



First aid

- Basic physiological value -

It is **important** to be aware of the basic physiological values of a healthy dog. Knowing these, the health status of the dog can be easily checked, and it is **easier to recognize** if there is a problem.

It is important to be clear about the basics of feeding a healthy dog when it comes to animal care. Knowing these, the **health status** of the given dog can be easily checked, and abnormalities can be recognized. If we experience an abnormal deviation, we should always discuss the following with the owner first!

If for some reason you have to **turn the dog over** to their other side during first aid, always **do it across their belly**, because by turning them over on their back, you can cause them to **twist their stomach**, which is a very dangerous condition!

Physiological parameters:

📷 Body temperature: 38.2-39,1 C°

Examination: By placing a digital thermometer in the anus, paying attention not to put it in the feces, but to guide it to the inner wall **carefully**. The thermometer in the feces will give false results and show a lower temperature. We also need to make sure that, in the case of a female dog, we do not accidentally place it in the wrong hole below. Wash and disinfect the thermometer after each use!



📷 Respiration: <30 / minute

Examination: Observe the dog's chest rise and fall by placing your hand on the chest. Another method that can be used: Stand facing the same direction as the dog, then step back so you are looking at the dog's chest from the back. From this position it will be easier to check the chest moment. In stressful situations, clinical environments, warm weather, after exercise, a healthy dog's breathing may increase.





Pulse: large-bodied dog: **60-120 /minute**; small-bodied dog: **80-120/ minute**

Examination: On the left side of the chest, behind the elbow, you can examine it by pressing your palm to the dog's heart. With a stopwatch measure it for 1 minute. In a stressful situation, at the vet, or due to increased movement, the heart rate of a healthy dog may also show elevated values.

Mucous membrane: pale pink

Examination: The animal is easiest to examine when the lips are raised. If the mucous membrane is blue, yellow, purple, yellow or porcelain white, you should consult a veterinarian immediately!

Capillary refill time: = CRT

Examination: Press and release the mucous membrane of the lips with the fingertip. Within 1 second the color should turn back from white to pink in the case of a healthy animal. In the case of an older dog, the time increases.



Skin turgor test:

Examination: A healthy dog's hydration is adequate if you raise the skin and it returns immediately. If the dog is dehydrated the return is slow. In such cases you should consult a veterinarian immediately!

In a healthy dog, the **pupil** is **round**, and **moderately dilated**. A larger dilatation of the pupil can occur when the animal is in pain. It is worth watching in case of an older or sick dog.

*In addition to the basic parameters, we can check the **dilation of the pupils**, **secretion** from the eyes, the hair length around the eyes, **dirt**, or if there is any **inflammation**.*



*It is especially worthwhile to check the **food pads** after a walk: to see if there is any foreign body lodged in them.*

