

Saturday 5th September | 11:00 – 12:00

Speaker: Emily Ashdown RVN, ADIPPHYS, ISFMCert, CSMCert, Cert CanineHydro, L3AET MRAMP, MIRVAP, AHPR, VMLSO

Session Title: From Assessment to Action: Practical Osteoarthritis Management in Nursing clinics



Emily Ashdown qualified as a Veterinary Nurse in 2013 and is registered with the Royal College of Veterinary Surgeons. She later trained as a Veterinary Physiotherapist (2017), specializing in Canine Sports Massage (2018) and Small Animal Hydrotherapy (2021). A RAMP registrant and IRVAP member, Emily has worked across diverse veterinary practices and led nursing teams. Since 2017 she has focused on rehabilitation, running her own business and treating patients including military and Team GB agility dogs. She works with Companion Animal Health as International Training and Education Manager, teaches globally, created the first Ofqual-accredited laser therapy qualification, and founded Precision Animal Laser Academy, often demonstrating with her spaniels, Vinnie and Diesel.

Synopsis:

This lecture outlines a practical, nurse-led approach to managing osteoarthritis (OA) in clinical settings, moving from effective mobility assessment to targeted interventions that improve patient comfort and function. It highlights the use of structured assessments and validated questionnaires to monitor disease progression, alongside simple but impactful lifestyle adaptations such as environmental modifications and tailored exercise plans. The role of nutrition, including weight management and evidence-based nutraceuticals, is discussed, as well as adjunct therapies like laser treatment, physiotherapy, and massage. Emphasis is placed on a multimodal, patient-centered approach that empowers veterinary nurses to play a key role in long-term OA management and quality of life improvement.

Learning Objectives:

1. **Understand how to assess and monitor osteoarthritis** using clinical examination and validated questionnaires to track progression and response to treatment.
2. **Apply practical, nurse-led interventions** including lifestyle adaptations, weight management, and tailored exercise plans to improve mobility and comfort.
3. **Recognise the role of multimodal management**, incorporating nutrition, nutraceuticals, and adjunct therapies such as physiotherapy, massage, and laser therapy.