

THE CALM CARE PAUSE

Stress is easiest to change before you begin handling.



BEFORE EVERY PATIENT,
take a moment to ask yourself:

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What is this patient telling me?

Observe their body language before proceeding.

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Have they had a moment to take in the environment?

Allow them a moment to investigate before approaching.

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Can I bring the care to them?

Examine them where they feel safest whenever possible.

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Can I remove one stressor first?

Consider noise, unfamiliar people, slippery surfaces and restraint.

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Can we begin with the least intrusive procedure?

Build trust before progressing to more challenging handling.

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Am I rushing?

Sometimes slowing down is the quickest route to success.



Scan for additional Calm Care resources

Practical posters, guides and tools to
support low-stress veterinary care.



CALM CARE
SETTING THE STANDARD FOR STRESS-FREE CARE