

Assessing Your Pet's Quality of Life

In pets with a serious illness or terminal diagnosis, observing a decline in their quality of life can be upsetting. For many pets, their symptoms may ebb and flow, resulting in good days and bad days, and it can be difficult to objectively evaluate their wellbeing over time.

The Quality of Life Chart considers many aspects of your pet's life, and can help you visualize the general wellbeing of your pet better. Because all pets are different, certain factors may be more or less important for your pet. In some cases, even one negative symptom (for example, a significant level of pain) may indicate a poor quality of life, even if many other aspects are still positive.

You can reassess your pet's quality of life regularly to help identify trends. Your veterinarian is also an excellent resource for a quality of life assessment of your pet.

My Pet: _____

Poor Quality of Life _____ High Quality of Life

Is not eating well	All the time	Most of the time	Sometimes	Occasionally	Never
Is not drinking well	All the time	Most of the time	Sometimes	Occasionally	Never
Is losing weight	All the time	Most of the time	Sometimes	Occasionally	Never
Is vomiting or seems nauseous	All the time	Most of the time	Sometimes	Occasionally	Never
Is having frequent diarrhea	All the time	Most of the time	Sometimes	Occasionally	Never
Is not urinating well	All the time	Most of the time	Sometimes	Occasionally	Never
Does not want to play or exercise	All the time	Most of the time	Sometimes	Occasionally	Never
Does not respond to my presence	All the time	Most of the time	Sometimes	Occasionally	Never
Is hiding	All the time	Most of the time	Sometimes	Occasionally	Never
Does not enjoy the same activities as before	All the time	Most of the time	Sometimes	Occasionally	Never
Is sleeping more than usual	All the time	Most of the time	Sometimes	Occasionally	Never
Is whimpering or groaning	All the time	Most of the time	Sometimes	Occasionally	Never
Is trembling or shaking	All the time	Most of the time	Sometimes	Occasionally	Never
Is restless or reluctant to move	All the time	Most of the time	Sometimes	Occasionally	Never
Doesn't want to be touched or picked up	All the time	Most of the time	Sometimes	Occasionally	Never
Is having trouble breathing	All the time	Most of the time	Sometimes	Occasionally	Never
Overall Quality of Life	Poor Quality of Life _____ High Quality of Life				

Sources: The Ohio State University Veterinary Medical Center: Honoring the Bond, Alice Villalobos "Pawspice" Quality of Life Program