

Dog's Name:

Date:

Helsinki Chronic Pain Index

Hjelm-Bjorkman HK, Rita H, Tulamo R-M. Psychometric testing of the Helsinki chronic pain index by completion of a questionnaire in Finnish by owners of dogs with chronic signs of pain caused by osteoarthritis. Am J Vet Res. 70: 727 – 734, 2009.

(As translated from Finnish to English)

Circle the pain and function description that best represents your dog's behaviour:

Rate your dog's attitude and/or mood:

0	1	2	3	4
Very alert	Alert	Neither alert nor disinterested	Disinterested	Very disinterested/ lethargic

Rate your dog's willingness to participate in play or interact:

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

Rate your dog's frequency in vocalization or discomfort behaviour (audible whining, grunting, yelping, or unusual licking):

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

Rate your dog's eagerness to walk:

0	1	2	3	4
Very eager	Eager	Reluctant	Very reluctant	Does not want to walk at all

Rate your dog's ability and/or willingness to walk up and/or down stairs:

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

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Rate your dog's ability and/or willingness to run:

0	1	2	3	4
Very willing/able	Willing/able	Reluctant	Very reluctant	Does not run at all

Rate your dog's ability and/or willingness to jump (onto bed, couch, vehicle, etc):

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

Rate your dog's ease in lying down:

0	1	2	3	4
Very easy	Easy	Neither easy nor difficult	Difficult	Very difficult

Rate your dog's rising from a down position:

0	1	2	3	4
Very easy	Easy	Neither easy nor difficult	Difficult	Very difficult

Rate your dog's ease of movement after a long rest:

0	1	2	3	4
Very easy	Easy	Neither easy nor difficult	Difficult	Very difficult

Rate your dog's ease of movement during and/or after exercise/walks (tired, dragging feet, scuffing nails, lying down):

0	1	2	3	4
Very easy	Easy	Neither easy nor difficult	Difficult	Very difficult