

Internal Medicine For Pet Parents Series

PET HEALTH JOURNAL



A 6 MONTH JOURNAL FOR
MEDICATIONS, EXAMS, & HEALTHY LIVING



Yvonne Brandenburg, RVT, VTS (SAIM)
Ashley DiPrete, RVT, VTS (SAIM)



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Pet Health Journal

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Medications, Exams, & Healthy Living

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Yvonne Brandenburg, RVT, VTS (SAIM)
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How to Use This Journal

You've got in your hands a tool to fight the chronic disease your pet was diagnosed with. Whether your dog or cat was diagnosed with kidney disease, liver disease, or any of the other diseases they can get, our goal is for this journal to help you keep track of your pet's health.

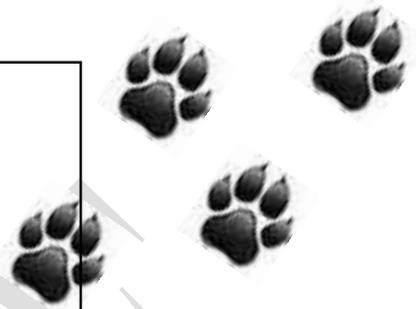
Here's a breakdown of the sections:

1. The first section is "Basic Pet Info" where you can include a photo, your contact information, insurance policy information, and basic veterinary information.
2. The "Veterinary Exams & Treatment Plans" section is the perfect place to keep track of the next veterinary appointment, and your vets' recommendations or medication changes.
3. In the "Medications" section keep track of medication information including which pharmacy you get the medications from along with their contact info.
4. Next is "Quality of Life" that includes a quality of life scale table to calculate your pets' daily/weekly quality of life (QOL) number if needed. This number can be tracked in the treatment journal section.
5. The "Treatment Journal" is the main part of this journal. You'll find six monthly sections to record all the essentials including how your pet is doing on a daily basis.
6. Each month includes a monthly calendar to track quality of life numbers and appointments. There is also a place to add comments about the month.
7. For each month there are five individual weeks to keep track of your pets' daily life.
 - a. Included is a medication schedule to keep track of up to ten medications daily and up to four times a day that can be customized to your pets' individual needs.
 - b. There is a daily and weekly quality of life number spot to help track how your pet is doing over time.
 - c. Of course, there is also a spot to write comments for the week.

We hope this journal helps you keep your furry family member happy and healthy!

My Pet's Info

Add Photo



Name:	
Date of Birth:	
Owners Name:	
Contact Info:	Home #: _____ Cell #: _____ Other #: _____ Email: _____
Pet Insurance Info	Name: _____ Website: _____ Phone #: _____ Policy #: _____ Email: _____
Microchip # or Markings	
Comments	

Medical Information

Medical Conditions	
Blood Type:	
Allergies:	
Vaccine History	
Animal Poison Control	Website: ASPCA https://www.asPCA.org/pet-care/animal-poison-control Phone #: USA: 1-888-426-4435 Other: _____ Comments: _____
Primary Care Veterinarian	Name: _____ Address: _____ Phone #: _____ Email: _____
Specialty Care Veterinarian	Name: _____ Address: _____ Phone #: _____ Email: _____
Other Veterinarian	Name: _____ Address: _____ Phone #: _____ Email: _____
Comments	_____ _____

Appointments

Date & Time	Veterinarian	Weight	Diagnostics or Treatments	Plan, Medication Changes, Comments	Exam Due Date
			Yearly Exam Yearly blood screen		

Medication List

Date	Name	Strength	Instructions	Refills/Pharmacy	Comment

Pharmacies

Pharmacy 1 information	Pharmacy 1:
	Phone #:
	Website:
	Comments:
Pharmacy 2 information	Pharmacy 2:
	Phone #:
	Website:
	Comments:
Pharmacy 3 information	Pharmacy 3:
	Phone #:
	Website:
	Comments:
Comments	

Quality of Life Scale

A good quality of life is sometimes the hardest thing to be sure of as a pet parent. We all want our pets to live happy, healthy lives, but since our pets do not speak the same language, we do we can't ask them. We can, however, learn to read body language and use some subjective and objective tools to give us a better answer to understanding a pet's quality of life.

Major things to consider include:

- Pain control: is your pet painful?
- Respiratory distress: is your pet having trouble breathing, coughing frequently, wheezing, or other respiratory problem?
- Eating and Drinking: is your pet still eating and drinking, a 'normal' amount?
- Mobile: are they able to get up on their own; is it difficult to do?
- Hygiene: are they able to keep themselves clean?
- Attitude: do they still enjoy their favorite things; are they irritable; do they remember you?
- Family: can the family still provide the level of care needed for the pet's condition?

It can be hard to be objective, so we created this Quality of Life Scale that can be used in this journal as your pet's QOL#. You can record the QOL# on a daily, weekly, and monthly basis. You can also mark notes in your monthly tracker which scale was an issue. For example, if your pet's appetite was decreased you may enter E=3 so you can see at a glance if there was an issue. Also, you can add all the numbers up for a week, divide by 7, and get your weekly average score.

If you are looking for more information about quality of life, we recommend checking out "Quality of Life Scale" by Dr. Alice Villalobos, and "J-O-U-R-N-E-Y-S: A Quality of Life Scale for Pets" by Dr. Katie Hilst, DVM from journeypet.com.

