




## 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 your cat's condition, you and your veterinarian can develop a treatment plan for your cat.

A recent peer-reviewed published study demonstrated the initial validity and reliability of a quality of life assessment for chronic diseases, such as osteoarthritis, in cats.<sup>2</sup> Using these questions, you can help your veterinarian assess and monitor how well your cat's chronic pain management treatment is working.



Think about your cat's behaviours in the past week and help us determine a starting point by completing the following table.

Is your cat...	 My cat couldn't be less				 My cat couldn't be more			
	0	1	2	3	4	5	6	
Energetic & Enthusiastic (Vitality)	0	1	2	3	4	5	6	
Active & Comfortable (Comfort)	0	1	2	3	4	5	6	
Happy & Content (Emotional well-being)	0	1	2	3	4	5	6	

### YOUR CAT'S GENERAL BEHAVIOUR HISTORY CAN BE HELPFUL

Additional information that can be helpful to your veterinary team is your cat's behaviour.

	YES	NO
1. Has your cat's personality and sociability changed?	<input type="radio"/>	<input type="radio"/>
2. Has your cat's urination or defecation 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"/>

OA pain can affect cats of any age, and it has been seen in more than 60% of cats that are 6 years or older.<sup>3</sup> 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. This checklist is not a medical diagnostic tool and is not intended to replace discussion with an animal healthcare professional. Discuss medical concerns with your veterinarian.

**Reference: 1.** Based on the Musculoskeletal Pain Screening Checklist (MiPSC) ©2019 North Carolina State University. **2.** Reid J., Nolan A.M., Scott E.M, Measuring pain in dogs and cats using structured behavioural observation, *Vet J.* 2018 June; 236: 72-79. **3.** Slingerland LI et al, Cross-sectional study of the prevalence and clinical features of osteoarthritis in 100 cats, *Vet J.* 2011 Mar;187(3):304-9.