

HAT'S OFF

To the Veterinary Profession!

You have adapted and survived during 2020, a very trying and stressful time.

May the New Year find our profession stronger and more resilient!

CONTROLLED DRUGS

Just a reminder to use common sense when you view your controlled drug logs. Don't depend on a computer system to verify pill usage and inventory. Do a monthly audit on your controlled drugs to be able to catch discrepancy's in the on-hand balances. Diversion happens. KBVE has at least one diversion reported each year. If you think you are ordering more controlled drugs than are legitimately being dispensed, check again. Computer records can be manipulated, falsified and records deleted.



PREMISE CERTIFICATION

Have you moved your hospital's location? Have you built a new facility? Are you opening your own practice? A reminder that a new facility or a change in the Operating Managing Doctor requires, by law, an inspection before you open your doors to the public. Konrad Coe can be reached at 785-338-2528 to set up an inspection. Find the premise application [HERE](#) to submit to the KBVE office.

FEE CHANGES

As of December 18th, the renewal fee for a veterinary license will be \$100, and the renewal of a veterinary technician's registration will be \$25. The fee for applying for a veterinary technician's registration has also increased to \$50.



The Kansas Legislature has been concerned about controlled drugs in the hands of veterinarians. Due to this concern, a mobile veterinary records audit has been implemented as of December 18th. Good news is the Board is not pro-rating this fee for the next 6 months. However, those of you who don't have a brick and mortar premised facility and are practicing veterinary medicine should contact Konrad Coe (785-338-2528) to have the records audit done and a mobile certificate issued. Next spring when you renew your license, a \$75 fee will be added for the mobile clinic records audit. This will be an ongoing yearly fee just as the fee for a brick and mortar premise is a yearly fee.

HAPN



Heart of America Professional Network is available for webinars on mental health and substance abuse. If you self-report and work with HAPN, the information will not be shared with the Kansas Board of Veterinary Examiners. With the stress of the Holidays and the building increase in concerns over the escalation of Corona Virus exposure and illness, please reach out to Mr. Alan Murray. This company works with all types of professionals. Don't allow the seasonal depression combined with stressors to get the upper hand in your life.



REACH OUT

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Amplifying Life 2021

Stress can be defined in many ways. One definition of stress is your body's reaction to a challenge or demand. Stress can effect behavior, emotions, cognitive function or physical tension. It can come from any event or thought that makes you feel anxious, frustrated, angry or nervous.

There can be positive and negative types of stress. We can also see short-term stress, long-term stress and events of chronic stress. Individuals are unique in factors that make one feel stressed, as well as preferences in dealing with stress. Below are some basic tips for preventing or managing stress. I encourage you to ask yourself some basic stress-related questions: What stresses you out? How does stress affect you? What helps you to best respond to or handle stress? What stress technique would you want to try?

Eat Right. Meet your nutritional needs and stay hydrated. Check out www.myplate.gov to find out about basic nutritional needs. *Rest.* Make an effort to go to sleep "on time" to be sure you get enough sleep. Sometimes when bodies are exhausted, it takes a little bit to catch up on sleep. You might even consider taking a nap. *Exercise.* Find a physical activity that you enjoy. Take a walk, run, stretch, yoga, dance in the kitchen, shoot some hoops, sightsee. *Friends & Family.* Take time each day to help fill your cup by spending time with ones you love. Connect with a friend, take a break from social media, have a family dinner. *Sense of Humor.* Find time each day to help you find the joy and humor. Watch a comedy, play with an animal, and know who can make you laugh. *Consider Options.* Think about the stress from a problem solving perspective. What other options might be available to reduce stress? Brainstorm possible solutions. *Future Planning, set goals, & make a plan.* Knowing where you want to go, options to get there, and if you are a detailed planner make a list. This could be a time to journal your gratitude, goals, or positive statements about yourself.

Avoid tobacco, drugs, & alcohol. Find other responses to stress to help in positive ways.

Determine what self-care looks like to take time for you. Sometimes that means choosing one task on the list to tackle, getting your hair cut or nails done, spend time in the outdoors, volunteer, learn a new skill, read a book, etc.

Consider using your senses to improve mood for self-care. *Sight.* Look at photos of a fun memory, take a walk and look around. *Smell.* Put on your favorite smell, bake some bread. *Touch.* Hug a soft pillow, squeeze a stress ball, take a warm bath. *Sound.* Listen to music, meditate, listen to nature, play an instrument. *Taste.* Cook a special meal, indulge in a sweet treat, sip on a coffee or tea.

If you find that stress reducing strategies have not been successful, ask for help. A health professional, your doctor or local counselor are excellent resources to help address stress in life.

For more information on managing stress, feel free to contact Shandi Andres, Flint Hills Extension District, 501 W Main, Council Grove, KS 66845. (620) 767-5136.