the BBB by way of a carrier

protein. Pro-inflammatory cytokines are linked to many behavioral or psychiatric diseases in animals and human beings.¹¹ Feline stressors (eg, those associated with unusual events) can increase the level of pro-inflammatory cytokines.¹² As a result, chronic stress can lead to anxious pathological states and this could be linked with a shift in tryptophan metabolism.

For decades, milk from cows' has been considered to have tranquilizing effects in humans.^{11,13} This calming effect was hypothesized to be from a natural component in the cow's milk created via digestion (tryptic hydrolysis) in human babies. Researchers first identified a decapeptide, obtained via tryptic hydrolysis, responsible for the anxiolytic activity.¹¹ This milk protein is known as alpha-S1 casein. It is converted to a bioactive peptide via hydrolysis (with trypsin) to form hydrolyzed casein. Hydrolyzed casein has a natural affinity for the benzodiazepine site of the GABA receptor and has been shown to regulate anxious and stressful behavior in multiple species. In felines, a study associated alpha-casozepine with a significant decrease in fearfulness and an increase in contact with people.¹⁴

Nutritional management aimed at addressing FLUTD, specifically FIC, will lead to improved compliance, overall better health care for cats, and fewer painful FIC recurrences. Nutritional management will help reduce pain associated with FLUTD, and strengthen the human-animal bond between pets and their owners. The healthcare team must educate owners about the impact of stress in cats and how nutritional management allows the owner to participate in the long term management of urinary health for their feline family member.

Environmental Enrichment

In addition to nutritional management, the currently recommended treatment for cats with FIC also includes environmental enrichment and stress reduction. Environmen-

GLOSSARY

Bacteriuria: Bacteria in the urine

Cystitis: Inflammation of the urinary bladder

Dysuria: Painful or difficult urination

Hematuria: The discharge of blood in the urine

Infection versus Inflammation:

Infection: Invasion and multiplication of microorganisms in body tissues

Inflammation: A localized protective response elicited by injury or destruction of tissues, which serves to destroy, dilute, or wall off both the injurious agent and the injured tissue

Periuria: Urination in inappropriate places

Pollikiuria: Frequent urination

Pyuria: Pus in the urine. The pus may be obvious or detectable only on microscopic examination and be in the form of leukocytes in casts or rafts. Usually accompanied by bacteria

Stranguria: Straining during urination

Urinary tract infection (UTI):

Colonization and persistence of bacteria (rarely fungus) in an otherwise sterile portion of the urinary tract (kidney, ureter, bladder)

Infection in the urinary tract; types are named for the part of the tract involved, such as urethritis, cystitis, ureteritis, pyelonephritis, and glomerulonephritis

Urolithiasis: Often used interchangeably with urinary calculus; an abnormal stone formed in body tissues by an accumulation of mineral salts

tal enrichment is also an important adjunct to therapy in all types of FLUTD.^{1,15} The veterinary health care team plays a crucial role in educating cat owners about the importance of environmental enrichment, stress reduction, and litter box manage-

FIC, continued

ment. Cats with FIC should avoid stressful situations (e.g., conflict with other cats in the home). Owners should be educated to provide opportunities for play/resting (horizontal and vertical surfaces for scratching, hiding places, and climbing platforms). Any changes (e.g., switching to a new food) should be made gradually so the cat has adequate time to adapt and avoid becoming stressed.

Summary

The veterinary healthcare team must educate, communicate, and follow up with the client to insure that FIC, stress, and the treatment plan are understood and executed. Ensuring the entire healthcare team, including the pet owner, is in alignment with and understands the recommendations for managing cats with FIC will lead to successful management of FIC, decreased anxiety and stress, and improved health of the patient. Most importantly, it strengthens the pet/family bond by allowing the cat to continue as an important family member.

