



Cat-Kind

Kitten neutering database

Training pack

Cat-KiND is an initiative from Cats Protection and respective members of Cat-KiND are detailed below:



Kitten neutering engagement sessions - overview

The Cat-Kind has been working to provide a 'one shop stop' for veterinary professionals who are already neutering from four months or who are still neutering at six months but are keen to introduce four month neutering.

This set of six short session plans can be used to:

- Understand the reasons why your practice may or may not wish to participate in kitten neutering
- Explore the benefits of kitten neutering to all parties involved
- Provide simple communication methods to promote kitten neutering and preventive services

Involve your practice in the setting up of a new kitten neutering service.

Each session plan is structured in a SAY, ASK or DO format to provide a simple and straight forward session plan to follow:

SAY - Speak this text as written in the plan

ASK - Outlines a question to pose to the group and potential expected responses

DO - Describes an action to take.

> Next Steps

Prior to delivering any of the six session plans, first review the content of each.

Session one will provide you with an understanding of your practices beliefs and opinions on kitten neutering and therefore which of the remaining five modules are most suitable for you to use.

Each session is designed to be delivered in 30 minutes and could be delivered during a team lunch hour over a series of days/weeks, or during pre arranged practice training in a series of back to back sessions.

Ensure you are comfortable with the content before progressing and have all required materials to hand.

For further support materials and guidance, please visit the Cat-Kind website.

Session one

Understanding our current beliefs on kitten neutering

REQUIREMENTS – pens, post-it notes, flip chart or free space on noticeboard/wall

SAY – This short session will take no longer than 30 minutes maximum and will allow us as a team to understand what each of our thoughts are around the neutering of kittens at four months.

DO – Hand each team member a small amount of post-its and a pen if needed.

SAY – You can work on your own or in pairs. For the next ten minutes spend some time considering what your own thoughts, opinions and beliefs are about neutering of kittens at four months. Write these down on your post-its, one example per post-it.

DO – Allow time for the team to consider their own opinions on this procedure. Spend time amongst the team encouraging them to share thoughts and writing these down on to the post-its.

DO – After ten minutes has passed, stop the team from discussion particularly if it has progressed onto other topics.

SAY – Now we have considered our own opinions on kitten neutering, I would like us to share these with the team. We may have differences of opinions which is fine as we are all individuals and for the purpose of this exercise we will refrain from debate on individual opinions.

DO – Invite each team member to place their post-its on a flip chart or free noticeboard. Reassure everyone that there is no right or wrong opinion. Ask each member to talk through each post it and explain a bit to provide more clarity. Repeat until all team members have placed their post-its. Do not allow debate to gather amongst the group.

SAY – Thank you for sharing your views on this. These will help us as a practice shape the way forward of how we offer this service.

DO – Use your findings from this activity to identify team members who may challenge introducing a kitten neutering at four months policy. You may wish to explore the reasons for this challenge on a one to one basis in order to understand where these barriers have developed from.

Session two

Understanding the benefits of kitten neutering

REQUIREMENTS – pens, post-it notes, flip chart or free space on noticeboard/wall

SAY – During this short 20 minute session, we are going to explore the various benefits of neutering kittens at four months.

DO – Hand each team member a small amount of post its and a pen if needed.

SAY – In groups of two, spend ten minutes considering what the benefits of neutering kittens at four months are to the following categories of individuals involved:

- our practice
- our client
- the kitten
- ourselves

DO – After ten minutes stop the groups and invite each pair to place their post-its on either a blank flip chart or free space of wall or noticeboard. Ask for all benefits to the practice first followed by client, kitten and ourselves and ensure each is clarified if needed.

Use the pre-prepared examples below if required to encourage discussion.

SAY – So we can see that there are a large range of benefits to neutering kittens to everyone involved.

ASK – Given what we have just discussed, what is everybody's thoughts on us offering this service to our clients?

Expected responses:

- will help benefit our clients
- will improve kitten wellbeing
- help control cat population
- don't think its a good idea
- we need support/training

SAY – Thank you for your input and we will look at how we can do this in more detail at a later session.

