



HOW TO MAKE THE SWITCH TO SEVERE PAIN & DISTRESS FREE

Preventing research animals at your institution from experiencing severe pain and distress is a win-win goal for your university, improving both animal welfare and scientific quality. Of course, after the time and consideration you have put into this decision, you'll want to ensure that you effectively implement your institutional policy.

Below are some suggested steps to take to commit to a policy of ensuring no severe animal pain and distress.

Preventing Severe Pain and Distress: A Role for Everyone

- Look into the possibility of using non-animal alternatives, especially for research that is expected to cause severe pain and distress
- Consider all possible sources of pain and distress in advance and make plans to address them, including use of anesthetics, analgesics and other measures
- Don't forget about non-pharmacological methods to alleviate pain and distress
- Consider duration and intensity of stressors and the context in which they occur
- Tailor score sheets and other pain and distress observation tools and monitor the actual impact of the research on the animals
- Determine and adopt the most humane endpoint possible; continually assess these
- Use human experience as a guide to how animals might react to a given experimental situation, but do so with caution, as nonhuman animals may experience more pain and distress under some circumstances
- Be prepared for emergency situations
- Develop institutional best practices for everyone to use

For more detailed information and access to additional pain and distress resources, visit our website at www.humanesociety.org/painanddistress.