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(Nutrition) Kara Burns is a licensed veterinary technician with a master's degree in physiology and a master's degree in counseling psychology. Kara is the Founder and President of the Academy of Veterinary Nutrition Technicians, the tenth recognized specialty for veterinary technicians. Kara is an independent nutritional consultant, teaches nutrition courses on VetMedTeam, VSPN, and in other venues around the world. She is an internationally invited speaker on nutrition, leadership and personal development, and technician utilization. Kara has authored textbooks, chapters, and numerous articles. She is an active member in the profession and is on the board of many veterinary associations - such as the AAHA Technician Advisory board; AAVN technician liaison; the NAVTA Journal editor in chief; Veterinary Team Brief Advisory Board; Society for Veterinary Medical Ethics Board, Fear Free Advisory Board, to name a few. She was the inaugural NAVTA Veterinary Technician of the Year in 2010, the Franklin Loew Lecturer in 2011, and was the 2013 NAVC Technician Speaker of the Year.

FIC Quiz

1. A term used to describe any disorder affecting the urinary bladder and/or urethra of cats is:

- a. Polycystic disease
- b. FLUTD
- c. Renal disease
- d. All of the above

2. Signs of FLUTD include all of the following except:

- a. Hematuria
- b. Stranguria
- c. Periuria
- d. Cystitis

3. Which of the following categories are contributing factors to FIC?

- a. Psychogenic
- b. Physiologic
- c. Environmental
- d. All of the above

4. A multi-model approach should be used to manage and attain results with cats with FLUTD

- a. True
- b. False

5. All of the following nutritional factors should be considered when inflammation is a contributor to the disease, except:

- a. EPA
- b. DHA
- c. Vitamin C
- d. Vitamin E

6. Pus in the urine is known as:

- a. Dysuria
- b. Periuria
- c. Pollakiuria
- d. Pyuria

7. Which of the following are goals when managing cats with FIC?

- a. Proliferate stress
- b. Provide analgesia
- c. Upturn clinical signs
- d. All of the above

8. Which of the following is responsible for regulating mood and emotion?

- a. Vitamin E
- b. Omega 3 fatty acids
- c. Serotonin
- d. Tryptophan

9. Urolithiasis is used interchangeably with which of the following terms?

- a. Urinary calculi
- b. FIC
- c. FLUTD
- d. Cystitis

10. Recommended methods to increase water intake for cats include all of the following except:

- a. Adding broth to foods
- b. Place ice cubes in a bowl
- c. Provide water fountains
- d. Forcing water with a syringe



This article is worth one continuing education credit and will be accepted for grading until Jan 15, 2017. To receive credit, please complete the quiz online at www.VetMedTeam.com. There will be a \$5 fee for each quiz.

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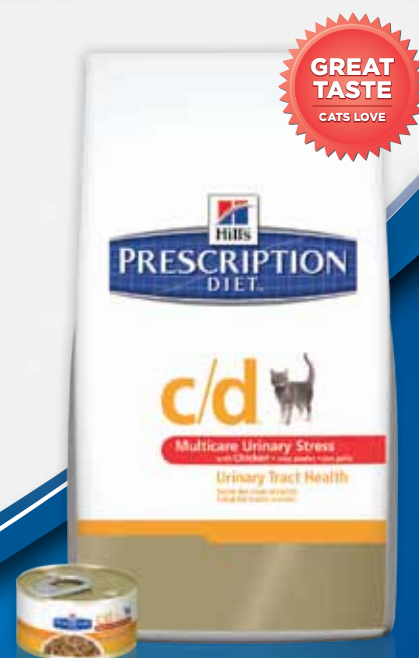
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¹Kruger JM, Lulich JP, Merrill J, et al. Proceedings American College of Veterinary Internal Medicine Forum 2013.
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CHANGE THEIR FOOD.
CHANGE THEIR WORLD.



2014 Report

NAVTA has gone through much change in the last couple of years. You, our members, wanted a credentialed technician in the seat of the Executive Director position, so at the end of 2012, we started transitioning from a 10 person management company, into two technicians holding the interim positions of Executive Director and Communications Director as volunteers. We have made a lot of progress in just over a year's time. We know that we have a long way to go. We also know that we can be really proud of what we have done and the direction in which we are headed.

Some veterinary technicians wonder why they should become members of NAVTA or even why they are current members. There are the obvious reasons - like the NAVTA Journal and the CE articles it provides. These two items require numerous hours to complete. We work hard to obtain interesting and educational articles, many of which are submitted by first time authors. Our editorial team takes time to mentor, coach and encourage these up and coming authors. We also spend countless hours securing ad sales to help keep postage and printing costs low, allowing us to keep membership costs as low as possible. The current database that carried over in the transition slows the process of creating mailing lists (this database should be updated in 2015!)

