



H.E.L.P GUIDE

Reference Guide is your go-to guide for emergency preparedness. This guide delivers clear, practical steps to manage emergencies.



DISCLAIMER

The information presented in this program is designed for educational purposes only. It is solely advisory, and the author cannot be held responsible for actions taken in regard to this program. We offer no warranty, either implied or expressed. All material is accurate to the best of the author's knowledge.

This program is not intended to replace the advice of your own veterinarian or medical professional. We cannot answer specific questions about your pet's medical issues or make medical recommendations for your pet.



HOME EVALUATION SHOULD INCLUDE:

- Eyes
- Ears (inside & out)
- Mucous membrane
- Skin & coat feel for lumps & bumps
- Look under tail paws, paw pads & nails
- Resting respiratory rate
- Pulse



	LARGE DOG	MEDIUM DOG	SMALL/TOY DOG	CAT
HEART RATE	60-100 bpm	80-120 bpm	90-140 bpm	140-200 bpm
BREATHING RATE	10 – 30 Breaths/min			20-30 Breaths/min
TEMPERATURE *	100.4 – 102.5 Fahrenheit *We only recommend digital thermometers for ease of use and accuracy.			
CAPILLARY REFILL TIME (CRT)	Blanche & fill back in within within 1.5 to 2 seconds			
MUCOUS MEMBRANE COLOR & MEANING	Determines the immediate underlying health of your pet Pink/Black – Normal White/Pale – Anemic/Shock Yellow – Jaundice/Hemolysis/Liver Blue/Grey – Hypoxic/Shock			



CARDIOPULMONARY RESUSCITATION (CPR)

CPR RATE: 100 – 120 bpm

CPR RATE, RATIO & DEPTH: 1/3 to 1/2 of the chest width CPR

COMPRESSIONS: 30

BREATHS: 2

CPR CYCLE: Initial 2 Minutes then assess Continue CPR @ 4 cycles of 30/2 then assess

CPR: CARDIAC COMPRESSION
CPR: THORACIC COMPRESSION



Side to Side - Thoracic



Small dog/cat



Barrel chest

Cardiac



FIRST AID

Conscious and Responsive Pet

GET	SAFELY GET CONTROL OF SITUATION & PET
PREPARE	PREPARE TO RESTRAIN & MUZZLE
DO	ASSESSMENT FOR INJURY
ADMINISTER	ADMINISTER PET FIRST AID
CONTACT	CONTACT NEAREST ANIMAL HOSPITAL
TRANSPORT	TRANSPORT AS WARRANTED
PET	PET BASIC LIFE SUPPORT DEBRIEFING



TYPES OF SHOCK

Hypovolemic shock is an emergency condition in which severe blood or other fluid loss makes the heart unable to pump enough blood to the body. This type of shock can cause many organs to stop working. **EX: Blood loss/dehydration**

Cardiogenic shock occurs when the heart is unable to pump as much blood as the body needs. It can happen even if there hasn't been a heart attack if one of these problems occurs and your heart function drops suddenly. The patient will have a hard time breathing.

EX: Heart Failure/Cardiomyopathy/abnormal conduction/valvular Failure

Obstructive shock is a condition that prevents blood and oxygen from getting to your organs. You need immediate treatment of the problem that caused this emergency, such as a blood clot or collapsed lung. Survival rates for this rare type of shock are better than survival rates for more common types of shock.

EX: GDV/ Tension Pneumothorax/Pulmonary Embolism/Blood clots/Crush injury

Distributive shock or vasodilatory shock is a medical emergency where your body can't get enough blood to your heart, brain and kidneys. This happens because your blood vessels are extremely dilated (flaccid or relaxed), which brings down your blood pressure and cuts down on how much blood can get to your organs.

EX: Neurogenic (spinal cord injury)/anaphylactic/Septic/Heat. This type of shock is the most common.