	1 point	5 points	10 points
P - Pain Control:	Your pet seems painful, whining, crying, shifting around trying to get comfortable or laying in one spot, despite taking pain medication.	Your pet's pain is controlled most of the time with pain medication.	Your pet does not have pain.
R - Respiratory Distress:	Your pet is having episodes of extremely labored breathing including: open mouth breathing/gasping, coughing, or difficulty breathing. They may not want to drink or eat because it is difficult to breath. Seek IMMEDIATE veterinary attention.	Your pet experiences episodes of coughing, wheezing, or some exercise intolerance. These last a short amount of time (less than 2-4 minutes) and your veterinarian has prescribed medication to help shorten these issues.	Your pet does not experience any respiratory issues.
E - Eating and Drinking:	Your pet refuses to eat food or drink water. They may be vomiting, diarrhea, or both. They may be nauseous (drooling, lip smacking, or turning their head away after smelling food).	Your pet is eating less than they used to, and don't seem as interested. They make take several trips to the bowl to finish a meal. They may have a decrease or increase in their water intake.	Your pet is eating and drinking normally.

	1 point	5 points	10 points
H - Hygiene:	Your pet will lay in their own urine and/or feces. They may have urinary or fecal incontinence (unable to control going to the bathroom) They may have a tumor or mass that requires bandages or cleaning, is infected or bleeding. Your pet may have pressure sores from not getting up.	Your pet may require assistance to urinate and/or defecate but they still try to not lay in it. They are able to hold their feces or urine until they get to an appropriate area. They may have an external tumor or mas but it is not infected or bleeding and may or may not be covered. They are still grooming themselves, but may get everything.	Your pet can urinate, defecate, and groom themselves normally. They do not have any medical issues that cause bad odors.
A - Attitude:	Your pet does not want to spend time with their family. They may hide. They may bite, get irritable, or annoyed if bothered. They may not want to be petted or don't care if they are being pet. Can they remember where they are? Do they not spend time in their favorite spots?	Your pet is spending most of their time with family, but does hide more. They are still happy to greet you when you come home.	Your pet enjoys being part of the family and still participates in normal activities.

	1 point	5 points	10 points
M - Mobility:	Your pet can not walk or stand without assistance.	Your pet can move around on their own with pain medication. They still participate in some normal activities but they may not be able to do them for as long as they used to.	Your pet is fully active and participating in their favorite activities.
F - Family:	You are constantly worried about your pet's health. You do not understand what is happening to them, or how to help. You may feel you are unable to provide for them emotionally, physically, or financially. You may feel exhausted from continuous care. Your pet's health may be the subject of disagreements in the family.	You understand your pet's condition and feel fairly comfortable with the level of care needed. You may have concerns, but they are not overwhelming.	You are able to meet all of your pets needs and do not have any concerns.

P	R	E	M	H	A	F	TOTAL QOL#

Treatment Journal



Month: _____

Month 1: _____

Comment	Sunday	Monday	Tuesday
Week's QOL#	QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>
Week's QOL#	QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>
Week's QOL#	QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>
Week's QOL#	QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>
Week's QOL#	QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>



General Notes for the Month:



Year: 20_____

Wednesday	Thursday	Friday	Saturday
QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>
QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>
QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>
QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>
QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>	QOL# <input type="checkbox"/>



General Notes for the Month:



Week 1 Dates: _____

Things to Monitor
Appetite
Water Intake
Vomit/Regurge/Hairball
Urination/Defecation
Coughing/Sneezing
Energy Level

Sunday	Monday	Tuesday

Medications

Times
1
2
3
4
5
6
7
8
9
10

Sunday	Monday	Tuesday

Week's QOL#

QOL#

QOL#

QOL#

 Comments: 

ABOUT THE AUTHORS

Yvonne Brandenburg, RVT, VTS (SAIM) is the founder of Internal Medicine For Pet Parents. She is a Registered Veterinary Technician (RVT) in the state of California and has worked in veterinary clinics since 2003. After working in general practice for seven years, Yvonne challenged herself and became a veterinary technology program instructor. After teaching for several years, being a program director for a year, she then found her way into a specialty hospital. Yvonne obtained her Veterinary Technician Specialist (VTS) designation in Small Animal Internal Medicine (SAIM) in 2016. Since then she has presented at both national and international veterinary conferences, and continues to learn every day.

Ashley DiPrete, RVT, VTS (SAIM) is the co-founder of Internal Medicine For Pet Parents. She attended the Veterinary Technology program at The College of Southern Nevada and received her RVT license in 2009. In 2016 Ashley earned her VTS (SAIM) certification. She is the President of the Academy of Internal Medicine for Veterinary Technicians for the 2019 term. Ashley teaches about internal medicine both online and in person at veterinary conferences.

Internal Medicine For Pet Parents was started in 2018 when Yvonne decided there was a need for pet parents to find reliable information to keep furry family members healthy after being diagnosed with acute and/or chronic internal medicine diseases.

Yvonne quickly realized she needed a partner and Ashley was a perfect fit. They've been working together ever since to share with families as much as they can about the diseases they fight against every day. The goal of the series and the website is to have a place to find veterinary approved information, great resources about the internal medicine diseases pets are diagnosed with, and a place for pet parents to feel connected.

INTERNAL MEDICINE FOR PET PARENTS SERIES

We are creating references for internal medicine diseases that affect our family members. For a complete list of the books published in our series, and upcoming releases, please visit our website for the most up to date list. Visit: <https://imfpp.org/books>





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Working together for happier, healthier families

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