NAVTA strives to provide more CE opportunities than just those in the journal. In order for this to occur, we must attend meetings with partners and build relationships. We must plan events and secure details, allowing the CE event to occur without a problem.

The day-to-day activity of NAVTA has definitely been a challenge for not only you as members, but for NAVTA as well. At this time, we

only have one person on staff. This person maintains the day to day activities, data entry, sales, social media, and membership, just to mention a few. On top of the daily items, she travels to meetings, builds relationships and obtains sponsorships. All of this is being done for you, for us, the veterinary technician profession. We simply need 8 more hours in a day, and few more warm bodies to get everything done in a timely manner.

We have so much room for growth and improvement. We are working as quickly and as efficiently as possible to achieve all of the improvements while encompassing the rapid membership growth we have experienced in the last year. The new database and website that will launch in early 2015 will provide a better experience for all of our members, while meeting the needs of NAVTA.

We felt it was very important for you all to know what NAVTA has been working on and involved with this past year, so that you can see how we work for you and keep technicians at the table to have that VOICE we constantly talk about. The following are some of the highlights since the reorganizing began:

1. Membership

2012 = 7551
2013 = 9872
2014 = approximately 12,000

2. SCNAVTAs

2012 = 121
2013 = 102
2014 = 130

3. Newsletters

Distribution - General
2012 = 10,000
2013 = 17,500
2014 = 21,850

Started newsletter to students for student specific items July 2014
Newsletter for state representative and VTS leadership being planned for 2015

4. Website

- Impressive traffic
- Average view is 3 minutes/page
- Industry sponsors impressed with stats
- New website and database integration along with financials to roll out early 2015
- Rebranding design completion and roll out early 2015

5. **Social Media**
- Facebook page has over 42,000 friends
 - Average of over 70,000 engaged people
 - Average post reach of over 200,000
 - Average new page like per week is around 450
 - Engaged friends who share and comment regularly
 - Industry sponsors VERY impressed with stats

6. **New Logos Unveiled at State Rep/VTS Leadership Conference at AVMA**
- Rebranding underway in July 2014
 - New general NAVTA logo
 - VTS, SCNAVTA, AVAs, State Reps have own version of NAVTA logo designated for each
 - New booth and merchandise coming in 2015
 - Big rebrand will be unveiled at NAVC 2015

7. **Veterinary Technician Specialties (VTS)**
- Oversee and review
 - Annual reports of existing specialties
 - Review and recognize new specialties
 - 11 specialties
 - 3 new petitions
 - 5 – 7 in the works
 - Mentor new groups

8. **Approved Veterinary Assistants (AVA)**
- Review and approve curriculum for assistant programs
 - Mentor assistant programs in the approval process
 - 18 AVA programs
 - Approximately 25 programs reviewed in 2014
 - Graduates of AVA programs sit for an AVA credentialing test
 - Currently over 700 AVAs
 - CE required for renewing
 - First of the AVAs now submitting renewals and CE
 - Conversions are taking place from AVA to enrollment in vet tech programs

9. **Tier 1 Partner for Partners for Healthy Pets**
- Very committed to the initiative
 - Speaking at many 2014 conferences on the importance of preventive medicine
 - Working with VHMG to create a “champions” program in 2015
 - Voice to the initiative re: the importance of veterinary technicians in preventive medicine

10. **Sponsors/Partnerships**
- About 15 new partners since January 2013
 - Present and upcoming CE opportunities
 - New scholarship opportunities for students, new grads, technicians, and VTSs coming
 - Discounted merchandise, CE, books, apps, etc
 - Fun and educational events being brought forward

11. **NAVC partnership agreement**
- Day to day office duties will go to NAVC 2015
 - New database in the works for NAVTA
 - Integration of website, online platform to the database
 - CE, certificates, and project collaboration
 - NAVTA ED also NAVC’s Senior Manager of Veterinary Technician Programs

