HOW TO MEASURE YOUR CAT'S RESPIRATORY RATE

The Cat Vet
Home Visiting Clinic

Introduction

Respiratory rate (RR) is the number of breaths per minute. Measurement of RR represents a simple way to monitor onset and progression of certain diseases particularly those affecting the heart or respiratory system. It can be a valuable and stress-free way of assessing your cat's response to medical treatment as well as being handy monitoring tool for cats not on treatment.

How to measure respiratory rate

Normal RR (20-30 breaths per minute-bpm) is assessed when the cat is resting in a quiet environment. Using a watch with a second hand or a digital "stop watch" feature on your smartphone, count the number of breaths in 15 seconds – one breath is a rise and fall of the chest (this movement is sometimes most obvious when you look at the area where the chest meets the abdomen). Multiply the figure you get by 4 to get the number of breaths in one minute. Do not attempt to count breaths when your cat is purring. In case of abnormal counts, please repeat the measurement after a few minutes.

Date	Time	RR (breaths per minute)

Date	Time	RR (breaths per minute)

The Cat Vet Home Visiting Clinic (The Cat Vet Ltd)
T: 07981 250995 **Email:** jo@thecatvet.co.uk **Web:** www.thecatvet.co.uk
Reg in England No. 7421427