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HUMANE EUTHANASIA TECHNICIAN STATE OF FLORIDA

Student Study Guide

The written examination is created from the defined learning objectives in this study guide. This study guide forms the bank of topics from which 50 multiple-choice questions will be created. The passing score for the written exam is 80% or higher. You will have one hour in which to complete the exam.

SODIUM PENTOBARBITAL – (5 Exam Questions)

- HET120.1.1 Know sodium pentobarbital is a barbiturate classified as a Schedule II drug by the U.S. Drug Enforcement Administration
- HET120.1.2 Sodium pentobarbital is available under the trade names Fatal-Plus, Euthanasia-6, Pentasol, Euthasol, Beuthansia, and Succumb.
- HET120.2.1 Know the four stages of anesthesia in euthanasia are 1) voluntary excitement, 2) involuntary excitement, 3) surgical anesthesia, and 4) medullary paralysis.
- HET120.2.2 Know the animal is usually unconscious and can feel no pain within 4-5 seconds after an intravenous injection of sodium pentobarbital.
- HET120.2.3 Know as sodium pentobarbital moves through the cerebral cortex into the cerebrum, the animal may demonstrate involuntary movements like paddling of the legs or vocalizing.
- HET120.2.4 Know as sodium pentobarbital moves through the cerebrum into the cerebellum, the animal is in a state of surgical anesthesia.
- HET120.2.5 Know medullary paralysis usually occurs within 40 seconds after an intravenous injection of sodium pentobarbital.
- HET120.2.6 Know agonal breathing and cardiac fibrillation are involuntary death responses and not signs of life.
- HET120.2.7 Know the "label dose" of sodium pentobarbital is intentionally much higher than the "lethal dose" necessary to achieve death.

PRE-EUTHANASIA DRUGS – (5 Exam Questions)

- HET121.1.1 Know some animals will be so unsocialized or fearful pre-euthanasia drugs are necessary to render the animal unconscious before the lethal injection of sodium pentobarbital.
- HET121.1.2 Know using pre-euthanasia drugs on fearful or unsocialized animals will increase the overall safety of the technician by reducing the risk of bites, scratches, and overall stress.
- HET121.1.3 Know pre-euthanasia drugs do cause a stinging sensation when injected and may cause considerable pain if the animal is emaciated.
- HET121.2.1 Know Telazol or a ketamine/xylazine cocktail are very effective for use as a pre-euthanasia drug.
- HET121.2.2 Know Telazol and ketamine are Schedule III controlled substances and must be used and stored in accordance with federal and state laws.
- HET121.2.3 Know acepromazine is not recommended for use as a pre-euthanasia drug by itself because it is a tranquilizer and does not provide any level of anesthesia for the animal.
- HET121.3.1 Know pre-euthanasia drugs are administered via an intramuscular (IM) injection using a small gauge needle to help reduce the sting.
- HET121.3.2 Know the preferred muscle mass injection site for pre-euthanasia drugs is the epaxial, gluteus medius, gluteus superficialis, or biceps femoris muscles.
- HET121.3.3 Know it will take 2-3 minutes for the animal to feel the effects of the pre-euthanasia drugs and up to 10 minutes before the animal is fully sedated.

ANIMAL HANDLING AND RESTRAINT – (7 Exam Questions)

- HET140.1.1 Know dogs and cats can be easily overwhelmed by excessive visual, auditory, olfactory, and tactile stimulation.
- HET140.1.2 Know fast or sudden movements, loud or sudden sounds, and unexpected touching can cause an animal's stress to quickly increase.
- HET140.1.3 Know anxious, fearful, aggressive, or submissive animals may suddenly react by biting.
- HET140.1.4 Know animal behavior is assessed by observation of positional clues from the eyes, ears, tail, and body posture of the animal.
- HET140.2.1 Know in almost every animal handling situation, the least restraint is the best restraint and will minimize stress on the animal.
- HET140.2.2 Know puppies and kittens may be cradled in the handler's arm or just raising the front legs off the exam table to expose the abdomen for an intraperitoneal (IP) injection.
- HET140.2.3 Know dogs and cats that cannot be safely restrained should be injected with a pre-euthanasia drug.