12. **Conference and Industry Meeting Presence**
- Attending and presence at over 50 venues in 2014 by Executive Director and/or President
 - NAVTA tracks at NAVC, WVC, AAHA, WWVC in 2014
 - State Rep/VTS Leadership Day Workshop at AVMA
 - Invited to table to 7 different industry wide initiatives mainly consisting of veterinarians
 - Many travel days on behalf of NAVTA

13. **NAVTA Journal**
- Published every other month
 - 3 CE articles per issue
 - 1 CE article for AVAs initiated summer of 2014
 - State updates
 - SCNAVTA updates
 - VTS updates

14. **National Veterinary Technician Week**
- October 12th – 18th, 2014
 - Poster mailed out with August/September issue of the Journal
 - Merit offer brought in 872 memberships within first 48 hours and over 5000 during the entire NVTW

15. **NAVTA in the News**
- Woman’s Day Magazine resource and NAVTA mention in 3 issues to date
 - CNN article on our profession, NAVTA ED interviewed and NAVTA mention in June 2014
 - Interview with CNN led to video shoot and creation on our profession
 - CNN collaboration with NAVTA on a video on our profession hosted on their website in June 2014
 - Women’s Radio Network interview 2015

NAVTA welcomes any questions, ideas, or comments of any type at any time. We are very excited about everything that has happened in 2014 and we are looking forward to bringing more opportunities forward to our profession and educating the veterinary profession and public on the importance of veterinary technicians in the health and well-being of pets and animals of all kinds and the integral role veterinary technicians play within the veterinary healthcare team.

Julie Legred, CVT
NAVTA Executive Director

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PO Box 1227
Albert Lea, MN 56007



SEE YOUR ARTICLE IN PRINT!



General Editorial Deadlines

ISSUE DATE	DEADLINE
Feb./Mar. 2015	Dec. 15, 2014
April/May 2015	Feb. 15, 2015
June/July 2015	April 15, 2015
Aug./Sept. 2015	June. 15, 2015

Continuing Education articles are due 6-8 weeks in advance.

For more information
Please visit: navta.net and click “The NAVTA Journal” or contact editor@navta.net. The Editor reserves the right to edit articles and run them based on space availability and editorial focus.

Do you have experience in a particular disease or procedure? Have you participated in an interesting case that could be a learning experience for others? Do you have special expertise that you’d like to share with your fellow NAVTA members? No matter the subject, we would love to include your articles and photos in *The NAVTA Journal*. Each bimonthly journal contains general editorial articles and three Continuing Education articles that can be used to earn CE credits.

Guidelines for CE articles

- 2500-3000 words
- 10 multiple choice questions and answers for CE quiz
- minimum of two references
- cannot have been published in any other trade publication
- authors must have recognized expertise in subject matter

Photo Guidelines

- minimum of 300 dpi
- digital photos only
- accepted file formats include: pdf, jpg, tif or eps (photos cannot be embedded in an email or another document file)

Case Study

On occasion, a Case Study will be included in the issue. The Case Study depicts an unusual or extraordinary case that a veterinary technician was involved with.

Guidelines for Case Studies

- 600-750 words, depending on number of photos
- photos must be used to illustrate points
- technical information on symptoms, laboratory tests, surgery and outcomes must be included with the study

Visit: www.navta.net for full editorial guidelines.

SCNAVTA... The Future of NAVTA



Pictured: Rochester Community and Technical College in Rochester, MN Class of 2015

We take pride in everything we do, everyday! We know we are true professionals and strive to do the best possible, for every client, every patient. There are, however, many veterinary professionals that do not know how to utilize credentialed veterinary technicians to their fullest potential. When the skill set of a technician is utilized 100%, practice revenues increase, the level of medicine and standard of care is increased, and clients experience the best service possible.

There are many pieces of the puzzle that play into this long fought battle and NAVTA is truly working for this every day. It may not be noticeable, but we move forward with baby steps on a daily basis. But we also need help from the entire profession to see this come to reality and truly make the change that needs to happen.

