

Student Name	Jane Doe
Patient Name and Signalment (Age, Gender, Breed, Species, Weight)	Lucy - Canine - 6 year old spayed female mixed breed, approximately 65 lbs
Date	7/7/2020
History / Owner Concern	Itchy ears for about 2 weeks. Owner says it's an ear infection. Keeping owner up at night scratching. Recently changed foods from a Turkey protein to a Beef protein.
Veterinary Diagnosis (If applicable)	N/A – owner has not been to vet at this time, wants to try oils first.
Observations	Lucy is a sweet, friendly dog and excited to see a new person. Scratched ears several times while taking history, ears red and inflamed and smelly.
Physical or Emotional	Physical
Possible Oil Options and Why Chosen (List several possible oils, not just the one the animal chose.)	Copaiba – Anti-inflammatory Oregano – Anti-bacterial/ Antifungal Thyme – Anti-bacterial/ Antifungal Lemon – Antibacterial/ antifungal Lavender – Antibacterial/ soothing/ Antihistamine Frankincense – Anti-inflammatory
Self – Selection (List the oils offered and the animals response to each one.)	Copaiba and Lavender – very interested Frankincense – mild interest/ neutral Thyme – very interested Oregano & Lemon – mild interest/ neutral
Oils used (Actual oils used and dilutions used.)	1 drop of Thyme internally on a treat – Antibacterial/ Antifungal/ good research against ear pathogens 3% Dilution of Copaiba, Frankincense, and Lavender in Almond Oil – Dripped 2 drops on cotton ball and swiped the inside of the ears (not in ear canal) and around the base of the ears – soothing, calming, anti-inflammatory oils. Balance 1 drop topically along the spine in a relaxing massage. - Calming

Initial Responses (Immediate response during the session.)	Lucy did not appreciate her ears being touched at first, but then leaned into her Balance massage.
Response after essential oil session	Was resting quietly by the end of the session.
Recommendations given to owner	Clean ears daily, then swipe with Copaiba/ Frankincense, and Lavender mixture once daily. And 1 drop Thyme twice daily for 7 days.
Follow up	Owner texted the next day and she finally got some sleep! Still a bit itchy, but not as bad as before this morning. 7 days after session – Lucy is back to normal!
Reflection on your experience (use a little detail here please)	I was nervous at first since this was my first session with someone else's dog, and we were dealing with ears. Lucy was pretty excited in the beginning but once she calmed down a little and started with the self-selection, it got better. I think the lavender and copaiba helped calm me and her owner down too! I wasn't sure how long to recommend the Thyme for, so I just picked a week and I'm glad it worked out. Next time I might try less time at first and follow up after 3 days. Overall, this was a really positive first case and I'm very happy with the results.

Student Name	John Smith
Patient Name and Signalment (Age, Gender, Breed, Species, Weight)	Hairball – Feline; 15 year old neutered male DLH, approximately 15 lbs
Date	7/10/2020
History / Owner Concern	Hairball has hairballs. Used to be about 1 time per month, now it's almost daily. He gets fed a dry commercial kibble (whatever is on sale). Owner has recently had a daughter leave the home to go to college. Owner feels like he is grooming more since then and misses owner's daughter – he was her cat, but they don't allow cats in the dorm.
Veterinary Diagnosis	N/A – wants to try oils
Observations	Hairball was hiding when I arrived, we had to fish him out from under the bed. There was construction outside so there was a lot of loud noise which made him jumpy. He did not want to be pet, did not want treats and was generally very nervous. He did have a bald patch on his belly that was not red or irritated, owner said it is where he focuses when over grooming.
Physical or Emotional	Emotional (stress) but also physical (hairballs)
Possible Oil Options and Why Chosen	Cardamom – antispasmodic Ginger – Aperitif Fennel – Carminitive Copaiba – Anti-inflammatory Frankincense – Analgesia, Anti-inflammatory Lavender- Sedative
Self – Selection	Difficult to assess as he was so nervous. He eventually just froze when we put him on the bed but he was not interested in oils. He did not choose any of the digestive oils – cardamom, fennel, and ginger were offered and he turned away from all of them. He had a neutral response to Copaiba and a mild interest in Lavender, and did NOT like Frankincense.

<p>Oils used</p>	<p>Because he was so nervous, I started out with lavender topically on me while I pet him, he liked his head being scratched, so I was acting as a sort of natural diffuser.</p> <p>Owner let me put 4 drops of Copaiba (calming) in her diffuser and we diffused for about 15 minutes, and he started to calm down, so I mixed up 2 roller bottles – One with a 1 % dilution of Fennel (antispasmodic) and Cardamom (antispasmodic) in FCO and 1 with a 2% dilution of Copaiba in FCO.</p> <p>Applied 1 drop of diluted Copaiba by ear tipping, then petting along the spine.</p> <p>Applied 1 drop of Fennel/ Cardamom on his belly, which he immediately began licking off.</p>
<p>Initial Response</p>	<p>Nervous, diffusing Copaiba helped a little. Licked off topical digestive oils very quickly.</p>
<p>Response after essential oil session</p>	<p>After about 5 minutes of grooming, Hairball went and stood in the corner of the room glaring at us. His owner laughed, and said that was normal. He did not go and hide under the bed again, even though he had access, so I'm considering this a good thing for now.</p>
<p>Recommendations given to owner</p>	<p>Diffuse Copaiba, and use the diluted oils mixed up for Hairball 1-2 times daily as needed for stress and hairballs. Discussed diffusing calming oils and explained the impact of stress on cats and how it can affect them both behaviorally/ emotionally and physically, which is likely the case with Hairball. Owner loves Lavender and said he would diffuse it tonight.</p>
<p>Follow up</p>	<p>Called owner the next day – apparently after I left, he curled up next to him on the couch and fell asleep – something he hasn't done since his daughter left for college! He definitely wanted to lick all the oils off though.</p> <p>1 week later – Hairball hasn't had a hairball in 5 days, and now when owner gets the Copaiba out, he reaches for the bottle with his paw.</p>
<p>Reflection on your experience</p>	<p>This was a complex case. Self-selection was difficult to ascertain, and I just felt so</p>

	<p>bad for this poor kitty. I'm really happy with the outcome, but it was stressful trying to decide which oils to use in this case. I need to practice with cats more to get a feel for their idiosyncrasies. Or maybe start out with a more diluted oil to offer as self selection. It would have been helpful to have a quieter environment.</p>
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