**Resting Respiratory Rate Log**

Client Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Patient Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Case #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

We would like you to monitor your pet's resting respiratory (breathing) rate so that together we
can determine if your pet's heart disease is resulting in fluid build-up in his/her lungs (Is having
evidence of heart failure). By doing this we can identify when the heart failure is mild rather than
waiting for your pet to develop overt evidence of labored/difficult breathing. Please call us if you
have any questions.

How to calculate your pet's resting respiratory (breathing) rate:

1. Your pet should be sound resting in a cool (normal room temperature) place before counting. Make sure you count when the pet is not moving around.

2. Count the number of times your pet's chest moves in and out (in and out together counts as one breath) over a period of 1 minute on a clock or watch.

3. Record the number of breaths per minute in the "RRR” (Resting Respiratory Rate) column

**For Dogs**: Normal is less than 30. Your pet needs to see a veterinarian ASAP if it is more than 50.

**For Cats**: Normal is less than 30-40. Your pet needs to see a veterinarian ASAP if it is more than 50.

Please monitor your pet's resting respiratory rate \_\_\_\_\_\_ times per day/week.

**Please bring this sheet with you for your pet’s next check-up.**

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| **Date** | **RRR1** | **RRR2** | **RRR3** | **Comments** |
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