**Session Plan for: Horse Health**

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| **Name** |  | | |
| **Topic** | Horse Health | **Lesson** |  |
| **Subject** | Routine Health Checks | **Location** | Yard |
| **Resources & Requirements** | Pens, board/flip chart, handouts, suitable horses and ponies, thermometer, stethoscope, petroleum jelly, cotton wool, examples of health records, | | |

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| **Time** | **Activity** |
| ***10***  ***mins*** | **INTRODUCTION**:  Welcome  Safety information  Give aims, timetable and brief outline of lesson content |
| ***120***  ***mins*** | **ACTIVITIES:**  Encourage lots of interaction throughout, participants to talk about their own experiences.  **Routine checks**   * Discuss daily checks – this is something most horse owners will do without realising it. Create a list on a flip chart or design own checklist, include different scenarios based on participants situation e.g. riding school, private owner. * Carry out health checks on horses – support as required * When to call the vet   **Health records**   * As group discuss the use of health records – does anyone keep one, anyone who has liveries do they know about each horse, would they know what to do if owner uncontactable? What sort of things do people record in them? Create a list or template of a health record. Show examples if possible.   **Taking TPR**   * Ask group if they know what the normal TPR rates are. Why is it useful to know about them? * Discuss the order in which to take them and demonstrate (if required) taking respiration rate and pulse (using stethoscope and feeling for artery under jaw). Compare results between horses. * Discuss taking temperature, safety awareness and reasons not to attempt it. If suitable horses/ponies; demonstrate taking temp and participants to practise if appropriate. * Can view how to take TPR videos on BHS website – Video library |
| ***10***  ***mins*** | **SUMMARY**  Re-cap and questions |
|  | **Progression**  Keeping health records, carrying out daily checks |

**Session Plan for: Horse Health**

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| Name |  | | |
| Topic | Horse Health | Lesson |  |
| Subject | Wounds and Bandaging | Location | Yard |
| Resources & Requirements | Suitable horses and ponies, variety of bandages, veterinary Gamgee, Gamgee, cotton wool, | | |

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| Time | Activity |
| *10*  *mins* | INTRODUCTION:  Welcome  Safety information  Give aims, timetable and brief outline of lesson content |
| *120*  *mins* | **ACTIVITIES:**  Encourage lots of interaction throughout, participants to talk about their own experiences.  **Wounds**   * Discuss the different types of wounds and what to be aware of e.g. puncture wound * Discuss methods of cleaning cuts and what to use   **Bandaging**   * Discuss types of bandages * Discuss different bandaging techniques (stable, over wound, over joint) and what to be aware of * Demonstrate bandaging techniques and then participants practice with support as required. Use the booklets for guidance |
| *10*  *mins* | SUMMARY  Re-cap and questions |
|  | Progression  Practice bandaging |

**Session Plan for: Horse Health**

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| **Name** |  | | |
| **Topic** | Horse Health | **Lesson** |  |
| **Subject** | Preventative measures | **Location** | Yard or classroom |
| **Resources & Requirements** | Suitable horses and ponies, passport/vaccination records, worming syringes, worm testing kits, | | |

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| **Time** | **Activity** |
| ***10***  ***mins*** | **INTRODUCTION**:  Welcome  Safety information  Give aims, timetable and brief outline of lesson content |
| ***120***  ***mins*** | **ACTIVITIES:**  Encourage lots of interaction throughout, participants to talk about their own experiences.   * Prevention is better than cure! Discuss as a group * Ask the group what preventative measures they can take for reducing risk of illness/disease in horses * Discuss vaccination – flu/tetanus/EHV – any other vaccinations available (6 month rule for Flu). Use passports to identify initial course and boosters. Direct to Animal Health Trust website for more information * Worming – discuss methods for testing, ways of reducing worm burden * Farriery/dentistry/anything else raised * Disease prevention – use the poster in the book as a discussion point for disease prevention. * Quarantine procedure – look at the yard or ask participants to think about own yard and how they would quarantine new horses to the yard. |
| ***10***  ***mins*** | **SUMMARY**  Re-cap and questions |
|  | **Progression**  Look at own yard and disease prevention procedures |

**Session Plan for: Horse Health**

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| Name |  | | |
| Topic | Horse Health | Lesson |  |
| Subject | Basic treatments | Location | Yard |
| Resources & Requirements | Suitable horses and ponies, variety of bandages, veterinary Gamgee, Gamgee, cotton wool, shallow buckets, access to hose pipe, poultice equipment, first aid kit | | |

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| Time | Activity |
| *10*  *mins* | INTRODUCTION:  Welcome  Safety information  Give aims, timetable and brief outline of lesson content |
| *120*  *mins* | **ACTIVITIES:**  Encourage lots of interaction throughout, participants to talk about their own experiences.   * Look through the contents of First Aid kit and discuss. Ask participants what they have in their kits, where do they store it, separate ones for travel? * Discuss as a group any treatments they may have had to carry out on their horse * Discuss the use, method and reasons for anything that is raised   **Box rest**   * Reasons, methods to keep horse occupied   **Poulticing**   * If not mentioned discuss reasons for, methods, techniques   **Tubbing**   * Reasons, methods, hints to keep horse’s leg in bucket   **Cold hosing**   * Reasons, methods, alternatives such as Spa, cold water boot, Ice boot   **Holding horse for vet and trotting up**   * PPE, positioning, suitable location/surface – this can lead onto how to identify lameness   **Removing a shoe**   * Tools required, how to hold hoof, safety, discuss how to remove * Re-cap on bandaging techniques – stable/over joint/over wound   Participants to practise with support as required. Consider setting up stations for example: trot up/stable bandage/joint bandage/tubbing that participants can rotate around |
| *10*  *mins* | SUMMARY  Re-cap and questions |
|  | Progression  Practise bandaging and basic treatments |