

# Vets Now News Glasgow

February 2023

## Internal Medicine Special Edition

I'd like to welcome you all to our first newsletter of the year. I hope the New Year was a bit more "normal" than we've become used to and that 2023 has started as you'd hoped.

It's been a really busy time for everyone and, as always, that includes our incredible Internal Medicine team. So, I wanted to take this opportunity to introduce them and share some of the incredible work they've been doing. I also wanted to highlight some of the great CPD events that are available in 2023 as well as confirming all the Bank Holiday dates for the year ahead.

**Carolyn McCamley**

*Glasgow Hospital Manager*

carolyn.mccamley@vets-now.com

0141 237 7676



## Upcoming CPD event:

**Full day CPD - six hours**

**Limited spaces remaining**

**Date:** 22nd February 2023

**Time:** 9am-5pm

**Cost:** FREE (includes lunch and refreshments)

**Location:** Glynhill Hotel and Spa  
(discounted rate for overnight accommodation available)

A full day, dual stream CPD event, suitable for vets and vet nurses focused on:

- ECC
- Internal medicine
- Orthopaedics
- Anaesthetics
- Soft tissue
- Oncology

To find out more and to register, [click here](#).

## Next CPD evening dates for the diary:

- **Tuesday 21st March**  
BOAS - facing the challenges!
- **Wednesday 26th April**  
Oncosurgery for skin tumours

## Bank holidays 2023

**Easter Bank Holiday**

Monday 10 April

**Spring Bank Holiday**

Monday 29 May

**Christmas**

Monday 25 December  
Tuesday 26 December

**May Day**

Monday 1 May

**Glasgow Fair**

Monday 17 July

**New Year 2024**

Monday 1st January  
Tuesday 2nd January

**King's Coronation**

Monday 8 May

**Autumn Bank Holiday**

Monday 25 September

Follow us on social media



[vets-now.com/glasgow](https://vets-now.com/glasgow)

# An introduction to Internal Medicine

The Internal Medicine team at Vets Now Referrals Glasgow run a specialist service dedicated to the investigation and management of a wide variety of medical problems.

We see a large proportion of chronic cases, but also have capacity to accept urgent referrals. We work closely with the Emergency and Critical Care Service to ensure a comprehensive medical work-up whilst critically ill patients are supported in our dedicated Intensive Care Unit.

We are happy to see both dogs and cats with:

- **Gastrointestinal conditions** (including vomiting, diarrhoea and altered appetite) - we have capacity for flexible upper and lower GI endoscopy, and gastric and oesophageal foreign body removal
- **Regurgitation and dysphagia** - we have video fluoroscopy to perform swallowing studies
- **Respiratory signs** (coughing, nasal discharge, tracheal collapse) - we have a 16-slice CT and equipment for tracheobronchoscopy, rhinoscopy and nasopharyngoscopy. Our soft tissue team can place tracheal stents for management of tracheal collapse.
- **Haematological conditions** including anaemia, thrombocytopenia and neutropenia - we are happy to perform bone marrow biopsies.
- **Endocrine conditions** such as diabetes mellitus, hyperadrenocorticism, hypoadrenocorticism and

hypothyroidism - we have equipment to perform continuous glucose monitoring for stabilisation of tricky diabetics.

- **Liver disease** - we perform blood work and ultrasound and/or CT imaging, our diagnostic imaging team perform non-invasive sampling of the liver and gall bladder, and our soft tissue surgery team offer laparoscopic liver biopsies. We are happy to see suspect intrahepatic and extrahepatic congenital portosystemic shunts which our surgeons can offer surgical management.
- **Renal and lower urinary tract disease** - we have capability for cystoscopy. The soft tissue team will place ureteral or urethral stents when necessary.
- **Pyrexia** of unknown origin
- **Polyuria/polydipsia**
- **Non-specific lethargy**

We can usually offer appointments for urgent cases within 24-48 hours and try to offer same day appointments when we can. Please call us on **0141 237 7676** if you have a case you would like to refer.

We are also happy to offer advice on internal medicine cases if you would like to discuss a case when referral is not an option, please just drop us an email: [glasgowmedicineteam@vets-now.com](mailto:glasgowmedicineteam@vets-now.com)



## Residency programme



Last year, the Glasgow Vets Now hospital was delighted to have received approval from the European College of Veterinary Internal Medicine - Companion Animals for a Residency Training Programme.

This is led by Internal Medicine specialist Pauline Jamieson. The Hospital already has well-established residency programmes in ECC and Surgery, and the addition of Internal Medicine expands our training curriculum.

Residents of the ECVIM-CA undergo a rigorous three-year training programme supervised by recognised veterinary specialists, followed by a gruelling series of exams. They become Diplomates of the College, internationally recognised specialists in their field.

Our first resident, Iris Elgueta (left), started in August after completing an Internal Medicine Internship in the Hospital.

