

Feline Osteoarthritis (OA) Checklist

Your Cat's Name: _____

Your Name: _____

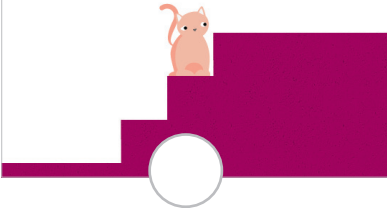
COULD YOUR CAT HAVE OSTEOARTHRITIS?

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

Is your cat showing signs of OA-related pain?

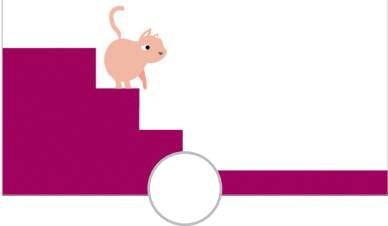
Think about your cat's activity in the past month. Check all of the signs that you've observed in your cat.

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

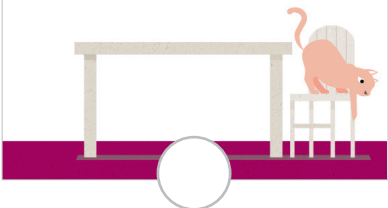
HEALTHY	JOINT DISEASE
	

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

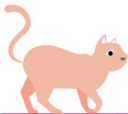
HEALTHY	JOINT DISEASE
	

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
	

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



USE THE QR CODE

to watch animated videos on the signs of OA that your cat may be experiencing.



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

OA has both 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 this pain can be managed — you and your veterinarian can work together to 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, select the number that you think most accurately describes your cat.



Is your cat ² ...	↓	My cat couldn't be less					My cat couldn't be more	↓						
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	☐

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?	☐	☐
2. Have your cat's urination or defaecation habits changed?	☐	☐
3. Is your cat hiding more or does your cat seem to be "slowing down"?	☐	☐



VIDEO YOUR CAT

Use your phone to video your cat's movements at home — focusing on all signs of OA pain you've marked on the previous page — and share the videos with your vet.



USE THE QR CODE

to see a guide on taking videos of your cat.

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. 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, to ensure your cat remains happy and active.

References: 1. Based on the Musculoskeletal Pain Screening Checklist (MiPSC). © 2019 North Carolina State University. 2. Reid J *et al.*, Measuring the effect of the anti-nerve growth factor antibodies bedinvetmab and frunevetmab on quality of life in dogs and cats with osteoarthritis using a validated health-related quality of life outcome measure: an observational real-world study. *Front. Vet. Sci.* 2024;11:1395360. doi: 10.3389/fvets.2024.1395360.

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