



VALIDATED INSTRUMENTS

QOL instruments have been developed for cats with specific diseases, which include:

- Cardiac disease¹
- Diabetes Mellitus²
- Skin disease³

Aging cats rarely have one disease; therefore, validated generic health-related QOL instruments are needed. The CHEW (Cat HEalth and Wellbeing) instrument has not been validated in sick cats,⁴ and the CatQoL by Bijsmans and others has only been validated in cats with chronic kidney disease.⁵ The article that discusses the development of the CHEW Questionnaire can be found here: <https://journals.sagepub.com/doi/full/10.1177/1098612X16657386>. The CHEW Questionnaire can be found here: https://journals.sagepub.com/doi/suppl/10.1177/1098612X16657386/suppl_file/Supplementary_Material_Qol_Questionnaire_FINAL.pdf.

A 16-item feline QOL scale has shown excellent validity and reliability in healthy cats but requires additional testing before it can be used in clinical practice.⁶ A 20-item instrument that is completed online by cat owners has been developed and reliably differentiates sick from healthy cats, and shows promise as an aid for tracking chronic feline diseases.⁷ During development, cats with degenerative joint disease, cardiac, dental, renal, lower urinary tract, and chronic gastrointestinal disease were included, in addition to cats with painful and non-painful cancer.⁷ The 20 items were allocated to three domains which encompass physical and mental health, which include:

- Vitality
- Comfort
- Emotional wellbeing

This instrument is available for clinical use through NewMetrica (www.newmetrica.com) and is fee-based.

OTHER TOOLS

There are many tools being used that are not validated by rigorous testing, however, this does not mean they should not be used. Engaging cat owners to track their pet is our main goal. Other tools include: The Grey Muzzle App (free for download at <https://apps.apple.com/us/app/grey-muzzle/id1071363012>), Journeys Quality of Life Scale Calculator (<https://journeypet.com/pet-quality-of-life-scale-calculator>), the HHHHHMM Scale created by Dr. Alice Villalobos (<https://vetsocialwork.utk.edu/wp-content/uploads/2016/03/Quality-of-Life.pdf>).

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