

The HHHHHMM Scale*

Dr. Alice Villalobos

Based on a scale of 0 to 10, with 10 ideal.

___ **HURT:** Is the pet's pain well managed? Can the pet breathe properly? Pain and breathing difficulty are top concerns, and trouble breathing outweighs all concerns.

___ **HUNGER:** Is the pet eating enough? Does handfeeding help? Would a feeding tube help?

___ **HYDRATION:** Is the pet properly hydrated? For patients not drinking enough water, will using subcutaneous fluids daily or twice daily be enough of a supplement?

___ **HYGIENE:** Can the pet be kept clean, including after eliminations, or is self-soiling persistent and difficult to tend to? Can pressure sores be avoided with soft bedding and frequent turning?

___ **HAPPINESS:** Does the pet express joy and interest? Is the pet responsive to family, toys, etc.? Is the pet depressed, lonely, anxious, bored, or afraid?

___ **MOBILITY:** Can the pet get up without assistance? Can the pet get by without human or mechanical help (e.g., a cart)? Does the pet feel like going for a walk? Is the pet having seizures or stumbling? (Some caregivers feel euthanasia is preferable to amputation, but an animal with limited mobility yet still alert, happy and responsive can have a good quality of life as long as caregivers are committed to helping their pet.)

___ **MORE GOOD DAYS THAN BAD:** When bad days outnumber good days, quality of life might be too compromised.

___ **TOTAL:** A total of more than 35 points represents acceptable life quality.

**Quality of
Life Scales/
Assessment**