

The HHHHMM Scale

A tool to help determine pet Quality of Life (QoL)

Date:

Your
answer

Score using a 0 to 10 scale,
with 10 being in tip-top shape.

HURT

Is your pet in pain, including distress from difficulty in breathing? Can their pain be successfully managed? Is oxygen necessary?

HUNGER

Are they eating enough? Does hand-feeding help? Is your pet losing weight? Do they require a feeding tube?

HYDRATION

Is your pet dehydrated even if they are drinking water? Are subcutaneous fluids once or twice daily enough to resolve the problem? Is this well tolerated?

HYGIENE

Can your pet groom itself? Is their coat matted to the point of restricted movement? They should be kept brushed and clean, especially after going to the bathroom. Does their skin have sores from extended urine/fecal contact? Do they have pressure sores?

HAPPINESS

Does your pet still express joy and interest? Are they responsive to things around them (family, toys, etc)? Are they depressed, lonely, anxious, bored, confused, or afraid? Can their bed be near the kitchen and moved near family activities to minimize isolation?

MOBILITY

Can your pet get up without assistance? Do they need human or mechanical help (a cart)? Do they feel like going for a walk? Are they stumbling?
(Some caregivers feel euthanasia is preferable to amputation, yet an animal with limited mobility may still be alert and responsive, and can have a good quality of life as long as the caregivers are committed to quality care)

MORE GOOD DAYS THAN BAD

When bad days outnumber good days, the pet's suffering is appreciable and quality of life might be too compromised. When a healthy human-animal bond is no longer possible, the caregivers must be made aware that the end is near.

Total Score

A total of > 35 points is considered acceptable quality of life for pets.