ACTION = stop the bleed

ACTION= CPR

**ACTION = decompression
and/or fluids**

ACTION= fluids

For Canine the more common shock profiles will typically be due to Massive Bleeding, Heat and GDV.



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SHOCK MANAGEMENT

Signs:

- Woozy & weak
- Difficulty standing
- Unaware of Surroundings
- Gums will turn dark pink then become Pale in 5-10 mins (as oxygen levels fall)

Help to maintain body temperature by covering with a blanket

Get animal to a veterinarian immediately



ACTIVE BLEEDING

IMMEDIATE EMERGENCY

Remember! Active bleeding is the most difficult to control & not always obvious on an animal due to fur coverage. To stop massive (arterial/squirting blood) bleeding, technique used is Wound Packing

Wound Packing is getting inside the wound to put pressure on the wound to stop bleeding as quickly as possible). When applying wound packing, make sure all crevices are packed with gauze.

Wound Packing is suggested using:

Hemostatic gauze Kerlix, rolled gauze, compressed gauze Expandable sponges (x-stat, vetigel, etc)

Approved brands of hemostatic gauze include: QuickClot Combat Gauze Chitogauze Celox X-stat



Follow manufacturers hold times (typically 3 mins) onto the wound. Once bleeding is under control, apply pressure dressing.



SIGNS OF INTERNAL BLEEDING

Internal bleeding in dogs is another form of potentially life-threatening blood loss, when blood pools in the abdominal or chest cavity but does not result in *visible* blood in the stool or bleeding from the rectum. A few causes of internal bleeding in dogs include rat bait poisoning, ruptured masses on the spleen, trauma, and sometimes in the case of immune-mediated disease.

External signs of internal bleeding:

- Gums appear pale to white.
- Dog feels cool on the legs, ears or tail.
- Coughing up blood or having difficulty breathing.
- Unusually subdued; progressive weakness.
- Experiences sudden collapse.
- A painful belly when it is touched.
- Watch for hypovolemic shock and treat accordingly



Yunnan baiyo

GDV – SIGNS

What are the signs of GDV:

- Pacing, uncomfortable, distress
- Abnormal behavior
- Distended stomach
- Unproductive retching
- Difficulty breathing
- Downward dog position
- Basketball sound
- Shock



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HEAT INJURIES CAN DEVELOP IN LESS THAN 30 MINS MORTALITY RATE: 50%

COOL IMMEDIATELY

Watch for shock

Monitor body temp every 3–5 mins

Stop active cooling at 103 degrees

If they do not respond to your efforts to cool them down within 5–10 minutes,
Take to vet

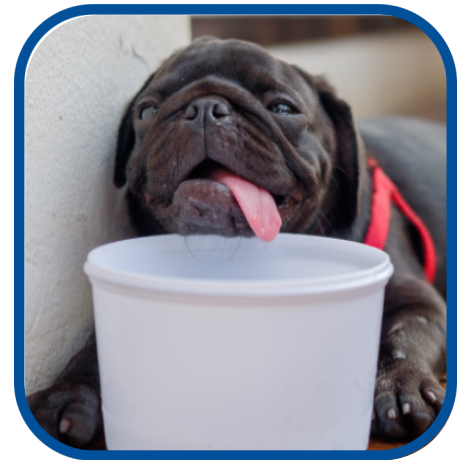
Damage continues even after patient is cooled

Symptoms may not appear for minutes, hours or days after incident

Best Outcome = veterinary care within 90 mins of the first signs of injury

Worst Outcome = coma or Hypothermic (to cold)

Signs: Panting – increased rate, volume, noisy, wider mouth/tongue, uncontrolled Neurologic – less focus, starting into space, glazed eyes, eyes roll back, uncoordinated, stumbles, falls, seizures or coma .



POISONING

CAUSES

Careless handling or storing of potentially toxic substances.

