

TPR Course notes

for CS running the course

What is a TPR Steward?

A Steward accredited by AERA who takes the Temperature, Pulse and Respiration of horses prior and during a competition.

Refer to AERA Rule Book

How to become a TPR Steward:

Become accredited through the TPR exam process

Responsibilities of a TPR Steward:

Refer to AERA Rule Book

Parameters:

See AERA Rule Book

Taking the Pulse Rate:

Finding the heart sound.

Sounds, see Study Guides

Procedures for Pulse taking see AERA Rule Book

Irregularities or unusual sounds, check with vet via Chief Steward.

Horse and Handler behaviour:

Unruly horses, what to do

Uncooperative handlers, how to deal with this

Temperature taking:

There are two types of thermometers generally used, a digital and a veterinarian glass thermometer, which is a small triangular glass thermometer.

Do not use old fashioned hollow thermometer, breakage is dangerous.

Temperature is generally only taken pre ride.

Make horse aware of you as you approach, stand close to the side of the horse take hold of the root of the tail to move tail over a little, some horses respond well to a rub or tickle on the side of the root of the tail.

Either spit on the thermometer or use a little Vaseline for the thermometer to be inserted in the rectum easily. Hold the thermometer gently to the side as there could be manure present. Hold the thermometer inside for the required time, a digital thermometer will beep when temp has stabilised. Record Temp in logbook.

If the temp is above the parameter then call vet through CS to verify.

If the horse will not let you take the temp., or you feel unsafe doing it; ask the person in charge of the horse to take it, if that person refuses then call the CS who will attend to the problem. If the horse behaves in such a way that TPR can't be performed then the CS will disqualify the horse.

Respiration

The respiration is checked by observing the movement of the diaphragm, although it is also possible to see the flare of the nostrils as the horse breathes.

You will see the diaphragm expand and contract, this is counted as one breath. The count can vary widely depending on the state of the horse and the weather.

It can be quite difficult to count at times as the horse might be sniffing or panting with a shallow breath. You should count the respiration as you see it, even when panting.

The respiration is best counted while you are taking the temperature.

Log Book entry

The results are entered in the logbook as they are recorded.