

0:00:00.5 Katie Berlin: Dr. Kathryn Primm, welcome.

0:00:02.4 Kathryn Primm: Hi, thanks for having me.

0:00:04.9 Katie Berlin: So welcome to Connexity. Are you having a good time?

0:00:07.1 Kathryn Primm: Yeah, absolutely.

0:00:08.0 Katie Berlin: Good. I hear from my boss, Dr. Jessica Vogelsang, very good things about you and that you are a big champion of AAHA, and you're also a fellow podcaster.

0:00:18.0 Kathryn Primm: That is true. That is definitely true.

0:00:21.5 Katie Berlin: She said we needed to meet.

0:00:23.5 Kathryn Primm: Okay. Yeah, I have a couple of podcasts mostly directed towards the pet-owning population, and one is...

0:00:32.3 Katie Berlin: Hallelujah.

0:00:33.0 Kathryn Primm: Yeah. One is for cats, and it's called Nine lives with Dr. Kat, and the other one is, well, for cat lovers and dog lovers is called Dr. Kat Gone to the Dogs.

0:00:42.4 Katie Berlin: Those are good names, they're catchy. And I think it's always nice to have podcasts so we can sort of point people to, for like, "Hey, if you wanna know more information about this, this is a great podcast to check out." So, well I'm definitely making note of that.

0:00:55.6 Kathryn Primm: Awesome.

0:00:57.3 Katie Berlin: I think it's more power to you because it did occur to me at one point to make a podcast for pet owners, and I just couldn't tackle it. It's a lot.

0:01:05.7 Kathryn Primm: It is.

0:01:07.2 Katie Berlin: Have you been doing it a long time?

0:01:10.3 Kathryn Primm: I just recorded my 99th episode.

0:01:12.2 Katie Berlin: Wow.

0:01:13.3 Kathryn Primm: So yes, but I think the podcast space is pretty busy, and I just wanna make sure that people are getting good information about how to care for their pets.

0:01:25.7 Katie Berlin: Yeah. Absolutely, I'm sure there's a lot of information out there that you'd rather not be there, so you have to be...

0:01:28.4 Kathryn Primm: Yes, for sure.

0:01:30.5 Katie Berlin: Stand out a little. Yeah, it's like the Wild West, podcasting.

0:01:32.6 Kathryn Primm: Yes, absolutely.

0:01:35.9 Katie Berlin: And so what else do you do? What brings you to Connexity?

0:01:39.5 Kathryn Primm: Well, I actually own a practice, a small animal practice, dogs and cats only, and so we are AAHA accredited practice, so I wanted to learn as much as I could from Connexity.

0:01:53.0 Katie Berlin: And what do you think so far?

0:01:54.3 Kathryn Primm: Fun. Yeah, good. Yeah.

0:01:56.4 Katie Berlin: I really love the energy here, this is my first time here, and I really love it. I think it's a good size, and the people here seem like they really, genuinely are passionate about Vet Med. They're excited about it and wanna learn and grow, and I love that.

0:02:11.2 Kathryn Primm: Well, one of my soap-boxes, I guess, is that I think we can make the world of veterinary medicine and the world at large a better place with positivity and lifting people up, and so the theme of making the world a better place is like, perfect. Perfect.

0:02:25.9 Katie Berlin: Yeah, perfect. Well, that's what I was gonna ask you. The theme is create a better world, aside from a place where people are positive and love what they do, what specifically does that better world in Vet Med look like to you?

0:02:41.9 Kathryn Primm: You know, I think that the world of social media and probably podcasts, I may be a little bit guilty too, but has allowed people to have a forum or a platform for their voice, and it created this competition for attention. And just like with toddlers and puppies, negative attention is sometimes as good as positive attention, and so we've sort of started being sarcastic or funny or trying to be funny, pointing out negative things and, oh, I hate my job, and oh, this and that, and I think it just puts too much emphasis on the negativity for our mental health.

