

QUALITY OF LIFE SCALE

(The H5M2 Scale)

WHEN SHOULD I PUT MY CAT DOWN?

The QoL scale, created by Alice Villalobos, will help pet caregivers decide whether to continue their pet's end of life care. Bring this to your vet to talk about your pet's quality of life and discuss ways to improve your pet's score if needed. A score of 0 is poor quality of life, and a score of 10 indicates an ideal quality of life.

QOL Factor	Score 0-10 (10 is ideal)	Description
HURT	<input type="text"/>	Adequate pain control and breathing ability are of top concern. Trouble breathing outweighs all other concerns. Is your cat's pain being successfully managed? Can you provide oxygen supplementation if necessary? Is their breathing labored?
HUNGER	<input type="text"/>	Is your cat eating enough nutritious food? Does coaxing and hand-feeding help? Are you able to maintain a feeding tube if needed?
HYDRATION	<input type="text"/>	Is your cat dehydrated (skin slowly retracts after being pinched)? Are you willing to administer subcutaneous fluids if needed? Is your cat drinking enough water or eating enough food that contains water (10 ml per pound per day)?
HYGIENE	<input type="text"/>	Can you keep your cat brushed, cleaned and parasite-free? This is paramount for cats with oral cancer. Are you able to check your cat's body for soiling after elimination and keep them clean? Can you provide soft bedding and keep all wounds clean?
HAPPINESS	<input type="text"/>	Does your cat express joy and interest? Is your cat responsive to her surroundings (family, toys, etc.)? Does your cat purr when scratched or petted? Is your cat depressed, lonely, anxious, bored or afraid? Can your cat's bed be placed near the kitchen and moved near family activities so as not to be isolated?
MOBILITY	<input type="text"/>	Can your cat use litter box without help, OR can you provide assistance? Is your cat losing balance, stumbling or having seizures? Note: Some caregivers feel that euthanasia is preferable to a definitive surgery, yet cats are resilient. Cats with limited mobility may still be alert and responsive and can have a good quality of life if the family is committed to providing quality care.
MORE GOOD DAYS THAN BAD	<input type="text"/>	Are there more "bad" days, where the pet seems to be "turned off" to life? Do more days include things like vomiting, nausea, diarrhea, frustration, falling down, seizures, etc.? When bad days outnumber good days, the quality of life for the declining cat might be too compromised. When a healthy human-animal bond is no longer possible, your duty is to protect your cat from pointless pain and frustration by making the final call for euthanasia. The decision needs to be made if your cat has unresponsive suffering. It is ideal when a cat's passing comes peacefully and painlessly.
TOTAL	<input type="text"/>	*A total over 35 points represents acceptable life quality to continue with cat hospice. A total of 70 is a perfect score.