



Senior Paws Pet Quality of Life Journal

Begin by choosing the statement under each category which most closely represents your pet's current situation and symptoms. Then add up the numbers for each category to arrive at an overall score at the bottom. Please report your scores to our hospice coordinator at hospice@seniorpaws.vet and record the date and score for yourself in the notes section at the end of this booklet.

Mobility:

- 0 – Not mobile without assistance
- 1 - Poorly mobile, difficulty getting up & maintaining balance
- 2 – Fair mobility, stiff and/or slightly weak
- 3 – Normal mobility

Nutrition:

- 0 – Not eating
- 1 – Hand feeding/needs enticing
- 2 – Picky, appetite up and down OR appetite is significantly increased above normal
- 3 – Normal appetite

Hydration:

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

Urination:

- 0 – None/not able to urinate
- 1 – Consistently abnormal urination or urinary incontinence
- 2 – Episodes of abnormal urination or urinary incontinence
- 3 – Normal urination

Defecation:

- 0 – None or straining to have a bowel movement without producing stool (obstipation)
- 1 – Diarrhea OR constipation (difficult bowel movement) OR bloody stool
- 2 – Episodes of diarrhea OR constipation OR bloody stool
- 3 – Normal bowel movements (consistency/frequency)

Hygiene:

- 0 – Open wounds/cancerous tumors/deep or bleeding skin lesions/urine or stool soiling
- 1 – Superficial skin lesions/itchy areas/redness/infections
- 2 – Unkempt haircoat/matting/dandruff
- 3 – Normal hygiene

Breathing/Circulation:

- 0 – Labored or open-mouth breathing OR white or bluish gums
- 1 – Increased respiratory rate or effort (usually above 40 breaths per minute +/- effort)
- 2 – Episodes of increased respiratory rate
- 3 – Normal respiratory rate and effort

Pain: (See 'Pain Recognition in Canines and Felines' in next section)

- 0 – Moderate to severe perceivable pain
- 1 – Mild perceivable pain
- 2 – Episodes of perceivable pain
- 3 – No perceivable pain

Mentation/Seizure Activity/Emotional Status:

- 0 – Unconscious/barely conscious OR seizures
- 1 – Confusion/disorientation OR anxiety OR aggression

- 2 – Occasional confusion/disorientation OR anxiety OR aggression
- 3 – Normal mentation/no seizures/no anxiety/no aggression

Interaction/Overall 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

Overall Scores and Assessment:

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 significant suffering; contact Senior Paws immediately for guidance at 713-452-0474

*Please note that if your pet is scoring less than a 2 in any particular category, this in itself could indicate poor quality of life and you should contact Senior Paws as soon as possible. *

*Normal Heart/Pulse Rate (beats/min):

Canine Small: 100-160/ Large: 60-120
 Feline 160-180.....

Contact us when:

Small <80 or>160/Large <60 or >120
 <140 or >200

Normal Respiratory Rate (breaths/min):

Canine 10-30 (@ Pant up to 200)
 Feline 20-30

Contact us when:

Breaths/min over 40
 Breaths/min over 40 +/- pant

Normal Gum/Tongue Color: Pink

Normal Body Temperature: 100-102.5 F

Contact us when:

White/bluish/yellow/brick red
 Less than 99 or more than 103 F