

QUALITY OF LIFE SCALE

THE HHHHHMM SCALE

USING THE PROMPTS BELOW, PLEASE RATE YOUR PATIENT

This QUALITY OF LIFE SCALE guides the success of long-term disease management and end-of-life discussions.

Score your patient using a scale of 0 (bad/not ideal) to 10 (good/ideal)



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|------|-----------------|--|
| 0-10 | HURT | Breathing Ability & Pain Control is of highest importance. Trouble breathing outweighs all concerns. Is pain well managed? Can the patient breathe properly? Is oxygen supplementation required? |
| 0-10 | HUNGER | Is the patient eating a normal ration of food? Does patient require hand feeding, or be encouraged to eat? Is a feeding tube required to supplement nutrition? |
| 0-10 | HYDRATION | Is the patient able to maintain hydration without assistance? Are daily subcutaneous fluids required to help maintain hydration? |
| 0-10 | HYGIENE | Is the patient well kempt, groomed, and free of mats? Is the patient soiled, or regularly soil itself? Is patient recumbent, or minimally active, requiring soft bedding to prevent sores? Are there skin wounds, and are they clean? |
| 0-10 | HAPPINESS | Is the patient interactive with family, toys, or enrichment/play? Does the patient seclude, or is lonely, anxious, or afraid? |
| 0-10 | MOBILITY | Can the patient rise, to stand and walk, without assistance? Does the patient need a walking aid? Does the patient need to be carried? Does the patient seek activity? (going for a walk, run, play) Is the patient incoordinated, or having neurologic dysfunction? |
| 0-10 | GOOD BAD DAYS | Counting good days, how many days are good compared to bad? |

MORE THAN 35 POINTS IS IDEAL FOR CONTINUING LONG TERM CARE.

Original concept, *Oncology Outlook*, by Dr. Alice Villalobos, *Quality of Life Scale Helps Make Final Call*, VPN, 09/2004; scale format created for author's book, *Canine and Feline Geriatric Oncology: Honoring the Human-Animal Bond*, Blackwell Publishing, 2007. Revised for the International Veterinary Association of Pain Management (IVAPM) 2011 *Palliative Care and Hospice Guidelines*. Reprinted with permission from Dr. Alice Villalobos & Wiley-Blackwell.



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