Potential benefits of neutering kittens from four months

Client	Practice	Kitten	Ourselves
Reduced visits to vet due to prevented diseases/illness	Recommended by BSAVA, PDSA, Cats Protection, Cat-KiND	Prevents certain cancers	Reduction in pregnant cats presented for neutering
Prevents unwanted litters	Reduction in unwanted/abandoned kittens	Prevents unwanted litters	Reduced risk of bleeding during surgery
Reduced spraying/behavioural problems/noise	Increases level of services offered to clients	Reduced aggression and fighting	Litter mates can recover together improving inpatient efficiency
Cats wander less	Increased income from preventive service sales	Improved health of feral colonies	Improved surgical skills
		No evidence to suggest early neutering has developmental concerns	Improved client relations
		Quicker recovery	Population control
		Evidence to suggest less painful	

Session three

Understanding the steps we need to take as a practice to offer kitten neutering

REQUIREMENTS – pens, scrap paper, flip chart or free space on noticeboard/wall

SAY – This short session will take no longer than 30 minutes maximum and will allow us as a team to understand what we need to do as individuals and as a team in order to offer kitten neutering to our clients and for it to become day to day practice.

DO – Reflect on the last session completed where you explored the benefits of kitten neutering to both the practice, client, kitten and ourselves. Remind the group of the agreement to begin offering neutering of kittens from four months.

SAY – For this activity, I would like us to work in our job role groups. In your teams I would like you to discuss two areas and using scrap paper, make notes as you progress through your discussions. The two topics I would like you to discuss are:

- What **SUPPORT/ TRAINING** do you need in order to feel confident to promote and/or carry out kitten neutering procedures
- What do we need to do as a **PRACTICE** in order to promote and/or carry out kitten neutering procedures

DO – Allow fifteen minutes for the teams (receptionists, nurses, vets etc) to discuss the two topics set. Spend time with each of the groups answering questions and

ensuring conversation is kept on track. End the task sooner if discussion has progressed onto other topics.

Refer to the examples at the end of this session plan as a guide of what could be discussed during the breakout groups.

SAY – We are now going to go through each of the areas we have discussed and share with the wider team, starting with what support we feel we need.

DO – Invite each of the groups to share their thoughts on what support they feel they need in order to offer kitten neutering. Encourage the group to share their thoughts on who they feel could provide this support for them. Capture the findings on some flip chart or noticeboard.

Examples of outcomes from session breakout groups

Support/training required

Articles/research supporting four month neutering

Male and female neutering guidance at four months

FAQ's

Guidance from experienced vets/nurses who carry out four month neutering

Understand the benefits to owner and pet of four month neutering

Steps to take as a practice

Agree time/date to start offering

Produce anaesthesia protocol

Pre and post operative protocols

Become registered on the Kitten Neutering database

Contact a local practice already offering kitten neutering

Posters/flyers

SAY – Now lets see what we feel we need to do as a practice in order to promote the kitten neutering service.

DO – Again invite each of the groups to share their thoughts and record these on flip chart or noticeboard. As before, encourage the group to identify who may be able to assist with these actions.

SAY – Now that we have an understanding of what we need to do as individuals and teams to set up this service, we now need to agree on when we wish to begin promoting.

ASK – With everything that we have discussed today in mind, when do you feel we could realistically begin offering this service to our clients and pet patients?

DO – Allow the group time to consider and ensure that any dates given, sensibly reflect the amount of time needed in order to implement the steps identified as required by the team in this exercise.

SAY – So now we know when we wish to begin offering kitten neutering, we need to ensure all these steps we have identified as needing to complete in order to offer the service are actioned before this date.

DO – Work through the list of actions generated from the activity earlier in the session. Ensure a deadline is agreed and a person to take responsibility is allocated.

Session four

Understanding our clients beliefs on kitten neutering

REQUIREMENTS – pens, scrap paper, flip chart or free space on noticeboard/wall

SAY – As veterinary professionals we understand the health benefits to pets of neutering and also the benefits that this can have to the owner. In order for us to ensure as many kittens and clients benefit from the health and wellbeing benefits of kitten neutering, we first need to understand some of the barriers we may encounter in order for us to overcome these. This short session will explore these barriers in more detail.

DO – Split the team into groups of two or three and provide scrap paper and pens for note taking.

SAY – In your groups, you have ten minutes to discuss and capture the various reasons why a client may not wish to have their cat neutered. Think about the barriers you have come across when promoting neutering in your consultations or at reception.

DO – Allow ten minutes for the groups to discuss. Once time is over invite each group to share their findings and capture these on a central point.

SAY – Each individuals reason for not having their pet neutered will stem from a variety of sources.

ASK – Where do you think these beliefs of why a client may not wish to have their kitten neutered has stemmed from?

