



# CAT OSTEOARTHRITIS PAIN CHECKLIST



Your Cat's Name: \_\_\_\_\_

Your Name: \_\_\_\_\_

## COULD YOUR CAT HAVE OSTEOARTHRITIS?

Cats hide almost everything, especially pain. This checklist will help your veterinarian identify your cat's activities and behaviours that might be signs of osteoarthritis (OA), a degenerative joint disease that can be painful.

### Is your cat showing signs of OA-related pain?

Think about your cat's activity in the past month. Check all of the signs that you've observed in your cat.

**JOINT DISEASE**

**Climbing up stairs:** uses 'bunny-hop', with both back legs hopping at same time, and/or stops for a break

**JOINT DISEASE**

**Climbing down stairs:** angles body to the side, descends one stair at a time, and/or stops for a break

HEALTHY	JOINT DISEASE
<input type="checkbox"/>	<input type="checkbox"/>

**Chasing moving objects:** slows down or takes breaks during play and/or may have thinner frame near the tail

HEALTHY	JOINT DISEASE
<input type="checkbox"/>	<input type="checkbox"/>

**Jumping up:** hesitates before jumping up, doesn't clear jumps in one leap, and/or uses arms to pull the legs up

**JOINT DISEASE**

**Jumping down:** hesitates before jumping down, makes smaller jumps vs. one big one and/or reaches down towards the ground instead of leaping

HEALTHY	JOINT DISEASE
<input type="checkbox"/>	<input type="checkbox"/>

**Running:** moves at a slower speed and alternates between jogging & walking, and/or back feet angle together

If you have noticed any of these changes in behaviour or activity, your cat may have OA-associated pain.<sup>1</sup> Share these with your veterinary healthcare team, who will fully evaluate your cat to confirm the diagnosis.

This questionnaire is not a medical diagnostic tool and is not intended to replace discussions with an animal healthcare professional. Discuss medical concerns with your veterinarian.



## Osteoarthritis has physical and emotional effects

Just as in humans, chronic pain negatively impacts your cat's quality of life, not just physically, but also emotionally. The good news is that by identifying OA early, you and your veterinarian can develop a treatment plan for your cat.

Think about your cat's behaviour in the past month. This scale helps measure your cat's pain based on how your cat is feeling. For each statement, circle the number that you think most accurately describes your cat.



Is your cat...	↓ My cat couldn't be less			My cat couldn't be more ↓			
Energetic & Enthusiastic (Vitality)	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>
Active & Comfortable (Comfort)	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>
Happy & Content (Emotional well-being)	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>

### Sharing additional information can help your veterinary team diagnose and treat OA in your cat.

	YES	NO
1. Has your cat's personality and sociability changed?	<input type="radio"/>	<input type="radio"/>
2. Has your cat's urination or defaecation habits changed?	<input type="radio"/>	<input type="radio"/>
3. Is your cat hiding more or does your cat seem to be "slowing down"?	<input type="radio"/>	<input type="radio"/>

Osteoarthritis pain can affect cats at any age. If left untreated, the pain can become worse over time. This checklist is designed to help with the recognition of OA pain to help keep your cat happy and active. Your veterinary team will review the results of this checklist with you to identify if your cat might be suffering from OA, or to monitor how well your cat's pain management treatment plan is working if he or she is already being treated for OA.