

to normal. Weight was also stable, and Fancy remained a happy affectionate, ambulatory cat. A urine sample showed USG 1.024 protein 5+.

We tried to wean him off the steroids, but almost immediately his water consumption increased markedly so we decided to maintain on the 2mg/kg SID, given we had no definitive diagnosis. But to this day (6 months later) Fancy has stayed on prednisolone and Vetace®, and has remained stable with respect to weight, and has developed no more oedema. However, his urine remained 5+ protein.

So we were not sure why he went so acutely oedematous (reached a low albumin threshold?), or really what was going on but it would appear Fancy was a bucket of immune mediated problems; IMHA almost certainly, and likely an immune-based glomerulopathy as well, which likely has a degree of irreversible damage (like amyloidosis). However, clinically he was a normal cat, he just had frothy wee and ate a lot.

*Postscript:* Fancy urinated 4+ protein for another 6 months before he presented with acute neurological signs – ataxia and progressive paresis (no tick area and no travel. No tick found). Anisocoria developed and the owners opted for euthanasia.

#### Comments Welcome

We would welcome comments on this case, as autoimmune, or immune mediated cases in cats are hard to find, and harder to diagnose definitively it would seem. For such a clinically well cat some of his parameters were way out of whack, and it was a credit to my colleague for her amazing fluid therapies which no doubt vastly helped Fancy get back on track. She also spent many hours reading everything to hand in an effort to find that diagnosis for Fancy, but in the end lack of funds caught up with us. 

*Editor's Comment:* Adding an angiotensin receptor blocker like Semintra® to the benazepril would likely have further reduced urinary protein losses. (Semintra® was not on the market when Emma treated this case.)

## Interesting article



A very informative and descriptive well-written review for practitioners and researchers.

Exercise-induced pulmonary haemorrhage: where are we now?

Authors: Poole DC, Erickson HH

[dovepress.com/article\\_29902.t62078989](http://dovepress.com/article_29902.t62078989)

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#### LARGE ANIMAL

# Taming wild horses for a good welfare outcome: the 4BP way

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Figure 1. Andrea and Alison with BB, an approximately 15-year-old gelding, removed from Kosciusko as a mature stallion last winter.

Andrea is a feline specialist, whose interest in brumbies and animal welfare led her to undertake a PhD in wild horse ecology and welfare. She also obtained membership of ANZCVS in animal welfare last year. Andrea's PhD involves field work in the Blue Mountains, Kosciusko National Park and the Victorian Alps, where she is collating data on the behavioural and population ecology of wild horses across these regions. She is also developing methods for assessing and monitoring the welfare of wild horses, and is correlating the welfare of horses across these different sites to other demographic parameters in order to assist in developing management plans that ensure good welfare outcomes for these horses whether they remain in the wild or are relocated into homes. Andrea also has provided a home for 15 brumbies herself and has a passion for training them using gentle methods such as 4BP described below. Andrea is also a huge fan of trainer and amazing horseman Carlos Tabarnaberri ([whisperingacres.com.au](http://whisperingacres.com.au)) who has helped her train her current brumbies and whom she has learnt a huge amount from. Furthermore, Andrea has been undertaking immunocontraceptive trials in groups of captive brumbies in association with the charity Save The Brumbies Inc.



**Figure 2.** Andrea riding BB bitless and bareback. BB is completely relaxed and responsive. This is after approximately 30 hours of training.

veterinarian and friend, Dr Alison Wardman, I was lucky enough to visit them at their remote 189,000 acre sheep station near Cobar, NSW and see what '4BP' was all about for myself.

#### Joe's philosophy on life

Joe Hughes grew up on a horse station in outback South Australia and spent 37 years developing his method of training horses in a calm, quiet, gentle and highly effective and quick manner. A recent almost fatal motorbike accident led him to realise that he must pass on his skills to his children, and more widely to others. Joe, a hard working and genuine kind man, lives by the philosophy of helping others, and works by the saying of 'helping one person might not change the world but it could change the world for one person'.

