



GOLDEN GATE

Veterinary Home Hospice & Euthanasia

Dr. Alice Villalobos, a renowned veterinary oncologist & founder of a quality of life program for terminal pets, has created a scoring scale for pet life quality. The scale is called *The “HHHHHMM” Quality of Life Scale*. The letters stand for: Hurt, Hunger, Hydration, Hygiene, Happiness, Mobility, and More Good Days than Bad.

Pet caregivers can use *The “HHHHHMM” Quality of Life Scale* as a tool to compile objective information about quality of life for their pet. This scale is not an absolute but rather an assessment tool to assist you and your veterinarian with hospice care planning, medical treatment plan changes and end-of-life decision making.

To use *The “HHHHHMM” Quality of Life Scale*, score your pet using a scale of 1 to 10:

1 = no/disagree 10 = yes/agree



Under each heading, the primary category/criteria to be scored is in bold. The additional information under each item are further clarifying questions to help you score the item.

Range	Criteria	Score
1-10	HURT – First and foremost on the scale: Is pain control adequate? This includes breathing ability. Is the pet's pain successfully managed? Are extra measures like oxygen necessary?	
1-10	HUNGER - Is the pet eating enough and getting proper nutrition? Is hand feeding necessary? Does the patient require a feeding tube?	
1-10	HYDRATION - Is the patient appropriately hydrated? Can they drink enough on their own, or do they require supplementation via subcutaneous or intravenous fluids?	
1-10	HYGIENE – Can the the patient keep themselves clean? Does it require assistance? (Patients should be brushed and cleaned, particularly after elimination. Appropriate bedding to avoid pressure sores, keep any wounds clean/dressed, etc).	
1-10	HAPPINESS - Does the pet express joy and interest? Is the pet responsive and interactive to things around him or her (family, toys, etc.)? Is the pet depressed, lonely, anxious, bored or afraid? Can the pet's hospice area or bed be close to the family activities and not be isolated?	
1-10	MOBILITY - Can the patient get up and about? Does the pet need human or mechanical assistance (e.g., a cart)? Does the pet feel like going for a walk? Is the pet having seizures or stumbling?	
1-10	MORE GOOD DAYS THAN BAD – Do the good hours or days outnumber the bad ones? When bad days outnumber good days, quality of life might be compromised. When a healthy human-animal bond is no longer possible, the caregiver must be made aware the end is near. The decision needs to be made if the pet is suffering. If death comes peacefully and painlessly, that is okay.	
Total	*A total over 35 points generally represents acceptable life quality	