

## Quality of Life Scale (The HHHHHMM Scale)

Pet caregivers can use this Quality of Life Scale to determine the success of Pawspice care. Score patients using a scale of: 0 to 10 (10 being ideal).

Score	Criterion
0–10	<b>HURT</b> — Adequate pain control & breathing ability is of top concern. Trouble breathing outweighs all concerns. Is the pet’s pain well managed? Can the pet breathe properly? Is oxygen supplementation necessary?
0–10	<b>HUNGER</b> —Is the pet eating enough? Does hand feeding help? Does the pet need a feeding tube?
0–10	<b>HYDRATION</b> — Is the pet dehydrated? For patients not drinking enough water, use subcutaneous fluids daily or twice daily to supplement fluid intake.
0–10	<b>HYGIENE</b> — The pet should be brushed and cleaned, particularly after eliminations. Avoid pressure sores with soft bedding and keep all wounds clean.
0–10	<b>HAPPINESS</b> — Does the pet express joy and interest? Is the pet responsive to family, toys, etc.? Is the pet depressed, lonely, anxious, bored or afraid? Can the pet’s bed be moved to be close to family activities?
0–10	<b>MOBILITY</b> — Can the pet get up without assistance? Does the pet need human or mechanical help (e.g. a cart)? Does the pet feel like going for a walk? Is the pet having seizures or stumbling? (Some caregivers feel euthanasia is preferable to amputation, but an animal with limited mobility yet still alert, happy and responsive can have a good quality of life as long as caregivers are committed to helping their pet.)
0–10	<b>MORE GOOD DAYS THAN BAD</b> — When bad days outnumber good days, quality of life might be too compromised. When a healthy human–animal bond is no longer possible, the caregiver must be made aware that the end is near. The decision for euthanasia needs to be made if the pet is suffering. If death comes peacefully and painlessly at home, that is okay.
<b>*TOTAL</b>	<b>*A total over 35 points represents acceptable life quality to continue with pet hospice (Pawspice).</b>

Villalobos and Kaplan, 2017

**Directions:** Use the key factors of quality of life below to help assess your pet's condition. Use the Daily Diary to keep track of your pet's progress. Fill in the appropriate number for each category and then add the numbers from each category for that day. The maximum score is 12 and you can determine your own scale. You can even add categories that pertain to your pet's particular situation. For example, 'Respiratory Rate' if your pet suffers from heart failure or lung cancer. You can give half or quarter points if appropriate.

**MOBILITY**

- 2 **Good Mobility** – No difficulty getting around, enjoys walks and going outside
- 1 **Poor Mobility** – Difficulty getting up, hard to get in position to eliminate, short walks only
- 0 **Bare Minimum Mobility** – Needs assistance, pain medication/anti-inflammatory medications do not help.

**NUTRITION**

- 2 **Good Appetite**
- 1 **Poor Appetite** – Hand feeding, needs enticing
- 0 **No Appetite**

**HYDRATION**

- 2 **Adequate Intake**
- 1 **Poor Intake/** or increased in some patients with particular diseases
- 0 **Requires Clysis** (subcutaneous fluids)

**INTERACTION/ATTITUDE**

- 2 **Interacts normally** with family and other pets
- 1 **Some interaction** with family and other pets
- 0 **Hides** in the closet or under the bed

**ELIMINATION**

- 2 **Normal** urination and/or defecation
- 1 **Reduced/Irregular** urination and/or defecation
- 0 **None**

**FAVORITE THINGS**

- 2 **Normal** favorite activities, hobbies, etc
- 1 **Decrease** in doing their favorite things
- 0 **No interest** in their favorite things

**EXAMPLE SCALE IS AS FOLLOWS:**

- 12 – 9 **Everything is okay**
- 6 – 8 **Requires intervention**
- < or = 5 **Consider humane tranquilization and euthanasia**

 **Daily Diary**

Date	Mobility	Nutrition	Hydration	Interaction/ Attitude	Elimination	Favorite Things	Total & Daily Notes

Visit our online Quality of Life Scale at [www.PetHospiceJournal.com](http://www.PetHospiceJournal.com)