Expected responses:

- breeder
- always kept pets and never previously neutered
- internet
- family/friends
- old wives tales – they need to have a litter before getting neutered etc.

SAY – In groups we are now going to look at how we can overcome the barriers that we are presented with when promoting kitten neutering.

DO – In the same groups, allocate out a barrier that has been identified from the previous activity.

SAY – You have five minutes to consider as a group how you would overcome the barrier that you have been allocated, if a client told you that is why they don't wish to have their kitten neutered.

DO – Allow five minutes for groups to discuss and then invite each group to share how they would overcome each barrier. Challenge any that are not client focussed.

SAY – In order for us to overcome client barriers, we first need to understand where our clients beliefs have grown from in order for us to identify the most suitable route to educate our clients of the health and wellbeing benefits.

In our next session we will be looking at a method of how we can promote the impacts to both pet and client of kitten neutering.

Session five

Understanding how to promote kitten neutering to our clients

REQUIREMENTS – pens, scrap paper, flip chart or free space on noticeboard/wall

SAY – This short session will take no longer than 30 minutes maximum and will give us a simple and straight forward method of promoting neutering of kittens at four months.

ASK – When we promote a product or service to clients, what is it we are informing them about the product or service we are providing?

Expected responses:

- what it is
- what it does
- impact for the pet
- benefit to owner

SAY – When promoting a product or service, clients need to understand three things:

- Features
- Advantages
- Benefits

SAY – A feature could be how a product is applied or administered. How often it is given or what is involved in the procedure?

ASK – What do you think a feature of kitten neutering would be?

Expected responses:

- removal of ovaries and uterus/testicles from four months of age
- day surgery
- anaesthetic

SAY – An advantage of a product, service or procedure is what it does for the PET.

ASK – What do you think the advantages of neutering at four months for a kitten would be?

Expected responses:

- reduced aggression and fighting
- reduces incidences of some diseases such as FIV
- reduced cancers
- reduced sexual behaviour
- prevent pyometra etc
- quicker recovery for cat
- reduced blood supply to immature organs

SAY – The benefit of a product, service or procedure is what it does or means for the client.

ASK – What are the benefits of four month neutering to a client?

Expected responses:

- prevents unexpected litters
- potential reduced visits to practice due to reduced cancer/pyometra risk
- reduced sexual/territorial behaviour

SAY – We have looked at the features, advantages and benefits as individual segments but when using this approach in a client interaction we could say:

‘Castrating your kitten at four months would mean us removing their testicles during a short operation. It reduces the risk of certain cancers and infections for the kitten and for you would mean you don’t have to worry about unexpected litters if you have another unneutered female

cat and also can help reduce territorial behaviour such as spraying’.

ASK – Where else could we use this type of method to promoting a service?

Expected responses:

- when promoting other products or procedures such as vaccinations etc.

DO – Split the group into pairs and allocate them a preventive service each such as a branded flea or wormer product, primary vaccination course, prescription diet, microchip etc. Allow them five minutes to create a feature, advantage and benefit statement for their allocated product/service and invite groups to share with the wider team once completed.

SAY – We can use this method when promoting a whole range of products and services within our practice and the promotion of neutering at four months for kittens will be a great way for us to begin practicing this new technique both at reception and in the consultation room.

Session six

Understanding the impact we have had on kitten wellbeing

REQUIREMENTS – pens, scrap paper, flip chart or free space on noticeboard/wall

DO – This short session is aimed to reflect on the previous few months since your practice has implemented neutering of kittens at four months. You will need to allow a minimum of three months to pass, however it is recommended you allow a six month period before completing this module in order for practice members to become comfortable and competent with new working practices.

SAY – We have now been offering kitten neutering from four months of age for six months. During this time we have taken steps to actively promote the service to our clients and have also completed a number of training and support packages to ensure we have the

knowledge and skills to carry out this service effectively. With this in mind, this short session will allow us to reflect on the last six months and make actions accordingly based upon our experiences.

DO – Split the group into pairs or threes and provide them with scrap paper and pens to make notes.

SAY – You have ten minutes to in your groups discuss the following two topics:

- what has worked **WELL** over the last six months in reference to our kitten neutering service
- what **HASN'T** worked well over the last six months in reference to our kitten neutering service

DO – Allow the group ten minutes to complete the task. After ten minutes, invite each group to share their thoughts and capture these on a central flip chart or noticeboard.

