

# THE MMVHS QUALITY OF LIFE SCALE

Quality of life (QOL) scoring helps take subjective thoughts about your beloved pet and puts them into a more objective framework. When a pet is coping with a terminal illness or they are declining due to old age, assessing QOL may be helpful to decide if palliative care should be pursued or humane euthanasia elected. Each of the 14 categories below is scored between 5 points (considered good/normal) down to 0 points (considered as poor as can be). Read each section and mark each score on the right side of the page, adding up the numbers on the right side for a total out of 70, then multiply by 100 to give your final QOL score. When scoring each section, start each sentence with "MY PET IS"...

CATEGORIES	QUESTIONS TO ASK YOURSELF	#
1. BREATHING	SCORE 5: Breathing normally and has a resting respiratory rate of <30 breaths /minute. SCORE 0: Breathing with severe difficulty +/- coughing, wheezing, open mouth breathing. There is a diagnosed underlying disease affecting the lungs (eg: congestive heart failure, lung cancer, laryngeal paralysis).	
2. PAIN	SCORE 5: Not showing any obvious signs of pain. SCORE 0: Showing severe signs of pain - acute or chronic. My pet is not on any medication and/or current meds are not working well. Signs of pain may include not jumping on couch, unable to do stairs, unable to sit or lie down easily, moans, not using the litter box, not going for regular walks, seems very stiff when simply walking.	
3. APPETITE & HYDRATION	SCORE 5: Eating well with a good/normal appetite. I don't need to coax him/her to eat or drink. SCORE 0: Not eating at all +/- not drinking.	
4. ENERGY & INTEREST	SCORE 5: Showing normal interest in the daily routine/activities. SCORE 0: No longer interacting with other pets/family members. He/she prefers to be alone, is no longer greeting people at the door, doesn't play games with toys or chew bones. He/she is not curious and is lethargic.	
5. MOBILITY	SCORE 5: Moving with good mobility. He/she is able to go for walks and perform regular routines. SCORE 0: Displaying no or poor mobility. He/she has difficulty getting up or going to toilet or using the litter box. He/she stumbles, drags front or hind paws, needs support, won't do stairs and I need to bring food/water to my pet.	
6. ELIMINATION & HYGIENE	SCORE 5: Urinating/defecating normally with proper posturing in the correct location. SCORE 0: Having accidents in the house, has diarrhea, constipation, has open skin sores or malodorous skin.	
7. GIVES LOVE & TAKES LOVE	SCORE 5: Still showing me love and wants to be loved in return. The human animal bond is still present. SCORE 0: Not giving me love and no longer wants my snuggles and kisses.	
8. HAPPINESS & FAVOURITE THINGS	SCORE 5: Happy and has joy in his/her life. He/she still enjoys her usual favourite activities/behaviour/habits. SCORE 0: Not happy, I feel sorry for him/her. I wish he/she would pass peacefully during the night.	
9. SLEEP	SCORE 5: Sleeping normally. SCORE 0: Sleeping all the time or hardly at all. He/she has trouble staying asleep and is restless through the night.	
10. ANXIETY	SCORE 5: Not showing signs of anxiety. SCORE 0: Very anxious. He/she is more vocal, pants and paces a lot at certain times of the day.	
11. WILL TO LIVE	SCORE 5: Showing a will to live. SCORE 0: No longer showing a will to live.	
12. BURDEN ON YOU	SCORE 5: Not placing any burden on me, or the burden is quite manageable. SCORE 0: Causing a physical, emotional, financial or time-consuming burden on me.	
13. DISEASE	SCORE 5: Doing well despite battling a life threatening illness, including cancer, organ failure, end stage arthritis. SCORE 0: Battling a life threatening illness with a very short term prognosis.	
14. QUALITY OF LIFE	SCORE 5: Living a good life now. His/her good days far outnumber the bad days. SCORE 0: Suffering and, if I was him/her, I would not want to continue living that way.	

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**TOTAL SCORE:**  ÷ 70 x 100 =  **% QOL SCORE**

**QOL SCORE 75 - 100%** = Excellent QOL, no obvious palliative care required.

**QOL SCORE 50 - 75%** = Decreased to good QOL, assess if palliative care required.

**QOL SCORE 25 - 50%** = Poor QOL, must re-assess palliative care immediately or consider humane euthanasia.

**QOL SCORE 0 - 25%** = Very poor QOL, must strongly consider humane euthanasia.

TOTAL