

CENTRE FOR EVIDENCE-BASED  
VETERINARY MEDICINE  
Putting research into practice



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*CEVM Newsletter, Issue 26, 29 May 2020.*

**Welcome to the latest newsletter from the Centre for  
Evidence-based Veterinary Medicine (CEVM)**

[www.nottingham.ac.uk/cevm](http://www.nottingham.ac.uk/cevm)



Thanks to all our **NHS** staff and keyworkers

From all of us at team CEVM

Please forward this e-mail on to any colleagues who you think may be interested — they can sign up for future newsletters using our mailing list:

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#### **Coming up in this issue:**

- COVID-19 guidance
- Latest BestBETs
- Recent publications
- Spotlight on our teaching

#### **COVID-19 Guidance :**

It cannot have escaped everyone's attention that things are a little different right now. Due to the COVID-19 pandemic, many aspects of daily life have been impacted and the veterinary industry is no exception. We understand that right now things may be very stressful and confusing for people and that it can be hard to know where to turn to for up to date and accurate information. Below are the links for some organisations that are providing regular updates on the impact of COVID-19 on the veterinary industry.

- **BVA** - <https://www.bva.co.uk/coronavirus/>
- **RCVS** - <https://www.rcvs.org.uk/setting-standards/advice-and-guidance/coronavirus-covid-19/>
- **BSAVA** - <https://www.bsava.com/COVID-19>
- **BEVA** - <https://www.beva.org.uk/coronavirus>
- **BCVA** - <https://www.bcva.org.uk/covid-news>

#### **BestBETs for Vets:**

You can find all BETs on our free online database [here](#). You can also find out more, subscribe to BET updates or submit a question; here are our most recently published BETs:

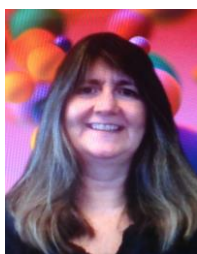
- Midline versus flank approach and pain in neutering of cats (recently updated) <https://bestbetsforvets.org/bet/567>
- Cannabidiol (CBD) in addition to current treatment for seizure reduction in canine epilepsy <https://bestbetsforvets.org/bet/568>
- Cannabidiol (CBD) in addition to current treatment for pain reduction in canine osteoarthritis <https://bestbetsforvets.org/bet/566>
- The effect of intrauterine cephalosporin on subsequent fertility in cows with clinical endometritis (recently updated) <https://bestbetsforvets.org/bet/561>

## Recent publications:

- Scanlon, L., McBride, A. and Stavisky, J. (2020) Prevalence of pet provision and reasons for including or excluding animals by homelessness accommodation services. *Journal of Social Distress & Homelessness*, <https://doi.org/10.1080/10530789.2020.1754602>
- Belshaw, Z, Dean, R and Asher, L (2020) Slower, shorter, sadder: a qualitative study exploring how dog walks change when the canine participant develops osteoarthritis. *BMC Veterinary Research*, 16:85, <https://doi.org/10.1186/s12917-020-02293-8>.
- Norman, C., Stavisky, J., Westgarth, C. (2020) Importing rescue dogs into the UK: reasons, methods and welfare considerations. *Veterinary Record* 186, 248, <https://doi:10.1136/vetrec-2019-105380>
- Palczynski, L.J., Bleach, ECL, Brennan, ML and Robinson, PA (2020) Giving calves 'the best start': Perceptions of colostrum management on dairy farms in England. *Animal Welfare* 29: 45-58, <https://doi.org/10.7120/09627286.29.1.045>
- Hill, K, Yates, D, Dean, R and Stavisky, J (2019) A novel approach to welfare interventions in problem multi-cat households. *BMC Veterinary Research*, 15: 434, <https://doi.org/10.1186/s12917-019-2183-3>

## Spotlight on our Teaching:

In this issue we hear from Lisa Morrow (DipAppChemBiol, BMLSc, DVM, MSc (VetEpi), DLSHTM, MRCVS, AFHEA).



I am a teaching associate at the vet school and teach various subjects across all years of the course. We teach evidence-based veterinary medicine (EVM) to the final year students during their One Health:One Welfare rotation. I really enjoy teaching these sessions as it is an opportunity to discuss how an EVM approach to practice can help support them in their clinical decision-making and in their communications with clients and colleagues. The material we teach is part of the RCVS day one competencies and it also provides them with strategies they can use as committed life-long learners. In addition, we show them the relevance of clinical veterinary practice to research - just in case they want to do research at some point during their career!

We work in a small group setting with 4-8 students at a time. We discuss common scenarios that they are likely to encounter in practice where a question needs to be answered, a decision made or where there are differences in opinion between colleagues or them and the client. We discuss strategies for dealing with these challenging situations and how our knowledge of the evidence can help us frame our conversations and influence decision-making. An important element of this is discussing how to approach these situations when we don't know the answer: what are the various evidence sources we have available to us, what are their strengths and weaknesses, how do we assess all of these things, what role might our own bias play?

A key skill set they develop centres around using an EVM framework, specifically the BestBETs for Vets model. They use this process to answer a specific clinical question that they come up with themselves. It usually stems from an experience they have had during EMS or clinical rotations so it is very relevant to them! We teach them how to do a very specific and sensitive search of the literature to find any evidence that directly answers their question. They then learn how to assess the quality of the evidence by considering the type of study the information comes from, where it fits in the hierarchy of evidence and how to use a structured approach to critically appraise the evidence. Sometimes there is no peer-reviewed evidence to be found and so we discuss strategies to deal with other information sources in an evidence-based way.

Another tool we equip them with that can be very helpful in a busy practice environment is an awareness of the various sources of readily available evidence syntheses such as BestBETs for Vets, Knowledge Summaries, and the VetSRev (veterinary systematic reviews) database.

These 'nearly new vets' are also aware that there are often other influencing factors at play in practice. In our sessions they are asked to consider these and thus, they learn to contextualise their choices and decisions. I believe this improves their resilience to the not so black and white reality of clinical practice.

**And Finally:**

We wanted to show our support to all keyworkers and NHS staff across the country who have been working so hard to keep everything running and all of us safe – thank you to all of you, you are doing an amazing job, keep it up!



We would love to receive your input on what content you would like to see in our newsletter or on our Facebook page. Let us know by email or on one of our social media pages.

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