

Speaker Bio

Leah Contreras, RVT, CVT

I am originally from Santa Monica, CA, and have been in the veterinary field since graduating high school. I started off as a high-volume spay and neuter surgical assistant at various shelters in Los Angeles. After three years, I wanted to try out specialty/emergency medicine, and accepted a position as a radiology assistant at ASEC and transferred to the surgical department after a year. In 2016, I became a registered veterinary technician. Over the next five years, I worked primarily as a surgical technician and cross-trained in the ECC/ICU department. In the fall of 2019, I decided to move states to work exclusively as an anesthesia technician at a university teaching hospital. I primarily taught fourth-year veterinary students during their small and large animal anesthesia rotation and ran a variety of anesthetic cases. After a year of university training, I decided to go back to private practice and moved to Boston where I eventually took the position as the lead anesthesia technicians. I was able to create and implement my own anesthesia training program to mentor up and coming veterinary staff on elevated standards in anesthesia. My professional interests include cardiothoracic anesthesia, critical cases and local/regional anesthesia. Outside of work, I love to swim and do bitesport with my Rottweiler, Drago, or watch TV with my Siberian cat Obi.

Lecture Descriptions

Medical Math for Anesthesia

This program is meant to highlight the importance of calculations as it pertains to anesthetic cases. The majority of the talk is a walkthrough of mock cases, from initial set up to recovery. Common calculations covered will be oxygen flow rates, breathing circuits, tidal volumes, premedications, CRI's, dilutions, and drug dosages. The goal is for the anesthetists to feel more confident in their calculations when running cases.

Seamless Sedation Techniques

This program is not only a review of drug pharmacology, but realistic clinical application. Newer techniques such as the GV-20 acupoint for sedation will be emphasized. Video examples of successful sedation utilizing this technique with a variety of drug classes. Newer drugs, such as Zenalpha, will be discussed in depth, and its practical usage for minor procedures.

Pass on the Gas! Playing Around With TIVA

The focus of this talk is to shed new light around how to run anesthesia using only injectables. Although TIVA is most commonly reserved for critical patients, a variety of anesthetic candidates will be explored such as orthopedics, soft tissue, and imaging procedures. We will review the many anesthetic drug options available to us, and how to troubleshoot anesthetic depth using injectable anesthetics. Loading doses and CRI rates will be reviewed, as well as how to administer via syringe pumps, or a fluid bag set up. Case based scenarios will be used for audience participation and critical thinking.