# Meet the Internal Medicine team

Our Internal Medicine Specialist team includes Pauline Jamieson, Aimee Hope and Alix McBrearty, who are all RCVS and EBVS-recognised Specialists and hold ECVIM-CA Diplomas in Companion Animal Internal Medicine. And we're pleased to welcome our new resident, Iris Elgueta, and discipline-specific intern Annika Little, as well as a team of dedicated nurses.



▲ Our dedicated Medicine nursing and support team include team leader Laurie Adams, as well as Kiera Cameron, Daisy Dickson, Amy Doherty, Annmarie Love, Claire Dervan and Melissa Gunn. Wilbur and Calla are just camera cute!



## Pauline Jamieson

Pauline graduated from the R(D)SVS in Edinburgh before completing a PhD in Endocrinology in Edinburgh University's Medical School. After an Internal Medicine residency, she headed to The Salk Institute in California for a four-year Research Fellowship. She then returned to Edinburgh as Senior Lecturer in Cardiovascular Science and Small Animal Medicine, where she was an active researcher as well as a practicing clinician until 2017. After three years in private referral practice, Pauline joined Vets Now in April 2020. Her particular areas of clinical interest include endocrinology and hepatology. In her spare time, she enjoys horse riding, kayaking, hiking and snowboarding.



## Aimee Hope

Aimee graduated from the University of Glasgow in 2013 before spending a year in a large first opinion small animal hospital in the Midlands. She returned to Glasgow in 2014 for a one-year rotating internship. Aimee worked in a first opinion out of hours service, and as a small animal internal medicine intern, before a four-year companion animal internal medicine residency in Dublin. She joined Vets Now in 2020 and gained her ECVIM-CA diploma in small animal internal medicine in 2021. Aimee enjoys all aspects of internal medicine, but is particularly interested in gastroenterology, haematology and endocrinology. She enjoys travel, reading and keeping fit.



## Annika Little

Annika Little is our Internal Medicine intern. She graduated from Glasgow Vet school in 2017 and worked at the Glasgow East PDSA for three years prior to completing a rotating internship at North Downs Specialist Referrals in Surrey. She moved back to Glasgow to join the Vets Now team in July, after some time spent travelling in the Caribbean and surfing in Portugal. She is also working on an advanced practitioner certificate.



## Iris Elgueta

Iris graduated from the University of Saragossa in Spain in 2014. After gaining experience in general practice and visiting several referral centres in Spain and in the UK, she undertook a rotating internship at the Veterinary Teaching Hospital in the Autonomous University of Barcelona. She then worked in first opinion practice before moving to the UK in 2019, to undertake a second rotating internship at ChesterGates Veterinary Specialists. Iris completed a discipline-specific Internal Medicine Internship at Vets Now Glasgow last summer and is now currently in the first year her residency in Internal Medicine. She enjoys exploring the Scottish countryside.



## Alix McBrearty

Alix graduated from Glasgow Vet School and, after first opinion practice and a rotating internship, returned for a clinical residency in small animal medicine followed by a Masters in Veterinary Medicine. She worked at the Vets Now Hospital in Glasgow for two years before a decade at the University of Glasgow as a clinician/teacher where she became a Diplomate of the European College of Veterinary Surgeons. Alix rejoined Vets Now in 2021 and is a Board member of the European Society of Veterinary Nephrology and Urology. Her interests include kidney and urinary tract diseases. She loves gardening and spending time with her two young kids.

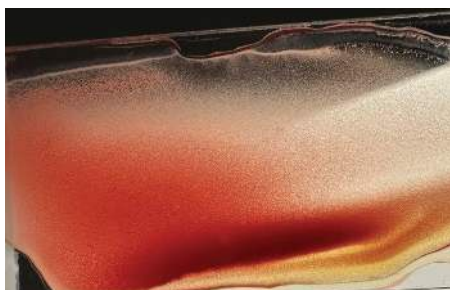
## Case study

# Molly

The lovely lady to the right is Molly, a seven-year-old Labrador who presented to us almost two years ago with a two-to-three-week history of lethargy and inappetence.

Her owners had initially put it down to Molly having a false pregnancy as she was fostering teddy bears. But when they noticed her gums were white, they took her to their vet who found a PCV of 12% and immediately referred her to us.

Molly's physical examination was consistent with a severe anaemia. She was tachycardic with bounding pulses and pale mucous membranes, and a grade III/VI systolic murmur which was presumed to be haemic. She had a respiratory rate of 12 breaths/min with normal effort, suggesting she was coping really quite well with this anaemia and indicating it might be chronic. There were no other abnormalities on Molly's initial examination or point-of-care tests to suggest haemorrhage, heart disease or other circulatory problems.



### Slide agglutination

Further investigation showed that Molly's bilirubin was mildly elevated suggesting haemolysis. Slide agglutination was mildly positive (see photograph above) and there were occasional spherocytes on a blood smear. Coagulation profile was normal, while infectious disease testing (lungworm, Anaplasma, Ehrlichia, Borrelia) was negative.

Thoracic radiographs and abdominal CT showed no significant pathology to suggest an underlying trigger for immune-mediated haemolytic anaemia (IMHA). This was all suggestive of non-associative (primary) IMHA, but the anaemia was persistently non-regenerative which raised concerns of possible bone marrow disease.