- HET140.2.4 Know dogs and cats injected with pre-euthanasia drugs should be left alone in a quiet, secure environment until the animal has lost consciousness.
- HET140.2.5 Know when the use of a restraint tool is necessary, to use the tool that provides the least amount of stress to the animal but allows for successful restraint.
- HET140.2.6 Know most socialized cats can be successfully injected intraperitoneally by lifting their front legs off the table and exposing their abdomen.
- HET140.3.1 Know everyone involved in the euthanasia procedure should move slowly and speak calmly around the animal to help minimize stress.
- HET140.3.2 Know standard restraint tools include leashes, gloves, towels, bags, nets, muzzles, and control poles.

ADMINISTERING EUTHANASIA DRUGS – (8 Exam Questions)

- HET141.1.1 Know pre-euthanasia drugs are administered intramuscularly (IM) into the epaxial (muscles along lumbar spine) or biceps femoris (hindquarter muscle).
- HET141.1.2 Know pre-euthanasia drugs should be administered slowly into the muscle mass to minimize pain to the animal.
- HET141.1.3 Know the injection should be made at a 90-degree angle to the skin and into the largest muscle mass available.
- HET141.1.4 Know as the animal begins to feel the effects of the drug, it will typically start to lick its lips.
- HET141.2.1 Know sodium pentobarbital may be administered to an animal intravenously (IV), intraperitoneally (IP), intracardiac (IC), or orally (PO).
- HET141.2.2 Know IV injection results in the fastest death of the animal with minimal pain or distress.
- HET141.2.3 Know the IP injection is the preferred method of administering sodium pentobarbital on puppies, kittens, and other small animals.
- HET141.2.4 Know the cephalic vein, located on the front leg, is the preferred route of injection on socialized, friendly dogs.
- HET141.2.5 Know the medial saphenous vein runs down the center of the inside of the animal's rear legs.
- HET141.3.1 Know the appearance of lifelessness and lack of reflexes alone are not sufficient to conclude an animal has died.
- HET141.3.2 Know the use of a stethoscope or a cardiac stick can confirm the heart has stopped beating.
- HET141.3.3 Know cardiac sticks are only acceptable when the animal has no blink or toe-pinch reflexes.

HET141.3.4 Know a fibrillating heart will cause the intracardiac needle to move back and forth like a pendulum.

FEDERAL REGULATION OF EUTHANASIA DRUGS – (3 Exam Questions)

- HET110.1.1 Know the U.S. Drug Enforcement Administration classifies sodium pentobarbital as a Schedule II controlled substance.
- HET110.1.2 Know Schedule II controlled substances are defined as drugs with a high potential for abuse, with use potentially leading to severe psychological or physical dependence.
- HET110.2.1 Know all animal shelters using euthanasia drugs must meet federal requirements for storage, record-keeping, inventory, and disposal of controlled substances.
- HET110.2.2 Know federal law requires all controlled substances be stored in a “substantially constructed” securely locked cabinet.
- HET110.3.1 Know a detailed log recording the exact use of controlled substances for euthanizing animals is required to be maintained by shelters.
- HET110.3.2 Know shelter euthanasia records should be kept in a bound logbook with numbered pages.
- HET110.4.1 Know federal law requires shelters to maintain inventory and other controlled substance records for a period of two years.
- HET110.4.2 Know the penalty for failure to comply with federal drug laws can range from minor fines to criminal charges, depending on the nature of the violation.

STATE REGULATION OF EUTHANASIA DRUGS – (4 Exam Questions)

- HET111.1.1 Know Chapter 828.05 of the Florida Statutes prescribes the lawful way an injured or diseased domestic animal may be killed.
- HET111.1.2 Know Chapter 828.055 of the Florida Statutes addresses legend drugs, controlled substances, and permits for their use.
- HET111.1.3 Know Chapter 828.058 of the Florida Statutes addresses euthanasia of domestic dogs and cats.
- HET111.1.4 Know Chapter 828.065 of the Florida Statutes addresses euthanasia of animals offered for sale by pet shops.
- HET111.2.1 Know euthanasia shall be performed only by 1) a veterinarian, or 2) an employee or agent of an animal shelter other facility operated for the collection and care of stray, neglected, abandoned, and unwanted animals.

