

## Pet Quality-of-Life Scale with daily/weekly diary

**Directions: Use the key indicators of quality-of-life below to help assess your pet's condition and progression**

*Use the daily/weekly diary to keep track of your pet's journey. Fill in the appropriate number for each category and then add the numbers from each category for that day/week. The maximum score is 12.*

*You can even add bespoke categories that relate to your pet's particular situation. For example, 'Heart/Pulse Rate' or 'Respiratory Rate' if your pet suffers from heart failure or lung cancer. You can give half or quarter points if appropriate.*

A Mobility	B Nutrition (Appetite/diet type)	C Hydration/Fluid balance
2 Good Mobility – No difficulty getting around, enjoys walks and going outside 1 Poor Mobility – Difficulty getting up, hard to get in position to do toilet, short walks only 0 Bare Minimum Mobility – Needs assistance, losing footing, toilet/squat/lifting leg not possible, pain medication/anti-inflammatory medications do not help	2 Good Appetite 1 Poor Appetite – Hand feeding, needs enticing 0 No Appetite – vomiting/nausea	2 Adequate intake – drinking as normal (volume/frequency) 1 Poor intake/ or increased in some patients with particular diseases 0 Requires oral hydration/subcutaneous fluids
D Interaction/Attitude (greeting at door, play, cuddles, purring, growling)	E Toilet habits (frequency, consistency, volume)	F Favourite things (specify 3-5 of these e.g., walks, cuddles, ballplay, sitting with you, bird watching)
2 Interacts normally with family and other pets – on own initiative 1 Some interaction with family and other pets – reduced initiative and contact 0 Hides in the closet or under the bed – only contact on your initiative/growls more	2 Normal urination and/or defaecation 1 Reduced/irregular urination and/or defaecation 0 None/no output or very little	2 Normal favourite activities, hobbies, etc. 1 Decrease in doing their favourite things 0 No interest in their favourite things

**Proposed action and interpretation of QOL scale for total points:**

*12 – 9: Everything is okay and your pet still enjoys life (and you should too!)*

*6 – 8: May require intervention, supplementation or adjustment of treatment (contact us to discuss options)*

*0 - 5: Consider humane, gentle euthanasia (contact us asap!)*

DATE: WEEK:	A Mobility	B Nutrition	C Hydration	D Interaction	E Toilet Habits	F Favourite Things	TOTAL POINTS
<b>Monday</b>							
<b>Tuesday</b>							
<b>Wednesday</b>							
<b>Thursday</b>							
<b>Friday</b>							
<b>Saturday</b>							
<b>Sunday</b>							

DAILY DIARY FOR: \_\_\_\_\_ Start Date: \_\_\_\_\_

<b>DATE:</b> <b>WEEK:</b>	<b>A</b> <i>Mobility</i>	<b>B</b> <i>Nutrition</i>	<b>C</b> <i>Hydration</i>	<b>D</b> <i>Interaction</i>	<b>E</b> <i>Toilet Habits</i>	<b>F</b> <i>Favourite Things</i>	<b>TOTAL POINTS</b>
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

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Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

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