



## Quality of Life Journal

### **Mobility**

- 0 - Not mobile without assistance, medications do not help
- 1 - Poorly mobile, difficulty getting up, hard to position to eliminate
- 2 - Fair mobility, gets up with a little difficulty, stiff and/or a little weak
- 3 - Good mobility

### **Nutrition**

- 0 - not eating, nausea/vomiting
- 1 - Hand feeding, needs enticing
- 2 - Picky, intermittent appetite
- 3 - Good appetite

### **Hydration**

- 0 - Requires IV fluids
- 1 - Requires SQ fluids
- 2 - Drinking less or more
- 3 - Normal water intake

### **Urination**

- 0 - None
- 1 - Abnormal urination/incontinence
- 2 - Some abnormal urination/incontinence
- 3 - Normal urination

### **Defecation**

- 0 - None
- 1 - Diarrhea or constipation
- 2 - Some diarrhea or constipation
- 3 - Normal stool/frequency

### **Hygiene**

- 0 - Open wounds/tumors
- 1 - Superficial skin lesions/itchy
- 2 - Unkempt haircoat/dandruff
- 3 - Normal hygiene

### **Respiration**

- 0 - Labored breathing
- 1 - Increased respiratory rate/effort
- 2 - Episodes of increased rate/effort
- 3 - Normal respiratory rate/effort

### **Pain**

- 0 - Moderate to severe pain
- 1 - Mild Pain
- 2 - Occasional pain
- 3 - No perceivable pain

### **Mentation**

- 0 - Unconscious/obtunded/frequent seizures
- 1 - Confusion/disorientation/anxiety/aggression
- 2 - Occasional confusion/disorientation/anxiety/aggression
- 3 - Normal mentation

### **Interaction/Happiness**

- 0 - Hiding/Shying away from interaction
- 1 - No interaction with family or pets
- 2 - Some interaction/joy with family or pets
- 3 - Normal interaction/joy with family or pets

### Scores:

- 26-30: Most likely your pet has an acceptable quality of life, monitor and report changes
- 17-25: Please report these changes/findings to Senior Paws as soon as possible for guidance
- < 17: Concern for poor quality of life and suffering, contact Senior Paws immediately for guidance