

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 dog's					
pain successfully mana	pain successfully managed? Are they breathing easily? Do they need 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, breathing is increased but not labored	7 = Is mildly or infrequently uncomfortable, breathing is increased but not labored	9 = Is completely comfortable, breathing normally	
(D)	and the second second				
(Please check the box that best corresponds to y	our pet's condition today) 1 2	3 4 5 6 7	8 9		
		HUNGER			
Is my dog eating enoug	h? Does hand feedir	ng help?			
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 offered baby or people	than before, but still interested in food	eats as well as ever	
		food (something	interested in 100d		
		special)			
	1 2	3 4 5 6 7	8 9		
		LIVERATION			
Is my pet well hydrated	Do thoy pood fluid	HYDRATION	mo or at the becaital	2	
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	8 9		
HYGIENE					
Dogs should be brushed and cleaned, particularly after elimination. Bedsores must be avoided, and any					
wounds already preser	<u> </u>				
1 = My dog is severely matted	3 = My dog is moderately matted,	5 = My dog has a few small mats, but their	7 = My dog is not	9 = My dog enjoys being brushed. The	
(painful), has	or coat is soiled	skin and coat are clean.	tolerating brushing as well, but I am able to	have no wounds.	
pressure sores, or is	and I can't keep	Skiii and coat are cican.	keep coat clean and	nave no wounds.	
badly soiled	him/her clean.		skin wound-free.		
1 2 3 4 5 6 7 8 9					

HAPPINESS				
Does my dog 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 they were
interest in previously	Seems depressed,	spend time with family.	cannot always	doing before they
enjoyed activities.	lonely, anxious, bored,		perform them.	became ill.
	or afraid.			
1 2 3 4 5 6 7 8 9				

MOBILITY Can my dog get up without assistance? Do they need human help or a cart to get around? Are they still					
happy to go on walks?					
1 = Is no longer able to	3 = Activity is	5 = Ability to play,	7 = Ability to play,	9 = Has normal	
get up. Soils on	decreased by more	jump, run, and do	jump, run, and do	mobility, plays as they	
himself/herself	than 50%, but can	normal activities is	normal activities is	did before they	
	still go outside for	d creased by less than	decreased by less	became ill	
	urination/BM	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	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.