

## Quality of Life Questionnaire

At Ralston Vet, we understand that addressing your pet's quality of life is one of the most difficult things to do. The quality of an animal's life is defined by their overall physical and mental well-being, not just one aspect of their life. The questions below attempt to consider all aspects of your pet's life. It is important to remember that all pets are different and what may be considered a poor quality of life for one may be different for another.

When answering these questions please choose the most accurate response. If you feel unsure of the answer our staff can help you define your answers.

### Activity level

1 pt: Cannot walk or stand without help.

5 pts: Requires pain medications for normal activity. Does about ½ of their normal activity.

10 pts: Fully active and enjoys all activities.

Total \_\_\_\_\_

Additional Comments:

### Pain Scale

1 pt: Shows signs of pain, such as, whining often or unwillingness to move around even with the aid of pain medications.

5 pts: Pain medications help about 75% of the time.

10 pts: Your pet is pain free.

Total \_\_\_\_\_

Additional Comments:

### Breathing Changes

1 pt: Increased difficulty, coughing or open mouth breathing ( unable to do normal activity.)

5 pt: Occasional coughing, wheezing, exercise intolerance. Your pet may be on medications to help respiratory ease. ( able to do ½ of their normal activity)

10 pts: No coughing, wheezing or exercise intolerance. (Enjoys all normal activities)

Total \_\_\_\_\_

Additional comments:

### **Food and Water Consumption**

1 pt: Refusing food and water.

5 pts: Eating their regular food but very slowly or at a decreased amount. Drinking normally.

10 pts: Eating and drinking normally.

Total\_\_\_\_\_

Additional comments:

### **Sociability**

1 pt: Does not spend time with the family. Hiding, irritable, possibly snippy. Physically unable to get to where you are.

5 pts: Spends at least ½ of their time with the family. Not irritable.

10 pts: Enjoys each member of the household, including, other pets. Seeks out your company.

Total\_\_\_\_\_

Additional comments:

### **Cleanliness**

1 pt: Unable to control bladder and/or bowel movements and will remain laying in the mess after it has occurred. May have an external mass/tumor that is bleeding, smelly, and you are unable to keep it clean or bandaged. Has pressure sores.

5 pts: May need help urinating or defecating but does not lay in their own waste. Your pet may have a mass/tumor that is draining but you are able to keep it clean or bandaged.

10 pts: Urinates and defecates in appropriate places. Grooms themselves regularly and you are able to control their hygiene.

Total\_\_\_\_\_

Additional comments:

**Factors that affect you**

1 pt: Has a medical condition that can not be controlled.

5 pts: Has a medical condition that can change over time but is currently stable and easily monitored or adjusted.

10 pts: Happy and Healthy; No medical issues beyond preventive care.

Total \_\_\_\_\_

Additional comments:

**Factors that affect you**

1 pt: You are constantly worried. You feel overwhelmed and stressed trying to provide for your pet. May be a cause of tension between you and the family. Could be financially or emotionally straining.

5 pts: You understand your pet's condition and are able, with some effort, to meet their needs. You have concerns but they are manageable.

10 pts: You are not worried about your pets health and are able to easily care for them.

Total \_\_\_\_\_

Additional comments:

Now add the total from each question below:

**Your pet's total score \_\_\_\_\_/80**

Score of 8-20: Your pet may be suffering. Now would be a good time to have a discussion with your veterinarian about your pets health.

Score of 20-60: Discuss with your veterinarian the available options to better the life of your pet and your ability to care for them.

Score of 60-80: Your pet is healthy and happy.

This chart may help you to better visualize the general well-being of your pet. In some cases, even one item (for example: pain) may indicate a poor quality of life, even if many of the other items are still positive. Some items or symptoms on the list may be expected side effects of the treatments that your pet is undergoing. It is important to discuss these symptoms and side effects with your veterinarian.