- HET111.2.2 Know a certified veterinary technician who is an employee or agent of a facility which is operated for the collection and care of stray, neglected, abandoned, and unwanted animals may perform euthanasia without completion of the certification course.
- HET111.3.1 Know Animal Control Shelter Pharmacy permits are issued by the Florida Board of Pharmacy.
- HET111.3.2 Know the permit applicant must also register with the U.S. Drug Enforcement Administration as a practitioner designated as an animal shelter.
- HET111.4.1 Know permit holders must maintain records of purchases and administration of drugs for euthanasia and chemical immobilization for a period of four (4) years.
- HET111.4.2 Know drugs must, at a minimum, be kept in a securely locked cabinet within a locked storage room.

TECHNICIAN SAFETY AND STRESS MANAGEMENT – (5 Exam Questions)

- HET150.1.1 Know animal bites and scratches should be considered significant injuries and must be addressed immediately when they occur.
- HET150.1.2 Know proper training is the best way to prevent injuries from occurring in the animal shelter environment.
- HET150.1.3 Know first aid kits should be readily available in the euthanasia room and contain the most frequently needed items for euthanasia-related injuries.
- HET150.2.1 Know the use of protective eyewear and locking syringes can help reduce the risk of drugs splashing into the eyes of the euthanasia technician.
- HET150.2.2 Know to never hold a syringe in your mouth that contains any drugs used for euthanasia or pre-euthanasia.
- HET150.3.1 Know recapping needles is a common cause of accidental needle sticks to euthanasia technicians.
- HET150.3.2 Know an animal that suddenly jerks and bumps the technician can result in an accidental needle stick.

COMPASSION FATIGUE AND BURNOUT – (7 Exam Questions)

- HET151.1.1 Know burnout is defined as a state of physical, emotional, or mental exhaustion combined with doubts about your competence and value of your work.
- HET151.1.2 Know burnout is typically linked to work environment factors including lack of control, unclear job expectations, dysfunctional workplace dynamics, mismatch in values, extreme of activity, and work-life imbalance.

- HET151.1.3 Know burnout management techniques include managing stressors, evaluating options, adjusting attitudes, exercise, and seeking support.
- HET151.2.1 Know compassion fatigue as the physical exhaustion arising from the constant demand to be compassionate and effective in helping those in need and who are suffering.
- HET151.2.2 Know compassion fatigue manifests as a set of physical, emotional, and behavioral symptoms which may look different in different people.
- HET151.2.3 Know some symptoms of compassion fatigue include lack of concentration, sleep problems, family conflict, low self-esteem, substance abuse, depression, and burnout.
- HET151.2.4 Know the Professional Quality of Life tool (ProQOL) is a self-assessment that measures the negative and positive aspects of working in a caregiver.
- HET151.3.1 Know stress management plans are necessary for managing stress buildup that naturally occurs in animal shelter operations.
- HET151.3.2 Know an important part of stress management is identifying your individual reaction to stress.
- HET151.3.3 Know the importance of replacing unhealthy stress coping habits with healthy stress coping habits.

POST-EUTHANASIA PROCEDURES – (6 Exam Questions)

- HET142.1.1 Know animal carcasses should be treated with care and respect when bagging, storing, and transporting for disposal.
- HET142.1.2 Know animals stored in coolers/freezers should have tags on the bag containing identification information about the animal.
- HET142.1.3 Know wheeled carts and stretchers should be used to move heavier animals to minimize the risk of physical strain and/or injury to the euthanasia technician.
- HET142.1.4 Know carcasses containing sodium pentobarbital are considered hazardous waste and may have special requirements for disposal at landfills to prevent exposure to wildlife.
- HET142.1.5 Animals suspected of having the rabies virus should be euthanized in a manner that preserves the brain for testing.
- HET142.2.1 Know care should be taken to complete and double-check each logbook entry after every euthanasia procedure.
- HET142.2.2 Know euthanasia logs should be secured with the same efforts as those used to secure the drugs used for euthanasia.