Pet Poison Hotline 800-213-6680



ASPCA Poison Control

888-426-4435



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XYLITOL

Also known as:

Birch Wood

Birch Sugar

Birch bark extract

Wood sugar

Causes rapid glucose spike & decrease = hypoglycemia

Signs: Vomiting, lethargic, weakness, diarrhea, collapse and seizures may be seen
Liver Failure can occur 2/3 days post exposure
2-4 pieces of ice cube gum can cause hypoglycemia in a 60lb dog



XYLITOL is a sweetener found in a wide range of products. It might also go by other names, including wood sugar, birch sugar, and birch bark extract.



XYLITOL poisoning can start within 20 minutes!! Signs include:

- Vomiting
- Decreased activity level
- Weakness and collapse
- Difficulty walking or standing
- Shaking or seizures
- Coma
- Liver failure
- Bleeding problems

Xylitol poisoning can KILL your dog.

Call your vet, emergency animal clinic, or animal poison control center if you think your



TOXIC FOODS FOR K9

CHOCOLATE – Signs of Toxicity

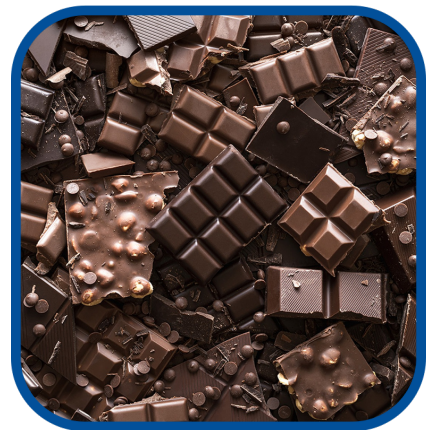
Vomiting, diarrhea, excessive thirst, muscles spasms, seizures, possible death (rare) www.vets-now.com/app/chocolate-calculator

RAISINS/GRAPES– tartaric acid may affect the kidneys

signs of toxicity: Loss of appetite, vomiting, dehydration

Onions– large amounts may cause damage to red blood cells

Signs of toxicity: will show days later, weak, dark /orange urine



HOW TO INDUCE VOMITING IN CANINES IF INSTRUCTED TO DO SO

Hydrogen Peroxide 3% • 1 TBS/15 lbs

Induce vomiting if instructed by your veterinarian or
poison control for DOGS only.

Never induce vomiting for:
Caustic/acids Semi/unconscious
patient



Do NOT give to cats for vomiting

Hydrogen peroxide can be toxic to cats if ingested,
causing damage to the stomach lining.



CAT WARNING



ANTI-HISTAMINE DIPHENHYDRAMINE FOR ALLERGIC REACTIONS

INSECT BITES & STINGS

Bee stings: acidic = baking soda/water paste on area

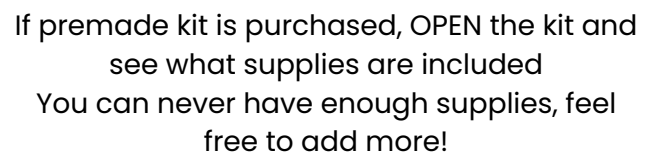
**Dose 1-2 mg/pound 25mg
diphenhydramine**

Wasps stings: alkaline = Vinegar on area Both =
ice pack can be applied to area



Stingers should not be removed with **tweezers**

A collection of pet first aid supplies is displayed on a dark surface. In the center is a blue fabric bag with the text "H.E.L.P." and a dog silhouette. Two white cards, one labeled "PET CARE-AID", are tucked into the top of the bag. Surrounding the bag are various items: a bottle of "Gallipet" antiseptic, a tube of "Gallipet" ointment, a box of "Gallipet" bandages, a roll of "Gallipet" bandage, a pair of scissors, a roll of white tape, a red and white striped pet collar, a blue pet collar, and several packets of "Gallipet" bandages. The items are arranged in a circular pattern around the central bag.



Smaller bags (molle) for hikes or pet professionals