Quality of Life:

How do I know when it's the right time? Evaluating your Pet's quality of life and making the end of life decision.



Making the decision to have your beloved pet put to sleep maybe one of the most difficult you will ever make. Often we make the decision to minimise unnecessary suffering. The quality of our pet's lives takes into account the overall picture of their physical and mental wellbeing and the chart and diary below tries to consider all of these aspects. It is important to remember that all of our pets are individuals and some may cope better with being below par in a particular area than others.

Questions to ask yourself:

What is the most important thing to me and my pet when considering end of life treatment?

What are my thoughts about euthanasia?

Would I consider euthanasia if the following were true about my pet:

Feeling pain?

Can no longer pass urine or stools?

Starts to experience seizures?

Has become aggressive or unsafe to others?

Has stopped eating?

Has stopped drinking?

Is no longer acting their normal self?

Has a condition that will only worsen with time?

If financial considerations prohibit treatment?

Palliative care has been exhausted or is not an option?

My veterinary team is recommending euthanasia?

My veterinary team is recommending euthanasia but the symptoms or situations listed above are not present?

"How do I know it's time?"

The following may help you make the end of life decision: Enlisting the help of your Veterinary Surgeon. While they cannot make the decision for you, it is helpful to them to know you feel the time may be soon

Remembering how your pet looked and behaved prior to their illness or decline. Some changes are gradual and can sometimes go unrecognised

Marking good days and bad days on a calendar, perhaps using a sad or smiley face. If the bad days start to outnumber the good it may be time to consider euthanasia

Write a list of five things your pet loves to do, when your pet no longer enjoys these things it may be time to consider euthanasia.

Below, or on the next page, you will find a wellbeing scoring chart that can be used as a one-off assessment or can be kept over several days for you to keep an eye out for any trends. If you are keeping it for several days then there is a daily diary to transfer the scores across to. A higher score indicates a better quality of life. Some lines (for example: pain) may indicate a poor quality of life even if many of the other's items are still positive. Some of the lines may be symptoms that could be side effects of treatments, so please feel free to discuss anything that shows up with any of our team. This is an important time in both your pet's life and yours. We are here to chat through anything that may be concerning you.

Daily Diary

Interaction	Attitude	Wellbeing	Eating	Drinking	Toileting	Mobility	Daily Total
	Interaction	Interaction Attitude	Interaction Attitude Wellbeing	Interaction Attitude Wellbeing Eating	Interaction Attitude Wellbeing Eating Drinking	Interaction Attitude Wellbeing Eating Drinking Toileting	Interaction Attitude Wellbeing Eating Drinking Toileting Mobility

Wellbeing scoring chart:

Date:

wellbeing scorin		A #	Nat	Date:				
My pet	Strongly Agree (All the time) (Severe)	Agree (Most of the time) (Significant)	Neutral (Sometimes) (Mild)	Disagree (Occasionally) (Slight)	Strongly Disagree (Never) (None)			
Does not respond	(001010)	(Oigninoant)	(IVIIIa)	(Oligine)	(110110)			
to my presence or	4		2	4	_			
does not interact	1	2	3	4	5			
with me as before								
Does not enjoy the	1	2	3	4	5			
same activities as	T	4	3	4)			
before								
Does not want to				4	-			
	1	2	3	4	5			
play								
Interaction Sub								
total								
Does not seem to	1	2	3	4	5			
enjoy life								
Seems dull and	1	2	3	4	5			
depressed								
Has more bad days	1	2	3	4	5			
than good days								
Attitude Sub total								
Is sleeping more	1	2	3	4	5			
than usual	-	_	3					
Seems to be	1	2	3	4	5			
uncomfortable or		2	3	4)			
painful								
•		2		1	-			
Is panting, even	1	2	3	4	5			
when resting					_			
Is trembling or	1	2	3	4	5			
shaking								
Isn't grooming	1	2	3	4	5			
normally and coat is								
matted or unkempt								
Is unable to keep	1	2	3	4	5			
clean after soiling								
Is losing weight	1	2	3	4	5			
Wellbeing subtotal	_	_		-				
_								
Is not eating well,	1	2	3	4	5			
does not have a								
good appetite								
Is vomiting or	1	2	3	4	5			
seems nauseous								
Eating Sub total								
Is not drinking well	1	2	3	4	5			
Drinking Sub total				7				
_								
Has trouble passing					5			
stools, or has	1	2	3	4				
diarrhoea or	-	_	•					
constipation								
Has trouble	1	2	3	4	5			
urinating			-					
Is urinating a lot	1	2	3	4	5			
Toileting Sub total	-	_			+			
					<u> </u>			
Is not moving	1	2	3	4	5			
around								
well/normally								
Is not as active as	1	2	3	4	5			
normal								
Needs my	1	2	3	4	5			
assistance to move								
around								
Pain medication	1	2	3	4	5			
doesn't help poor	-	_	J					
mobility								
Mobility Sub total								
John G. Gub total			hove.	1	<u> </u>			

If you are keeping a daily diary, transfer these subtotals for today onto grid above.