#### Taking action to make a difference

With a passion for training horses, and for helping others, when Joe heard about the draft plan of management for brumbies in Kosciuszko National Park, which involves the ground shooting of thousands of brumbies, he became a man on a mission to help with alternative solutions.

Currently brumbies are

The Hughes family, particularly Joe and his teenage daughter Lauren, have recently shot to fame through their Facebook page, where they have been posting free training videos of their revolutionary '4BP training method', demonstrating their step-by-step training method for brumbies removed from Kosciuszko National Park, in order to stop them being sent to slaughter.

Together with another

passively trapped and trucked out of the park. Some are taken by various rehoming groups, but their facilities quickly become full and large numbers, particularly older horses and mature stallions, still end up going to slaughter. Joe made it his mission to take ALL the brumbies removed from Kosciuszko that are not taken on by other rehoming groups, and to also train them fully before finding them new homes.

One of the major welfare concerns with rehoming brumbies is that if they are not trained appropriately or are placed in inexperienced homes, these sensitive and intelligent horses can very easily become misunderstood. This can lead to them becoming mistreated or even eventually being sent to slaughter. The 4BP method aims to overcome this by having them so well trained and quiet before rehoming that they will have the best chance of good long term outcomes in their new homes.

#### Sharing his expertise to better the lives of horses and people

Furthermore, Joe doesn't keep his methods to himself. He works tirelessly with Lauren, producing videos of each step of the training of different horses, and posting them on Facebook for anyone to view for FREE. He is passionate about teaching as many other people as possible to help make the world a better place for horses, and make the training accessible to absolutely everyone, rather than just the financially well off. It is heart-warming to see feedback from 4BP followers that post comments and videos on how their relationship with their horse has exponentially improved since they started watching Joe's and Lauren's videos and



**Figure 3:** Joe doing face up for the first time with a Kosciuszko stallion.



**Figure 4.** Joe's 18-year-old daughter Lauren, with BB, just one of many Kosciusko brumbies that she has trained for riding.

any other community groups that may benefit from working with these magnificent Australian horses.

**Joe likens his approach to initially taming wild horses as similar to the process of seducing a yet-to-be-lover!**

It's all about the use of body language and eye contact. What he says makes a lot of sense: 'If I didn't know you and I walked up, grabbed you by the throat and started speaking loudly saying "calm down, calm down" in a language that you didn't understand, you certainly would not want to calm down. **My approach is based on two yet-to-be-lovers, trying to catch one another's eyes across the room until contact is made and one approaches. It's the same with horses; once**

applying the methods for themselves. A wide variety of people benefit hugely from Joe's methods; from kids in the outback, to older people that have adopted troubled horses, many of whom can't seek professional help due to living in remote locations or lack of finances. Joe also has plans to develop community projects such as working with disadvantaged children, troubled youth, veterans, post-traumatic stress disorder sufferers, and

you have established this the horse will start to follow you, no rope, no touch, just proximity. This approach revolutionises a horse's life and anyone can connect with them without force or demand.'

#### Begin with 'Face-up' for initial handling

The initial part of the training is all about what Joe calls 'Face up', which is about getting eye contact with both of the horse's eyes. He achieves this by clapping his hands, and then when the horse looks at him with both eyes, immediately rewards them by looking down and backing away. Once the horse understands this they quickly start to follow you, and then soon after that Joe moves onto the 'first touch', a gradual process that he does in a very systematic way, beginning with the edge of the nostrils and muzzle, and working up to the cheeks, each time rewarding initial touches by looking down and backing away until the horse becomes comfortable with him approaching and touching their face. He then work backwards from the head down each side, and before long he is rubbing the horse all over and picking up its feet, before even having thought about placing a halter on the horse. Joe explains that '*from here (usually about 35 minutes in) the horse will allow you to do anything as long as you ask nicely using proximity*'. The amazing thing with this approach is that it is also extremely quick, because it is all based around understanding the horse. **What usually slows down training horses**

It is much easier to understand by watching for yourself than trying to explain this process, so please do look at some of the videos – they're all available here:

[facebook.com/BelarabonStation](https://facebook.com/BelarabonStation)

is when the training creates confusion and anxiety in the horse, and 4BP avoids this, giving incredible results in a matter of hours.

