

KATE BOATRIGHT, VMD

Veterinarian. Author. Speaker. Mentor.



Veterinary medicine is a challenging profession, but it can be truly rewarding. I want vet professionals to find the same fulfillment I have in veterinary medicine by addressing common challenges faced by veterinary teams. With over 10 years of clinical experience in small animal GP and ER and 5 years of speaking and writing, I focus on presenting practical solutions to these challenges with a focus on mentorship, spectrum of care, communication, and wellness.

Kate Boatright vmd

AVAILABLE TOPICS:

MENTORSHIP MATTERS:

- How to Support Early Career Veterinarians Using the Whole Clinical Team
- Top Five Mentorship Mistakes
- Essential Skills for Mentors
- Essential Skills for Mentees
- Roadmap to Mentorship

SPECTRUM OF CARE:

- Improving Outcomes for Clients with Financial Limitations Using a Spectrum of Care Approach
- Isn't That Just Medicine? The Art and Science of the Spectrum of Care

PRACTICE PEARLS:

- Emergency Stabilization for General Practitioners

WELLNESS:

- Self-Care Isn't Selfish: Building Your Wellness Toolbox

PRACTICE MANAGEMENT:

- Using the Whole Clinical Team to Maximize Preventive Care Compliance
- Promoting Wellbeing in the Workplace
- The Double-Edged Sword of Workplace Communication

COLLABORATIVE LECTURES:

- **with Lauren Forsythe, PharmD, DICVP**
 - Navigating the Muddy Waters of Pharmacy: Improving Communication and Reducing Errors When Working with Community Pharmacies
 - Substitution Permissible? A Discussion About Generic Medications
- **With Alyssa Mages, CVT**
 - ReVETilization: How to Be a Leader to Enact Positive Change
 - Putting the TEAM into Teamwork

To discuss scheduling, contact hello@writetheboat.com.

All lectures can be presented in person or as an interactive webinar.

Don't see something that fits with your organization's mission?

Let's work together to craft a presentation that will fit your group's needs! If I can't offer what you're looking for, I will help to connect you with another professional who can.

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MENTORSHIP MATTERS:



How to Support Early Career Veterinarians Using the Whole Clinical Team

What does mentorship look like in your practice? If your clinic is looking to recruit or retain early career veterinarians, you must be able to answer this question. This lecture will explore the challenges faced by early career veterinarians and discuss the essential components of a mentorship program. We will review how each member of the team can be utilized to support early career veterinarians. Participants will leave this lecture with a blueprint to develop a mentorship program that will help new veterinarians gain confidence and become superstar clinicians.



Top Five Mentorship Mistakes

Did you know that over thirty percent of new veterinary graduates will leave their first practice within a year? One of the top reasons for this turnover is a lack of mentorship. If you've promised mentorship to a new hire, be sure you're ready to deliver an exceptional mentorship experience. This lecture will explore five common mentorship mistakes and explore practical ways to avoid and correct them if they are made.



Essential Skills for Mentors

Being a mentor is more than teaching clinical skills or discussing medical cases. It requires an individual to provide personalized support, challenge the mentee to advance, and deliver honest, consistent feedback. Being a strong mentor is an art, but it can be learned and developed. This lecture will use a case-based approach to discuss essential skills for mentors and how to enhance them in the clinic to maximize your effectiveness as a mentor.



Essential Skills for Mentees

While mentorship is often associated with the early career period, it can be beneficial throughout an individual's career. Mentees must balance their own learning with the feedback and guidance received from their mentor. This lecture will use a case-based approach to discuss essential skills for mentees and how to enhance them in the clinic to maximize your effectiveness as a mentee.



Roadmap to Mentorship

Mentorship is something all veterinary professionals seem to crave, and yet it can sometimes be difficult to find. In this lecture, we will create a personal roadmap to mentorship by exploring what makes a meaningful mentorship experience, how to identify a potential mentor, and different models of mentorship. We will develop networking skills to help connect with potential mentors and mentees. Regardless of where you are in your career, you can benefit from a mentor —and even offer mentorship to someone else!

SPECTRUM OF CARE:



Improving Outcomes for Clients with Financial Limitations Using a Spectrum of Care Approach

Cases limited by client finances are a daily occurrence for many small animal practitioners. As pets are considered part of the family by their owners, conversations between pet owners and the veterinary team can become emotionally charged, especially when finances are limited and decisions about care become life or death. These cases and the discussions that go with them can create moral distress and contribute to burnout for many veterinarians. But it doesn't have to be this way. This lecture will explore the concepts of spectrum of care and incremental care in the context of client financial limitations and provide tools that can be used in financial conversations to maximize patient outcomes in clinical practice.



Isn't That Just Medicine? The Art and Science of the Spectrum of Care

Veterinarians are in the unique and challenging position of balancing the medical needs of their patients with the emotional, physical, and financial needs of their clients and their own moral and legal obligations to both. Embracing the spectrum of care can help to accomplish this delicate balancing act. The key to success in practicing along the spectrum of care is communication. Veterinarians and team members must work with clients to determine the best option for their circumstances. Join a practicing, rural small animal veterinarian in a case-based discussion to better understand the spectrum of care and how it can be applied in practice. We will examine the barriers that prevent us from offering a spectrum of care and how to overcome them as well as explore current evidence for spectrum of care options and communication techniques that allow us to connect with clients.