SAY – With this in mind, what I would like us to now do is consider how we are going to amend our processes to ensure we are always offering the best possible service to our clients and pet patients.

In the groups that you have just been working in, you have a further ten minutes to consider the following:

- What we are going to **STOP** doing/offering
- What we are going to **CONTINUE** doing/offering
- What we are going to **START** doing/offering

DO – Allow the group to consider the things they would like to continue doing or amend etc for ten minutes. This could be amending a protocol etc or getting feedback from clients on the service.

Once time is up invite groups to share their thoughts and again capture these on a central point. Ensure time frames for any new actions are set and allocated to an individual to action.

Congratulate the team for their involvement in working together to set up this new service.

How to be a kitten neutering champion!

Purpose of the role – how you can make a difference:

Neutering at four months is so important if we are to effectively tackle the cat overpopulation crisis. Many clients who may have the best of intentions may not get round to making the neutering appointment for their cat at six months. It is this delay which can lead to accidental and unwanted kittens being born. If we can change the public's thinking to neutering at four months of age, then any delays in getting the procedure done will hopefully mean pet cats are neutered before six months if not at four months, thereby preventing accidental litters of kittens being born.

For this to happen, we need every veterinary practice recommending neutering pet cats at four months of age and ideally feral cats and cats in shelter care younger than this.

As a vet in practice who is already neutering kittens at four months or younger, you could become a champion of this cause! We believe peer to peer support and mentoring could really help those veterinary surgeons and practices who would like to neuter younger but would value the advice of a colleague before embarking on this path. The progress we are making with the cat overpopulation problem and reducing the numbers of unwanted cats and kittens ending up in shelter care, is only possible thanks to the commitment of veterinary surgeons like you. You will be making a huge difference to the welfare of cats in the UK.

What skills/experience do I need?

You must be a registered MRCVS and working in a practice which supports kitten neutering and is proactively neutering kittens at four months or younger. You will be friendly and approachable and enjoy helping others in a professional capacity either face-to-face or over the phone.

What does the role involve?

Your practice will be entered onto the kitten neutering champions database. The database will be held on a microsite of Cats Protection's website. Although the site is intended for veterinary practices and surgeons, the public will be able to access the details that are put on there, so registered details should already be in the public domain.



This will provide a resource for other vets to access, they will then be able to contact your practice for some advice and support to start them on the path to kitten neutering. This may simply be a telephone or email conversation, or it may involve observing four month neutering at your practice. This will be at your discretion. You decide how much help and how much time you are able to give.

How will I be supported in this role?

In addition to the resources on this website, you can contact the Cats Protection neutering team and one of the advisors will be able to field your enquiry appropriately, either to a Cats Protection member of staff or to another member of the Cat-Kind who will get back to you as soon as possible. The contact number is **01825 741 926**. This is a line dedicated to vets and our volunteers and is open between **1pm to 5pm, Monday to Friday**.

How do I sign up?

Simply visit www.cat-kind.org.uk and fill in the online sign up form.

Thank you for becoming a kitten neutering champion!

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Cat-KiND is an initiative from Cats Protection and respective members of Cat-KiND are detailed below:



Supporters of Cat-Kind:

LINNEAUS



Kitten Neutering Principles

Kitten Quad



This App enables UK vets to calculate doses of an unlicensed quad anaesthetic combination to carry out early neutering in kittens.

The app cannot be downloaded at the moment because it is under review.

We expect it to be available again soon.



Keep healthy: Younger animals with juvenile immune system so best to do earlier in the day, before other operations

Keep fed: Withhold food for three hours only before surgery; do not withhold water. Offer food early in recovery

Keep calm: Keep littermates together, including recovery and reduce stress from noise, handling etc

Keep accurate: Weigh accurately and calculate doses based on BSA

Keep warm: Don't clip or wet excessively when prepping, warm ambient temp, keep insulated throughout and express bladder