**Progress to riding training with a true natural**



**Figure 5:** A group of mature stallions from Kosciusko, in the yards at the 4BP property near Cobar, having been brought in from a paddock thousands of acres in size, now awaiting their training

Once Joe has done the initial handling, his 18-year-old daughter Lauren then takes over to train them for riding. Lauren has an exquisite feel for the horses, and an incredibly gentle touch. She not only trains the horses

for riding, but for all sorts of other situations that they could be placed in; habituating them to dogs, trucks, motorbikes, and float training, she stands on their back, crawls through their legs, slides off their bum etc, all taught in a way that the horse is completely relaxed throughout. It was only when I rode a brumby trained by Lauren that I really appreciated the full extent of her training talent.

BB is a brumby removed last winter from Kosciusko as a mature stallion. Having worked with wild horses in other situations, I know only too well how 'highly strung' these horses can be, either through never having seen a human their whole life, or having learnt to associate humans with being harassed and chased in the wild. And yet, amazingly, I rode BB bareback and bitless and I don't think I have ridden a horse quite as relaxed. Furthermore, he was completely switched on and tuned in to listening to what I was going to ask of him, and exquisitely responsive to everything you asked of him – moving on with the gentlest squeeze of the legs, turning easily with a shift in body weight, and coming to a standstill from a trot just with the slightest shift in bodyweight and leg movement. BB like many others trained by Joe and Lauren is heading to his new home soon, and hopefully will have a similar success story to others already settled into new homes, such as Kosi who is successfully competing at pony club with an 8-year-old boy.



**Figure 6. Brumbies in Kosciusko National Park.** Currently brumbies are annually removed through passive trapping in yards. A proportion would usually go to slaughter but Joe is now taking all the brumbies removed that are not taken by other rehoming groups.

### Watch Joe & Lauren in action

Watch the free videos on the 4BP facebook page ([facebook.com/BellarabonStation](https://facebook.com/BellarabonStation)), or visit their website ([4bporses.com.au](http://4bporses.com.au)). A complete video library is also going to be made available soon together with a step-by-step training video from first touch to riding, and more. Brumbies for sale and other opportunities such as training clinics and more, are also announced regularly on their Facebook page.

### Joe also sees a huge benefit for veterinarians in his training methods

How many times have you had to treat a horse that hasn't been well handled, or has become very frightened from previous mishandling, or is just frightened and in pain due to their illness or injury? You have a limited time period to achieve what you need to do in a safe and effective manner. Furthermore, you don't want the horse to be scared of you the next time you or another vet visit them for further treatment. Joe estimates that by following his methods, about 15 minutes with any horse will be sufficient for them to be quiet and relaxed enough for the veterinarian to be able to safely perform the required tasks. That applies to a completely unhandled horse or a very scared one. And having seen Joe at work, I totally believe this. What a skill for every veterinarian working with horses to be able to have, and to be able to tell our clients about. And we all can!

### Handling clinics designed for the veterinary profession

Joe is keen to offer handling clinics, specifically tailored to the needs of veterinarians, around what we may need to do with an unhandled or difficult horse. These clinics will be free or of minimal cost to cover expenses and will be open to all interested veterinarians, veterinary nurses and veterinary students. We are also going to be gelding stallions, and exploring research opportunities, such as ongoing welfare assessments, putting science behind the training through behavioural and stress assessment throughout training, amongst many other ideas.

### Expressions of interest

Please contact me ([andreaharvey.cat@gmail.com](mailto:andreaharvey.cat@gmail.com)). We are keen to gauge the level of interest for these clinics and will keep you informed about dates etc. I'd also love to hear from you if you are interested in being involved in any potential research projects or preventative health care and geldings. 

**Note:** Look out for some case studies from Andrea in our June issue.