

Separation-Related Disorder



- **Amanda E. Florsheim, DVM**

Separation-related disorders



- **Separation anxiety**
- **Isolation distress or isolation frustration**
- **Barrier anxiety or frustration**
- **Confinement anxiety**

Zoe



- **2 – 3 year old FS
Border Collie**

- **Acquired 4 weeks
prior to
appointment
from Border
Collie Rescue**



Zoe - History



- **No problems noted the first week**
- **2nd week, owner noticed Zoe would not eat or drink without him in the room**
- **3rd week noted miniblinds appeared damaged when came home**

Zoe - Observation



- **Investigated the exam room readily and interacted well with the staff**
- **While settled, pressed herself against her owner constantly**
- **Owner would pet her every time she leaned more or pawed at him**

Zoe – Medical



- **Physical exam:**
 - Mild amount of tartar build up
- **CBC / Chemistry panel:**
 - All values within normal limits
- **Free T4 by ED:**
 - 21 (8 – 40 PMOL/L)

Zoe – Diagnosis



- **Isolation distress**
- **Attention-seeking behavior**

Zoe – Prognosis



- **Fair**
- **Good prognostic indicators**
 - So far, Zoe has not been a danger to herself
 - Option of leaving her with someone during the day or doggie day care
 - Short-term duration at this owner's home
 - Owner is very dedicated to working with her
- **Poor prognostic indicators**
 - Little known about previous history
 - Unknown how she will respond to training because she has had so little

Management



- **Keep Zoe at a friends house or have a friend stay with Zoe when gone**
- **Doggie day care trial**
- **Provide numerous types of enrichment for Zoe**
- **Exercise**
- **Basic training**

Modification



- **Reward calm and relaxed behavior whenever offered**
- **Ignore or neutrally interrupt inappropriate behavior**
- **Neutral departures and homecomings**
- **Pair cues that owner is leaving with other activities**

Modification



- **Discontinue graduated departures where owner leaves apartment**
- **Mini-absences**
- **Emotional absences**
- **Deference**
- **Relaxation exercises**

Medication



- **Owner declined medication**
- **Options included**
 - **Xanax**
 - ✦ **Dosed as needed for short absences**
 - **Klonopin**
 - ✦ **Dosed as needed for absences**
 - **SSRI for daily use**

Treatment - additional

- **DAP**
 - Synthetic formulation of a pheromone that is released from the sebaceous glands between the mammary chains of lactating females



Additional Treatment Options



- **Anxitane**
 - L-theanine



- ✦ **Rescue Remedy**
 - 1 to 4 drops on or under the tongue

Zoe – Additional Treatment Options

- **Ttouch**
- **Acupuncture / Herbal evaluation (caution if using psychotropic medication and herbs!!)**
- **Anxiety Wrap or Thundershirt**



Zoe – Update (3 months)



- **Zoe will now eat when the owner is away and no one is home with her**
- **Appears to be relaxed when owner comes home**
 - Generally asleep on the couch
- **Has not damaged the miniblinds**

Questions?



Thank you!

