

# 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 family veterinarian is also an excellent resource for a quality of life assessment of your pet.

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

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