0:03:21.1 Katie Berlin: It is true. We tell ourselves stories and we're influenced, or the stories we tell ourselves are influenced so much by what we hear and see from other people, especially other people who view as like us, and too much of that energy is gonna change the stories we tell ourselves. So surrounding ourselves with that positive energy can affect the stories in a good way and especially in vet med 'cause it's such a small world.

0:03:46.5 Kathryn Primm: Yeah, well, and you wanna feel like there are other people going through what you're going through. And that is a really positive thing. But where do you stop? Where does it become commiserating? Just having misery, misery fests. And I think that's the place where we can make a difference of, okay, I feel you, I hear you, I'm going through that, but we can make this better or we can move forward together.

0:04:11.9 Katie Berlin: And not instead of fixing the actual problems that are underlying the issues but also you're more in a frame of mind to fix things or to wanna be part of the solution when you frame things in a more positive light. We can get better, we can make a change. Yeah, there

definitely are a lot of issues in Vet Med right now that seem really daunting. And so, do you have one piece of advice for how do you cope if you're sort of facing a really challenging day and you're kind of stuck in that space, how you get yourself out of it?

0:04:43.6 Kathryn Primm: You know, it's funny, today, when we were listening to the keynote, and she put up a graphic that said something about 40% of our outlook is something that we can control. And she said that, that scared me or daunted me because the other things were not in my control, whereas I looked at that and I'm like, oh man, 40%. If somebody told me I could help my patients, 40% of my patients by doing this one thing, I would think that was great. I would think that was a great number. So I guess it just depends on your perspective. It's daunting but it's doable.

0:05:20.8 Katie Berlin: Yeah. That perspective, it helps to have people around you who will remind you of that too, 'cause sometimes you get stuck in your own head, it's like a dark cloud and you just need someone to be like, "Hey, remember that thing you told me that time, tell that to yourself now," 'cause we aren't always kind to ourselves in this profession.

0:05:37.5 Kathryn Primm: Right.

0:05:38.1 Katie Berlin: We're very good at not being kind to ourselves or even not thinking that we need to be. We sort of dismiss ourselves, I feel like, sometimes because we're so busy taking care of so many other people. So that's great advice. And there's a lot of good people talking about Positive Psychology and the changes that gratitude can make, like Carrie Journey our keynote from this morning. She talks a lot about gratitude and how it changed her brain. It really does. So I love that, I love all those conversations.

0:06:07.0 Kathryn Primm: Yeah, absolutely. Well, I just love... My mom always said to me, "If you see someone without a smile, give them yours." So that always stuck with me. So when I walk around a meeting and I see people just meeting me, I just smile at them, if I can make a difference for that one person then it's easy.

0:06:26.6 Katie Berlin: I can attest that this is true, 'cause you were very friendly at dinner last night. And I didn't know you. And like you smiled. It was good, it's like overwhelming, you're surrounded by all these people you don't know and someone smiles at you. It's a really good feeling, and it never changes.

0:06:39.1 Kathryn Primm: And it's free.

0:06:39.4 Katie Berlin: And it's free. Yes. And takes almost no effort most of the times. [laughter] Some days more than others, but you can usually make it happen. They've done research in long distance running. So I'm a runner. And they've done research that if you smile, it hurts less, so you actually do feel like you're working harder if you're not smiling, and there's like... The fastest runner in the world is a big proponent of that. So you look at him and he's running four-minute miles at the end of the marathon and he is smiling because he says it helps. So if he can do it we, we can do it.

0:07:12.9 Kathryn Primm: Right.

[laughter]

0:07:15.4 Katie Berlin: So, Dr. Kathryn Primm, thank you so much for coming by.

0:07:18.4 Kathryn Primm: Hey, thanks for having me.

0:07:22.6 Katie Berlin: And I hope you enjoy the rest of the conference, and we'll have to check out your podcast, I hope everybody listening does too. And it's a good place to send pet owners who have questions, you can answer that day.

0:07:29.5 Kathryn Primm: Yeah. It's on Spotify and all of the major podcast platforms.

0:07:32.1 Katie Berlin: Wonderful.

0:07:34.1 Kathryn Primm: Thanks again.

0:07:35.2 Katie Berlin: Thank you.