**Quality of Life Assessment Scale**

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| --- | --- | --- | --- | --- |
| **Category** | **Questions to ask yourself** | **Score** | **Score** | **Score** |
| **Hurt**  0 = very painful  10 = pain-free | - Is your dog experiencing laboured breathing? (Using their stomach to breathe, breathing more quickly than normal, having difficulty breathing, etc)  - Is your dog vocalizing more frequently (whining, panting, etc), becoming irritated when touched or growling?  - Is your dog becoming anti-social or avoiding interaction with the family? |  |  |  |
| **Hunger**  0 = not eating at all  10 = eating well | - Is your dog eating? Are they eating as much or almost as much as they used to?  - Does hand feeding and offering different flavoured foods encourage them to eat?  - Is your dog continuing to lose more and more weight? |  |  |  |
| **Hydration**  0 = dehydrated  10 = well hydrated | - Is your dog’s fluid intake sufficient? A good amount to aim for is 10 mL (or 2 teaspoons) per pound per day.  - Hydration can be measured by pulling up on the skin between the shoulder blades – if the skin “tents” instead of returning to its normal position, this is a sign of dehydration.  - Subcutaneous fluids (fluids given under the skin) can be used long term to help maintain your dog’s hydration. |  |  |  |
| **Hygiene**  0 = soiled  10 = very clean | - Is your dog clean, dry and well-groomed with no matts in their fur or soiling from their eliminations?  - Can they use go outside to use the bathroom?  - Check your pet for pressure sores and wounds daily. |  |  |  |
| **Happiness**  0 = depressed  10 = joyful and playful | - Does your dog express joy and interest? Are they responsive to the family greeting them and petting them? Do they still want to play with toys, explore their surroundings and do other things they used to enjoy?  - Does your dog seem depressed, lonely, anxious or bored?  - If your dog’s mobility is compromised, can their bed be moved close to the family’s activities to avoid isolation? |  |  |  |
| **Mobility**  0 = non-mobile  10 = normal mobility | - Can your dog get up and move around on their own?  - Is your dog having seizures or stumbling?  - If your dog has limited mobility but is still alert and responsive, can the family help by assisting them outside to go to the bathroom and providing consistent nursing care? |  |  |  |
| **More good days than bad days**  0 = only bad days  10= only good days | When bad days outnumber good days, your dog’s quality of life is compromised. When a healthy human-animal bond is no longer possible or if your dog is experiencing unresponsive suffering, it is time to make a decision about euthanasia. |  |  |  |

Making end of life decisions for your pet is difficult, whether they have a terminal illness, chronic pain or other condition. This scale can help you objectively assess your dog’s quality of life to help you make decisions about when it may be time to euthanize your beloved friend. *Please grade your dog between 0-10 in each of the following categories.* This can be done as often as every few days to every few weeks, depending on your pet’s condition; we’ve included space to record your assessment three times, but your pet may require more or less than this. A total score of over 35 (a score of 5 or greater in each category) is considered to represent a reasonably good quality of life. Your veterinarian is here to support you through this difficult time and address any questions or concerns you may have – please don’t hesitate to reach out to us.