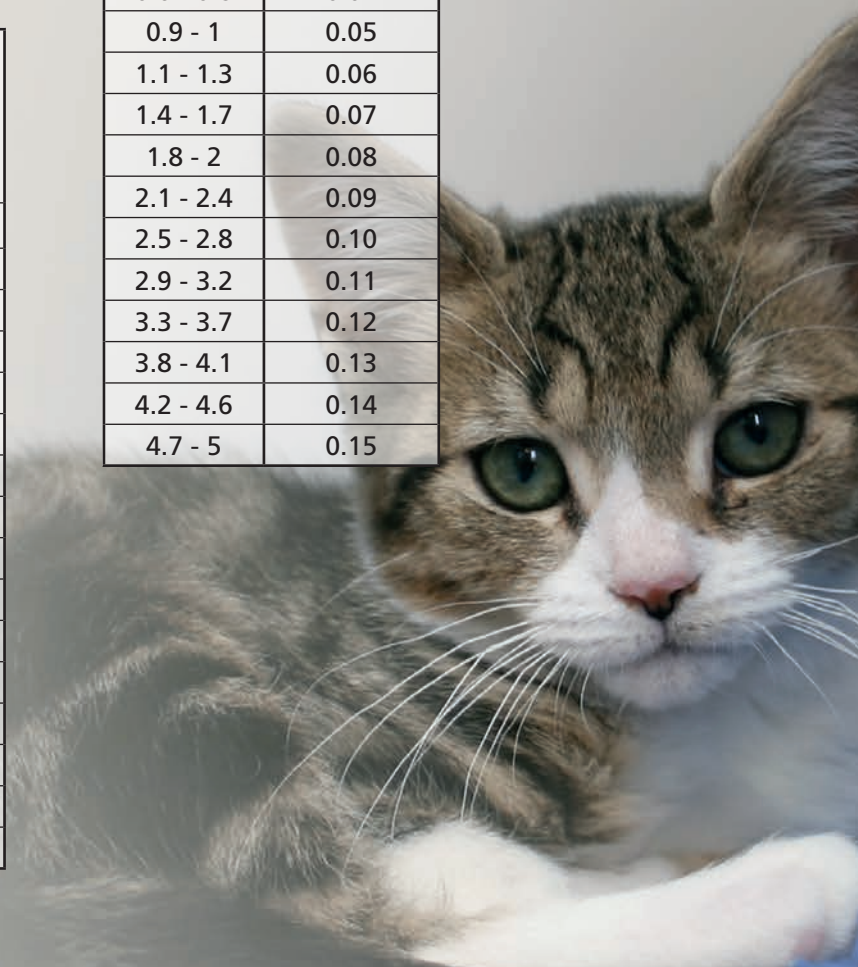
Anaesthetic considerations: Cats Protection recommends that female cats are intubated for neutering and maintained on O2. Also, that at least 20 minutes elapses after initial i/m medetomidine/ketamine injection before administering atipamezole

Quad protocol: Use equal volumes of: Medetomidine 1mg/ml, Ketamine 100mg/ml, Midazolam 5mg/ml and Buprenorphine 0.3mg/ml. Can mix in same syringe and give at same time.

Dosage of Methadone if using instead of Buprenorphine

Bodyweight (kg)	Volume Anaesthetic Drugs* (ml) (Based on body surface area)	Volume Reversal Agent 5ml/ml (ml)	Volume Meloxicam* 2mg/ml (ml)
0.50	0.04	0.020	0.05
0.60	0.04	0.020	0.06
0.70	0.05	0.025	0.07
0.80	0.05	0.025	0.08
0.90	0.05	0.025	0.09
1.00	0.06	0.030	0.10
1.10	0.06	0.030	0.11
1.20	0.06	0.030	0.12
1.30	0.07	0.035	0.13
1.40	0.07	0.035	0.14
1.50	0.08	0.040	0.15
1.60	0.08	0.040	0.16
1.70	0.08	0.040	0.17
1.80	0.09	0.045	0.18
1.90	0.09	0.045	0.19
2.00	0.10	0.050	0.20

Mass (kg)	Volume of each agent in methadone quad (ml)
0.1	0.01
0.2 - 0.3	0.02
0.4 - 0.5	0.03
0.6 - 0.8	0.04
0.9 - 1	0.05
1.1 - 1.3	0.06
1.4 - 1.7	0.07
1.8 - 2	0.08
2.1 - 2.4	0.09
2.5 - 2.8	0.10
2.9 - 3.2	0.11
3.3 - 3.7	0.12
3.8 - 4.1	0.13
4.2 - 4.6	0.14
4.7 - 5	0.15



Further useful references

Anaesthesia

S Polson, P M Taylor, D Yates

Journal of feline medicine and surgery 14 (8) 553-559

General review of kitten neutering

A Joyce, D Yates

Journal of feline medicine and surgery 13 (1) 3-10

Timing of neutering

JAVMA

Vol 231, No. 11, December 1, 2007

Surgery

<https://bestbetsforvets.org/bet/459>