



Quality-of-Life Scale

The HHHHMM scale as a gentle weekly score sheet. A prompt, never a verdict

PETSLIKEMINE

QUALITY OF LIFE & END-OF-LIFE

PET NAME _____	VET PRACTICE _____	WEEK BEGINNING _____
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When you are watching a pet you love decline, the feeling will not sit still long enough to look at. This scale, created by the veterinary oncologist Dr Alice Villalobos, gives you something to hold: a way to turn a shifting feeling into something you can look at week to week, and bring to your vet. Score each item from 0 to 10, where 10 is ideal. There are no right answers, only your honest read.

WHAT IT ASKS (HHHHMM)	SCORE 0 TO 10
Hurt. Is pain well managed, and is breathing comfortable? (Trouble breathing outweighs all else.)	_____
Hunger. Are they eating enough? Does warming or hand-feeding the food help?	_____
Hydration. Are they keeping themselves hydrated, or is it becoming a daily struggle?	_____
Hygiene. Can they be kept clean and comfortable, especially after toileting?	_____
Happiness. Do they still show interest and joy in the things and people they love?	_____
Mobility. Can they get about, with help if needed? (Limited mobility alone can still be a good life.)	_____
More good than bad. Across the week, are the good days still outnumbering the bad?	_____
Weekly total (out of 70)	_____

READING THE SCORE GENTLY

As a rough guide, a total above 35, or above 5 in each box, suggests a quality of life it is reasonable to continue caring for, but treat neither number as a hard line. A lower score is not a failing, and a higher one is no guarantee things will stay the same. The score organises what you already half-know; it does not decide anything.

THE TREND OVER WEEKS (ONE COLUMN PER WEEK)

WEEK BEGINNING	TOTAL /70	THE DAY'S HEADLINE	SPOKE TO VET?
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

ONE THING THAT CANNOT WAIT

If any single thing is at the floor, especially laboured or distressed breathing, or pain you've planned not touching, please ring your vet today, whatever the total says. That alone outweighs every other column. Always follow your own vet's instructions.

How to use. Score at the same quiet time each week (most pets are brighter by day, flatter at night), ask another family member to score too, and watch the trend, not a single hard day. A wellbeing aid, not a substitute for veterinary advice.

A SCORE IS A PROMPT, NOT A VERDICT. THE TREND IS THE STORY