Precursor-targeted immune-mediated anaemia (PIMA) in dogs presents as a non-regenerative anaemia with rubriphagocytosis of erythroid precursors in the bone marrow. Immune-mediated targeting of circulating red blood cells is uncommon in PIMA but was present in Molly. It is reported that over 60% of dogs with PIMA will achieve clinical remission, but with a median of 29 days before a regenerative response and 59 days to remission after diagnosis.

### A patient approach

While most cases of PIMA can ultimately be weaned from all medications, this means that patience is required, and clients should be counselled at the outset regarding the likely length of required treatment and the implications of this in terms of commitment to treatment and monitoring. Thromboembolic events may occur in 10-15% of dogs, so prophylaxis is also warranted.

Following a blood transfusion, Molly's PCV was 18%. After confirmation of the diagnosis of PIMA, immunosuppression with prednisolone was started along with clopidogrel for thromboprophylaxis. A week later, her PCV remained stable but was not increasing, and so ciclosporin was added to the immunosuppressive protocol. Unfortunately, by the following week her PCV was 10% and after cross-matching, a further transfusion of packed red blood cells was given. Ultimately, it was three weeks before a regenerative response was seen, and eight weeks before her PCV stabilised above 30% (clinical remission). Prednisolone, ciclosporin and mycophenolate mofetil were required to maintain this remission.

Several attempts at weaning Molly off medication in the first few months after her diagnosis resulted in relapse and whenever her PCV fell, her anaemia was non-regenerative. When immunosuppression was increased, it became regenerative again. Currently, she is almost two years post-diagnosis. She



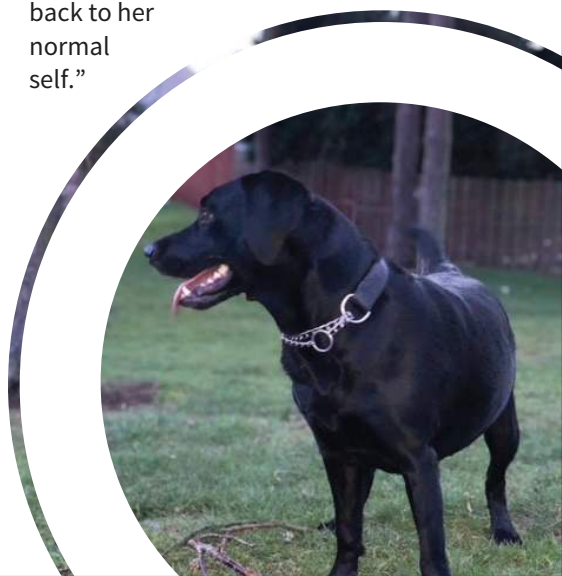
remains on very slowly tapering ciclosporin and mycophenolate mofetil and clopidogrel, and it has been over a year since her last relapse. Her owner is very pleased with her, and she is her normal happy active self at home with no obvious side effects from her medications. Molly is an encouraging example of how a non-regenerative anaemia can have a good prognosis and can be managed effectively in the long term.

### Remarkable recovery

For owner Mrs Pauline Semple, Molly's recovery has been extra special.

"I had taken Molly a walk and knew something was wrong when she was really slow and lethargic," said Mrs Semple.

"When I looked in her mouth and saw the colour of her gums, I knew I needed help. I had just lost my husband and I couldn't bear to lose Molly, too. I'm so happy with the treatment she's had. The team at Glasgow have been brilliant and everyone has been so kind. Without their continuous hard work, care and attention, Molly wouldn't be here today. She has come on leaps and bounds and is totally back to her normal self."





# Clinical research

A key component of a residency training programme is contributing to veterinary clinical research.

The Internal Medicine Team are collaborating with Dr Mara Rocchi at the Moredun Institute on a Dogs Trust-funded project. It's looking into exposure (seropositivity) of pet dogs in the UK to the tick-borne flavivirus which causes Louping Ill encephalitis. As a part of this, Iris has been in the Moredun laboratory analysing samples.

This disease is more often associated with sheep and grouse, but confirmed and suspected cases have recently been recognised in the UK, including Scotland.

We are also running a research project into antibiotic-responsive diarrhoea in dogs, and Iris has also contributed data to a multi-centre UK-based study into diagnosis and treatment of sinonasal aspergillosis in dogs.



## Case study

# Halle

Halle, a five-month-old springer spaniel puppy, managed to swallow a battery when chewing her owner's TV remote.

She was presented to our Internal Medicine service the same day (after her dad found her with the evidence!), following a confirmatory radiograph with her primary vet.



The battery was successfully retrieved endoscopically, avoiding the need for surgical removal.



"Batteries can be very dangerous, but we're just happy our Internal Medicine service was able to help and Halle was soon on the mend." said vet Aimee Hope.

## Refer a case

Call 0141 319 4664

[vets-now.com/glasgow](https://vets-now.com/glasgow)