

The Quality-of-Life Score Sheet

The HHHHHMM scale, created by veterinary oncologist Dr. Alice Villalobos, turns the hardest question into something you can see. Score each category 1 to 10 (10 = best), on a calm day, honestly. Bring this sheet to your vet - it is a conversation tool, not a verdict.

Score each category, 1 to 10 - repeat every week or two

| CATEGORY | WHAT IT ASKS | DATE: | DATE: | DATE: | DATE: |
|----------------------|---|-------|-------|-------|-------|
| Hurt | Is pain controlled? Breathing comfortable? (Trouble breathing outweighs everything else.) | | | | |
| Hunger | Eating enough on their own - or only with coaxing, or not at all? | | | | |
| Hydration | Drinking enough? Signs of dehydration? | | | | |
| Hygiene | Can they stay clean and dry, be kept free of soiling and sores? | | | | |
| Happiness | Joy in anything - greeting you, food, sunshine? Or withdrawn, anxious, flat? | | | | |
| Mobility | Can they get up and move enough for their needs - with help if needed? | | | | |
| More good days | Are good days still outnumbering hard ones? | | | | |
| TOTAL (of 70) | Above 5 in each category - and above 35 total - suggests quality of life is still acceptable. | | | | |

How to read it: the trend matters more than any single score. Falling totals across weeks - or any category stuck low despite your vet's help - is what the scale is designed to show you, before your heart can.

The good-days calendar - mark each evening: G (good day) or H (hard day)

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|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | + |

When the hard days start outnumbering the good ones week after week, the calendar gives you and your vet something concrete to discuss. This sheet never makes the decision - it clarifies what is still possible: sometimes comfort can be improved, and sometimes it confirms what you already sense. Either way, you will have seen it clearly, and that is a kindness to you both.