**HELSINKI CHRONIC PAIN INDEX**

Name of Dog \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Owner \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_ Diagnosis\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Tick only one answer – the one that best describes your dog during the preceding week**

1. Rate your dog’s attitude/mood:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Very alert | Alert | Neither alert nor disinterested | Disinterested | Very disinterested or lethargic |  |
| 0 | 1 | 2 | 3 | 4 |

2. Rate your dog’s willingness to participate in play or interact:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Very willing | Willing | Reluctant | Very reluctant | Does not participate or intact at all |  |
| 0 | 1 | 2 | 3 | 4 |

3. Rate your dog’s frequency in vocalization or discomfort behaviour (audible complaining, such as

whining grunting, yelping, crying out or unusual licking):

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Never | Hardly ever | Sometimes | Often | Very often |  |
| 0 | 1 | 2 | 3 | 4 |

4. Rate your dog’s willingness to walk:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Very willing/eager | Willingly/able | Reluctant | Very reluctant | Does not want to walk at all |  |
| 0 | 1 | 2 | 3 | 4 |

5. Rate your dog’s willingness to trot:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Very willing/able | Willingly/able | Reluctant | Very reluctant | Does not trot at all |  |
| 0 | 1 | 2 | 3 | 4 |

6. Rate your dog’s willingness to run (gallop):

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Very willingly/able | Willing/able | Reluctant | Very reluctant | Does not run (gallop) at all |  |
| 0 | 1 | 2 | 3 | 4 |

7. Rate your dog’s ability and/or willingness to walk up and/or down stairs:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Very willingly/able | Willing/able | Reluctant | Very reluctant | Does not do stairs at all |  |
| 0 | 1 | 2 | 3 | 4 |

8. Rate your dog’s willingness to jump (eg. into car, onto sofa...)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Very willing/able | Willing/able | Reluctant | Very reluctantly | Does not jump at all |  |
| 0 | 1 | 2 | 3 | 4 |

9. Rate your dog’s ease in lying down:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| With great ease | Easily | Neither easily nor difficultly | With difficulty | With great difficulty |  |
| 0 | 1 | 2 | 3 | 4 |

10. Rate your dog’s ease in rising from a lying position:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| With great ease | Easily | Neither easily nor with difficulty | With difficulty | With great difficulty |  |
| 0 | 1 | 2 | 3 | 4 |

11. Rate your dog’s ease of movement after a long rest:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Very easy | Easy | Sometimes difficult | Often difficult | Very often/  Always difficult |  |
| 0 | 1 | 2 | 3 | 4 |

12. Rate your dog’s ease of movement after major activity or heavy exercise:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Very easy | Easy | Sometimes difficult | Often difficult | Very often/  Always difficult |  |
| 0 | 1 | 2 | 3 | 4 |

Total up the answers to all questions. Total chronic pain index score: \_\_\_\_\_ /48