



## VETERINARY TEACHING HOSPITAL ATLANTIC VETERINARY COLLEGE

### **The Behavioural Medicine Service at UPEI's Atlantic Veterinary College Veterinary Teaching Hospital**

#### **What do we do:**

The AVC Behavioural Medicine Service was created to address the needs of animals ranging from those with mildly annoying behavioural problems to profound aggression. We see all species of companion and sport animals, and frequently consult on behavioural issues that affect or mirror welfare concerns in production animals.

The most common patients seen in the Behavioural Medicine Service are dogs. Regardless of species, behaviourally troubled patients suffer because of their fears, phobias, and anxieties which often result in aggression or other concerns.

We are committed to the concept that no animal or human should experience mental and emotional suffering, and our consultations and treatment plans are designed to redress such suffering. We use only humane, distress and fear reducing handling techniques and all our behaviour modification is tailored to the needs of the species and the individual. We take a whole-animal care approach to healthy bodies, minds, and families.

We see all kinds of patients:

- those with established behaviour problems,
- those whom the clients worry might be developing a behaviour problem,
- new puppies whom people wish to ensure get a head start on learning the 'right stuff' that will allow them to grow into happy, nicely behaved adults,
- recently rescued dogs whom people wish to give the right start to their new, and sometimes complex lives,
- dogs and cats living with people who are pregnant or adopting a baby or child and want to ensure that they understand and mitigate any potential risk for concern,
- dogs and cats who are afraid of going to the vet,
- or just dogs and cats whom people wish to ensure will be okay with a new schedule, job, move, family addition, pet, et cetera.

Treatment is individual but is usually multi-modal, involving some form of anti-anxiety medications, behavioural modification, environmental management, or change, and possibly protection of the patient as they improve. Our over-arching goal is to keep all our patients happily and safely in households where they can become their best versions of themselves.

We understand how difficult it is to live with a companion with behavioural problems and try to support clients through the treatment process by ensuring that they understand the behavioural, neurochemical, genetic and environmental contributions to the condition(s) and working with them, within the constraints of their households, to formulate creative solutions that work.

## Who we are:

The AVC Behavioural Medicine Service is overseen by Dr. Karen Overall, Professor in Health Management at AVC. Dr. Overall and her resident, Dr. Camille Squair, are responsible for assessing and treating all the patients. Dr. Overall is a board-certified specialist in veterinary behavioural medicine and Dr. Squair is participating in an American College of Veterinary Behaviorists conforming residency program through AVC that will eventually allow her to also become a board-certified specialist ([www.DACVB.org](http://www.DACVB.org)).

Drs. Overall's and Squair's short biographies follow.

Drs. Overall and Squair tailor the appointments to the needs of the individual clients and see patients in-person and through online distance consults, world-wide, for those unable to bring the patients to AVC. All patients receive a detailed and lengthy consult/discharge instructions. Additionally, unless the clients request that we do not do so, all the patients' veterinarians receive the discharge instructions and a referral letter. The types of appointments available, what they entail, and the costs are covered in the Services Offered section. Because AVC has a Veterinary Teaching Hospital we often have students with us in the appointment and they are a valuable addition to the consultation.

### *Biography for Dr. Karen Overall*



Dr. Overall and Hamilton

Dr. Karen L. Overall has BA, MA and VMD degrees from the University of Pennsylvania and a PhD degree from the University of Wisconsin-Madison. She did her residency training in veterinary behavioural medicine at the University of Pennsylvania and is a Diplomate of the American College of Veterinary Behaviourists (DACVB). She ran the Behaviour Clinic at Penn Vet for more than a dozen years. Dr. Overall lectures at veterinary schools world-wide and is a Professor at Atlantic Veterinary College, UPEI.

Dr. Overall has given hundreds of national and international presentations and short courses and is the author of over 100 scholarly publications, dozens of textbook chapters, and the texts ***Clinical Behavioural Medicine for Small Animals*** (1997; Elsevier) and ***Manual of Clinical Behavioural Medicine for Dogs and Cats*** (2013; Elsevier) and of the DVD, ***Humane Behavioural Care for Dogs***:

***Problem Prevention and Treatment*** (2013; Elsevier). She is the editor-in-chief for ***Journal of Veterinary Behaviour: Clinical Applications and Research*** (Elsevier).

Dr. Overall has been named the North American Veterinary Conference (NAVC) Small Animal Speaker of the Year, has been awarded the Cat Writer's Association Certificate of Excellence for "The Social Cat" column in *Cat Fancy Magazine*, and in was named one of The Bark's 100 Best and Brightest – *Bark Magazine's* list of the 100 most influential people in the dog world over the past 25 years.

Dr. Overall shares her life with her husband, Dr. Art Dunham, and their 4 Australian shepherds. They have been taking in rescued Aussies for more than 20 years and their dogs frequent feature in lectures and writings. They all love living on PEI and living on the beach. Dr. Overall spent a lot of her childhood in Quebec and is delighted to be back in Canada.

Dr. Overall's research focuses on neurobehavioural genetics of dogs, the development of normal and abnormal behaviours especially with respect to early experience, assessment of behaviour, with an emphasis on working dogs, truly humane routine behavioural care, and psychopharmacology.

#### *Biography for Dr. Squair*



Dr. Squair and Brigus

Dr. Camille Squair received her DVM from the Western College of Veterinary Medicine (WCVM) in Saskatoon, Saskatchewan in 2019. Following this, she completed a one year rotating small animal internship at the Atlantic Veterinary College (AVC), working as part of the Emergency, Internal Medicine, and Surgery services. In September 2020 she began AVC's first residency in Behavioural Medicine with Dr. Karen Overall. Together they launched the Behavioural Medicine Service at the AVC, the first of its kind in Atlantic Canada.

In conjunction with her residency, Dr. Squair is completing a Master of Science degree at the University of PEI. Her thesis research project, funded by the Sir James Dunn Animal Welfare Centre, will look at physical examination and routine blood draw in canine patients and investigate if alterations in handling and examination techniques help to reduce canine stress and fear during veterinary visits. Dr. Squair has a passionate interest in improving pet's and their family member's experience at veterinary

clinics through research, engagement, and education within the veterinary and pet owner communities.

Dr. Squair is originally from Winnipeg, MB; however, she does not miss the winters and has loved living on the east coast. She has one cat, who loves eating and clicker training.