



BELLEVUE ANIMAL HOSPITAL

Quality of Life Assessment—The HHHHMM Scale

Using a scale of 0 to 10 (where 0 = unacceptable and 10 = excellent) give your pet a score for each of the criteria listed below

<u>Score:</u>	<u>Criterion:</u>
0 – 10	HURT: Is your pet in pain? Is the pain successfully managed? Please refer to the Bellevue Animal Hospital sheet (see reverse) on signs associated with pain.
0 – 10	HUNGER: Is your pet eating enough? (Is it necessary to hand or syringe feed, is your pet eating vastly less than previously, is there substantial associate weight loss?)
0 – 10	HYDRATION: Is your pet well hydrated? (Is it necessary to syringe water or use extraordinary measures to get your pet to drink; is it necessary to give your pet fluid injections under their skin continuously?)
0 – 10	HYGIENE: Is it necessary to clean up your pet after elimination? Does your pet have pressure sores? Does your pet no longer groom itself?
0 – 10	HAPPINESS: Does your pet express joy and interest? Are they responsive to things around them (family, toys, etc.)? Is your pet depressed, lonely, anxious, bored, or afraid?
0 – 10	MOBILITY: Can your pet get up without assistance? Does your pet need human or mechanical help to walk around? Does your pet feel like going for walks?
0 – 10	MORE GOOD DAYS THAN BAD: When bad days outnumber good days and your pet's suffering is appreciable, quality of life might be too compromised. Additionally, when a healthy human-animal bond is no longer possible, quality of life is likely compromised.

A TOTAL OF GREATER THAN 35 POINTS

IS GENERALLY CONSIDERED AN ACCEPTABLE QUALITY OF LIFE FOR YOUR PET.

Adapted from: Canine and Feline Geriatric Oncology: Honoring the Human-Animal Bond, Villalobos A, Kaplan L—Hoboken, NJ; Wiler-Blackwell, 2007.

NAVC Clinician's Brief: Quality of Life Scale: HHHHMM Scale, May 2008.