PRACTICE PEARLS:



Emergency Stabilization for General Practitioners

This presentation will review common emergency presentations including blocked cats, trauma cases, and respiratory distress. Initial evaluation and stabilization that can be performed by the general practitioner prior to transfer to an emergency clinic will be the focus of this lecture. We will also discuss improving communication and relationships between emergency and general practice clinics.

WELLNESS:



Self-Care Isn't Selfish: Building Your Wellness Toolbox

How do you thrive in your veterinary career for 5, 10, or even 50 years? You learn to make self-care a priority. This lecture will begin with a brief review of the state of mental health in the veterinary profession. A discussion of recognizing burnout in ourselves and our team will follow using Dr. Boatright's personal walk through professional burnout. We will explore tools and skills that can be used both to recover from and prevent burnout at the individual and team level, including setting boundaries and cultivating resilience. (This can be presented as a 1 or 2 hour session).

PRACTICE MANAGEMENT:



Using the Whole Clinical Team to Maximize Preventive Care Compliance

Preventive care protocols allow clinics to provide consistent recommendations to their clients and maximize patient health. Client compliance with these recommendations will be most successful when they are heard repeatedly from multiple team members. It is essential that every team member understands the reasons behind the recommendations and knows how to communicate them. This lecture will discuss the creation and implementation of preventive care protocols in your clinic including their development, team training with a specific emphasis on leveraging veterinary technicians in a primary client education role, and marketing preventive care to clients outside of the exam room.



Promoting Wellbeing in the Workplace

Burnout and mental health challenges are widely recognized in the veterinary profession and affect all members of the veterinary team. These struggles can lead to increased turnover in the clinic and attrition from the profession, leading to significant financial impacts on the industry. This lecture will explore the state of mental health in the veterinary profession and discuss how to recognize burnout in ourselves and our team. We will explore tools and skills that can be used both to recover from and prevent burnout at the individual and hospital level. (This can be presented as a 1 or 2 hour session).



The Double-Edged Sword of Workplace Communication

Dr. Boatright has completed the AVMA's Wellbeing Educator program to be able to offer this presentation, which was developed by the AVMA through an educational grant from Merck Animal Health. This session is approved for 1 hour of AVMA Continuing Education Credit.

Communication is considered a double-edged sword because of its power to move us closer to, or further away from, authentic, healthy connection. For example, 24/7 news coverage can be informative and increase anxiety, social media can be used for networking and cyberbullying, and how we communicate with each other in the workplace can induce more psychological distress and be a buffer to or help prevent psychological distress.

In the process of managing our day-to-day work life, we often lose sight of how communication patterns and the ways we interact with each other impact our wellbeing and the wellbeing of our colleagues. Effective communication is a cornerstone of healthy workplaces, and yet it is often an afterthought. Under duress, communication can become transactional—focused on short term gains, alleviating symptoms rather than addressing root causes of conflict, and prioritizing winning over problem resolution and relationships. Teams that communicate effectively are more likely to have higher psychological safety, encourage innovation and timely decision-making, create goodwill, minimize miscommunication, and be better equipped to successfully navigate difficult situations.

This interactive seminar teaches core communication skills to promote connection, support a strong sense of belonging to the team, increase trust in the organization, and facilitate candid and open communication among team members.

COLLABORATIVE LECTURES:



Navigating the Muddy Waters of Pharmacy: Improving Communication and Reducing Errors When Working with Community Pharmacies (with Lauren Forsythe, PharmD, DICVP)

This session will discuss causes of tension between veterinarians and retail pharmacists, review common types of errors, provide suggestions for prevention, and discuss new challenges related to online pharmacies. Techniques for building a successful working relationship with local pharmacists and improving client education will be the focus of this lecture.



Substitution Permissible? A Discussion About Generic Medications (with Lauren Forsythe, PharmD, DICVP)

One of the veterinarian's key responsibilities in patient care is selecting and prescribing the appropriate medication. In cases where cost is a concern, generic medications may be a reasonable choice, but do they always have equal efficacy as brand name medications? During this interactive webinar, participants will gain a better understanding of the key differences between brand name and generic medications and how to make the most evidence-based decisions possible for appropriate use. We will explore case-based examples of specific medications including insulin, antibiotics, and NSAIDs.



ReVETilization: How to Be a Leader to Enact Positive Change (With Alyssa Mages, CVT)

There is a revolution in the veterinary profession—a movement toward positive change and the creation of a sustainable career and healthy individuals. But how do you become a part of this change? It's time to step out of your comfort zone and become a leader. Join two changemakers and entrepreneurs in the veterinary profession as we share our personal leadership journeys. We will guide participants through exercises to identify personal values, opportunities for leadership, and the creation of personal growth through education. Attendees will leave this session with an action plan and the materials to make change happen. (This is a 2-hour interactive workshop)



Putting the TEAM into Teamwork (With Alyssa Mages, CVT)

The most successful veterinary practices are not those with the most technically skilled employees but those with the most cohesive team. These successful teams embody many characteristics, most notably, TEAM: Trust, Empathy, Accountability, and Mentorship. Bringing TEAM into our practices will help to improve client satisfaction, workplace culture, and staff retention. Join a credentialed veterinary technician and veterinarian as we discuss how to elevate your team into its best self and put the TEAM back into teamwork.