

RECORD YOUR DOG'S RESTING RESPIRATORY RATE (RRR)

Pet's Name: _____

Client's Name: _____

Please bring this record with you to your pet's next veterinary appointment.

Measure RRR: Daily Weekly Monthly Baseline RRR: _____

Date:	Resting Respiratory Rate (#Breaths Per Minute)	Comments/Observations:



COUNTING RESTING RESPIRATORY RATE

- Observe the rate of breathing over 30 seconds when the dog is resting or sleeping.
- One breath is counted every time the chest rises and falls (up and down equals one breath). Multiply the number of breaths you count in 30 seconds x 2 to obtain the breaths per minute.
- Record the Resting Respiratory Rate (RRR) every day for 1 week to establish a baseline range.
- If the Resting Respiratory Rate is greater than 35 breaths per minute or increases 25 percent or more from the baseline rate, contact your veterinarian.
- If you notice an increase in the Resting Respiratory Rate, repeat the RRR in 10-60 minutes. Real elevations in RRR will be consistent.
- Bring the RRR record to your next veterinary appointment.

CONGESTIVE HEART FAILURE

Be aware of the early signs which may indicate that your dog is developing congestive heart failure. Contact your veterinarian if you notice any of these signs:

- Coughing
- Changes in breathing, difficulty breathing, shortness of breath
- Changes in behavior such as lack of energy, tiring easily, lethargy and exercise intolerance
- Restlessness, especially at night
- Changes in appetite

