



QUALITY OF LIFE SCALE

This is a tool to help you and your family decide whether to pursue palliative care for your pet, or whether it is time to consider humane euthanasia. The **Quality of Life (QOL) Scale** allows everyone involved to view the situation objectively, by taking subjective and emotional thoughts out of the equation. **For each category, give your pet a score from zero (considered as poor as can be) to 10 (considered normal/as good as can be).**

Pain

Score 0: No pain management or pain medication(s) not working.

Signs of pain can include difficulty jumping or doing stairs, difficulty lying down or getting up, moaning or crying, excessive panting at room temperature and when at rest.

Score 10: No signs of pain.

Breathing

Score 0: Struggling to breathe, continuous coughing, requiring oxygen supplementation.

Score 10: Normal breathing rate and effort. Normal resting respiratory rate is less than 30 breaths per minute.

Appetite

Score 0: Not eating at all, not drinking, requiring a feeding tube.

Score 10: Eating normally and eating usual amounts.

Happiness

Score 0: Can no longer do most or all of his/her favourite activities. Has lost the will to live. Hiding or preferring to be alone. Constant anxiety or boredom. Unable to sleep through the night or get adequate rest.

Score 10: Continues to do all his/her favourite activities. Enjoys life and has a will to live. Interacts normally with family members and other pets.

Mobility

Score 0: Can no longer get up, cannot walk without falling, cannot get themselves to their feeding areas. Unable to get themselves to elimination areas, urinating/defecating on themselves.

Score 10: Normal mobility, can get around easily, no issues posturing to eliminate, able to participate in normal daily activities.

Good Days vs. Bad Days

Score 0: 0/10 consecutive days are "good days".

Score 10: 10/10 consecutive days are "good days".

Burden on You

Score 0: Caring for my pet is causing significant challenges for me and/or my family.

It is having a negative impact on our quality of life. For example, having to carry the pet everywhere, having to constantly clean up feces or urine, or being unable to leave home.

Score 10: No burden on the family. No extra work required, or the extra care required does not affect the family's quality of life.

Total:

Score 52-70 out of 70: Good QOL

Score 35-52 out of 70: Decreased QOL. Palliative care can be considered (e.g. adding in pain management).

Score 17-35 out of 70: Poor QOL. Need to re-assess the current palliative treatment plan right away, or consider humane euthanasia.

Score 0-17 out of 70: Very poor QOL. Must consider humane euthanasia.