This could be a VERY long article if we went into everything affecting this problem. Something we all need to remember is to view ourselves as professionals. Be confident in what you do and say. We know this

can only happen if we take education seriously and strive to increase our knowledge base every day. Another thing that makes a big difference is how we view the necessity of taking the Veterinary Technician National Exam (VTNE). How can veterinarians and others view us as professionals, if we don't believe in taking the initiative to take, pass and renew our credentials? What if veterinarians chose to not renew their credentials or kept up with what is new in veterinary medicine by not attending CE? Yes, this all takes money and this is something that technicians typically do not have excess of,

but we cannot expect to change any of this if we think these things are optional.

It is evident that even with there being over 200 AVMA Accredited Veterinary Technology Programs, many of the programs are having difficulty in relaying the importance to the students of taking the VTNE in states that veterinary technicians are not recognized in the practice acts and don't have mandatory credentialing. This could very much affect the ability of bringing these states on board.

Veterinary technology students are vital to the future of our profession. We need to take on the responsibility of mentoring them and stressing the importance of the VTNE no matter what their plans are for the future. You never know what the future holds for you and if you might need it down the road.

Students are a breath of fresh air and anytime NAVTA has the privilege of talking with, teaching or interacting with them, it makes us smile. They are so anxious to learn and are so excited about everything relating to our profession!

The SCNAVTA's are a very important part of what NAVTA does on a day-to-day basis. We have had a busy couple of years reorganizing and transitioning and we are making headway. Our new database/web-site system will be in place in early 2015 and we know because of the reorg, we have not had the opportunity to expand and reach out to our students. We are hoping to provide new and exciting opportunities in 2015 (and beyond!) for our students... our future!

2015 Calendar of Events

January 17 – 21
North American Veterinary Conference (NAVVC)
Orlando, FL
[\[www.navvc.com\]](http://www.navvc.com)

February 15 – 19
Western Veterinary Conference (WVC)
Las Vegas, NV
[\[www.wvc.org\]](http://www.wvc.org)

February 19 – 22
Midwest Veterinary Conference
Columbus, OH
[\[www.mvinfo.org\]](http://www.mvinfo.org)

March 12 – 15
American Animal Hospital Association Conference
Tampa, FL
[\[www.aahanet.org\]](http://www.aahanet.org)

April 23 – 26
CVC in Washington, DC
National Harbor, MD
[\[www.thecvc.com\]](http://www.thecvc.com)

June 3 – 6
American College of Veterinary Internal Medicine (ACVIM) Forum
Indianapolis, IN
[\[www.acvim.org\]](http://www.acvim.org)

June 18 – 21
Pacific Veterinary Conference
Long Beach, CA
[\[www.pacvet.net\]](http://www.pacvet.net)

July 10 – 14
American Veterinary Medical Association (AVMA) Convention
Boston, MA
[\[www.avmaconvention.org\]](http://www.avmaconvention.org)

August 28 – 31
CVC in Kansas City
Kansas City, MO
[\[www.thecvc.com\]](http://www.thecvc.com)

September 24 – 27
Southwest Veterinary Symposium (SWVS)
Fort Worth, TX
[\[www.swvs.org\]](http://www.swvs.org)

October 7 – 11
Wild West Mountain States Veterinary Conference
Reno, NV
[\[www.wildwestvc.com\]](http://www.wildwestvc.com)

October 11 – 17
National Veterinary Technician Week
[\[www.navta.net\]](http://www.navta.net)

October 12 – 15
Atlantic Coast Veterinary Conference (ACVC)
Atlantic City, NJ
[\[www.acvc.org\]](http://www.acvc.org)

December 3 – 6
CVC in San Diego
San Diego, CA
[\[www.thecvc.com\]](http://www.thecvc.com)

Editor's note: This is not an endorsement for any conference or convention, but rather to help give you information on some conferences.

Have you renewed your
NAVTA membership?

No? Here's what you'll miss:



- Annual CE credits –NAVTA publishes seven issues per year with a total of 19 RACE approved CE credits.
- Member updates from the state, SCNAVTA and specialty organizations across the country. Don't miss out on what your colleagues are doing.
- Monthly newsletters – NAVTA sends an e-newsletter every month with the latest and greatest information for you.

THANK YOU

for supporting your NAVTA!

If you have renewed your membership, thank you! It's members such as yourself that make NAVTA possible.



apply online now!

www.navta.net



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