

Quality of Life Scale (the HHHHHMM Scale)

Adapted from Dr. Alice Villaloboos

	HURT					
Adequate pain control, including ensuring breathing ability, is first and foremost on the scale. Is my cat's						
pain successfully mana	ged? Are they breat	hing easily? Do they n	eed pain medication	?		
1 = Is severely painful, is mouth breathing, or panting	3 = Is moderately painful more than 50% of time, breathing is labored	5 = Is mildly to moderately uncomfortable less than 50% of time,	7 = Is mildly or infrequently uncomfortable, breathing is	9 = Is completely comfortable, breathing normally		
		breathing is increased but not labored	increased but not labored			
(Please check the box that best corresponds to your cat's condition today)						
$\begin{array}{cccccccccccccccccccccccccccccccccccc$						
HUNGER						

HUNGER						
Is my cat eating enough? Does hand feeding help? Would my cat benefit from an appetite stimulant or a						
feeding tube?						
1 = Is not eating at all 3 = Will eat a little if 5 = Won't eat regular 7 = Appetite is less 9 = Wonderful appetite.						

1 = Is not eating at all	3 = Will eat a little if	5 = Won't eat regular	7 = Appetite is less	9 = Wonderful appetite,	
	coaxed	food, but eats well if	than before, but still	eats as well as ever	
		offered baby or people	interested in food		
		food (something			
		special)			
1 2 3 4 5 6 7 8 9					

HYDRATION						
Is my cat well hydrated	Is my cat well hydrated? Do they need fluid therapy, either at home or at the hospital?					
1 = Moderate to severe	3 = Hydration is not	5 = Water consumption	7 = Fluid intake	9 = Drinks water		
dehydration (sunken	normal, but	is decreased, but	varies from day to	normally or excessively.		
eyes, skin stays	dehydration is	hydration is still	day, but hydration is	Maintaining normal		
'tented' when lifted)	minimal	adequate	adequate	hydration		
	1 2	3 4 5 6 7	89			

HYGIENE						
Cats prefer to be clean	Cats prefer to be clean. When they cannot do it themselves, they should be brushed and cleaned,					
particularly after elimin	ation. Bedsores mu	st be avoided, and any	wounds already pre	sent kept clean.		
1 = My cat is severely matted (painful), has pressure sores, or is badly soiled 3 = My cat is moderately matted, or coat is soiled. 5 = My cat has a few small mats, but his/her skin and coat are clean. 7 = My cat is not grooming as well, but I am able to keep coat and skin clean and wound-free. 9 = My cat is grooming himself/herself						

HAPPINESS						
Does my cat express jo	Does my cat express joy and interest? Are they responsive to things (family, toys, etc.)?					
1 = Is isolated more than	3 = Is spending 50%	5 = Spends some time	7 = Is still interested	9 = Is still doing all the		
50% of time. Shows no	of time isolated.	alone, but still likes to	in old activities, but	activities he/she was		
interest in previously	Seems depressed,	spend time with family.	cannot always	doing before he/she		
enjoyed activities.	lonely, anxious, bored,		perform them.	became ill.		
	or afraid.					
1 2 3 4 5 6 7 8 9						

MOBILITY

Can my cat get up without assistance? Do they need human help?

1 = Is no longer able to make it to the litterbox. Soils on himself/herself	3 = Activity is decreased by more than 50%, but can still make his/her way	5 = Ability to play, jump, run, and do normal activities is d-creased by less than	7 = Ability to play, jump, run, and do normal activities is decreased by less	9 = Has normal mobility, plays as he/she did before he became ill
	to food and litterbox	50%	than 25%	
1 2 3 4 5 6 7 8 9				

MORE GOOD DAYS THAN BAD						
When there are too many bad days in a row, quality of life is too compromised and euthanasia should be						
considered. Bad days may be days filled with undesirable experiences such as vomiting, nausea, diarrhea,						
frustration, falling down, seizures, and so forth.						
1 = No good days	1 = No good days 3 = Bad days are 4 5 = Bad days 2 or 3 7 = Bad days are 1 in 9 = No bad days					
to 6 in 7 in 7 7						
1 2 3 4 5 6 7 8 9						

Over 5 is acceptable in each category. When the score drops below 5, intervention is necessary. If further intervention is not possible (all options have been tried), then euthanasia should be considered.

It is important to remember that the decision to euthanize a terminally ill patient is not a failure. It is a humane, loving, treatment option, and one that will prevent needless suffering.