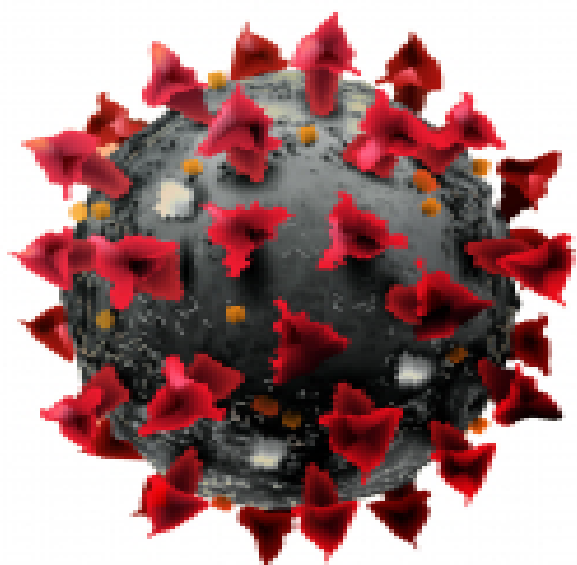


WE INVITE YOU TO READ THE FOLLOWING ARTICLE:

Living with compassion fatigue



Banfield Pet Hospital, Vancouver, WA, USA

A graduate of the University of Montreal, Dr. Therrien joined Banfield Pet Hospital in 2006 as an associate veterinarian and worked in various positions within the company; she is currently Vice President for Veterinary Quality in the Midwest region. She is an active member of AVMA, KVMA, and FVMA, as well as serving as a board member of the Banfield Foundation and is currently President of the Women Veterinary Leadership Development Initiative (WVLDI).



Healthy pets need healthy veterinarians, but a caring profession can take a huge toll on the careers; in this paper the authors share their own experiences of compassion fatigue and give some pointers for looking after yourself.

“To help prevent emotional distress, consider creating a care plan with the goal of taking care of your whole self to ensure better resilience under tough circumstances.”

Create a sustainable plan for yourself that includes taking care of your body, mind, career, community, and finances.



Banfield Pet Hospital, Vancouver, WA, USA

After graduating from the University of Minnesota in 2008 Dr. Novara spent time in small animal practice before moving into veterinary leadership roles within Banfield, where she is currently Vice President for Veterinary Quality in the Southwest region. She is an active member of AVMA and CVMA as well as a member of the public speaking pool for the Women Veterinary Leadership Development Initiative (WVLDI).

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