

Monitoring your Pet's Respiratory Rate

Cardalis App

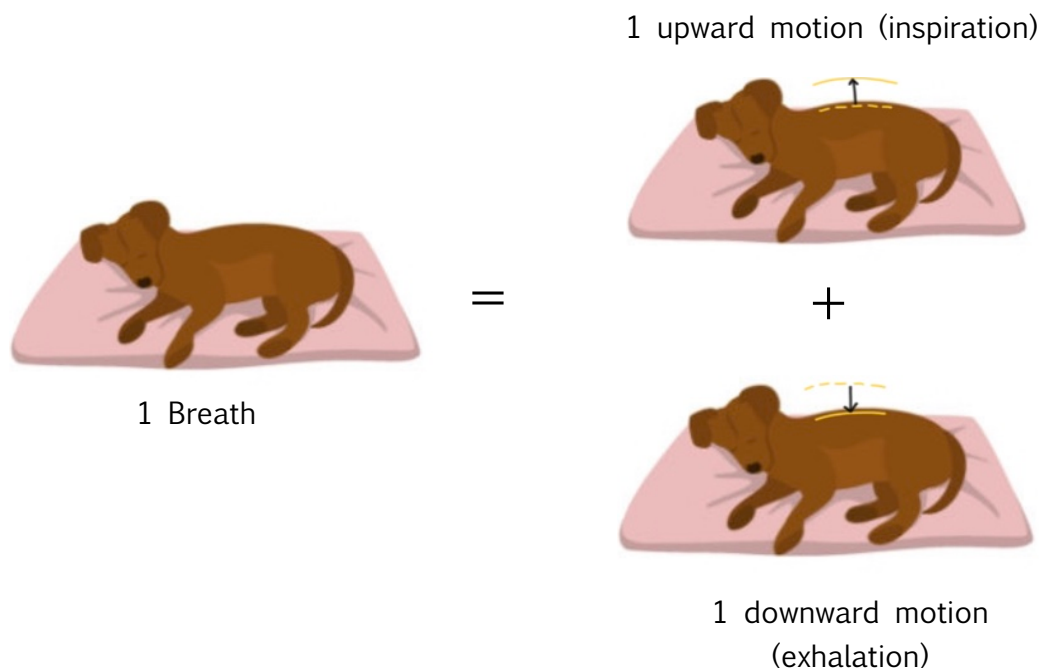
Why monitor the resting respiratory rate?

Monitoring the resting respiratory rate (RRR) of your pet can be a helpful tool in determining if signs of respiratory distress or cardiac issues are present. The Cardalis app is an easier way of helping with this assessment.

How to measure the RRR?

- It is important to monitor the RRR while your pet is in a deep sleep.
- Make sure they are NOT dreaming at the time of your assessment!
- It is important that you do NOT place your hand on them as doing so may risk waking them which can falsify your results.

To properly count the RRR it is done by counting the movement of their chest. While lying down, one breath is counted by the moving upwards of their chest (inspiration) and by it going downward (exhalation). In order to avoid over counting, either count the inhalations or exhalations.



Cardiologists



☐ Dr. Catherine
Bélanger

☐ Dr. Jean-
Sébastien
Boileau

For more information?


Do not hesitate to
contact your family
veterinarian for any
cardiac related
questions?

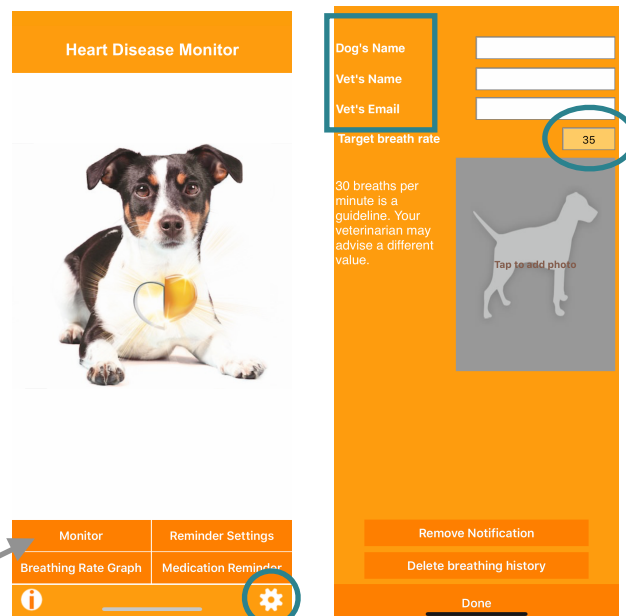
Name and patient
number, date :



How does it work?

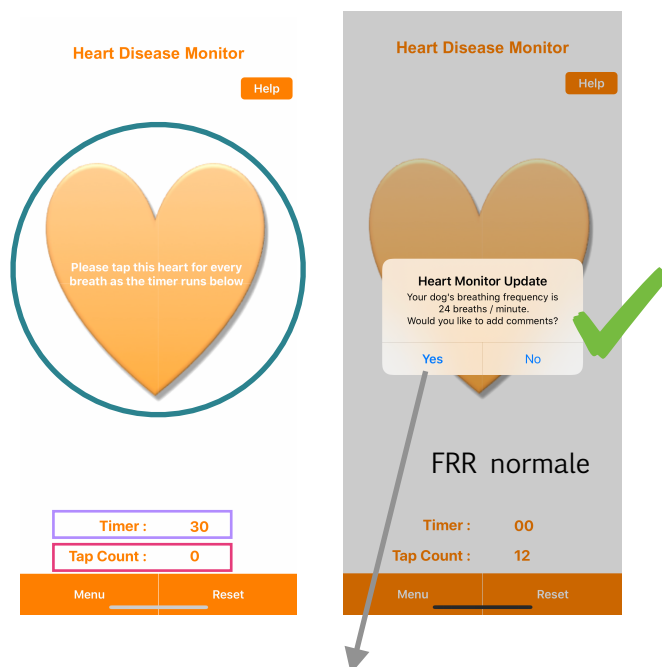
What is the idea RRR?

A normal RRR should be less than 30-35 respirations per minute unless your veterinarian instructs otherwise. To register, start by clicking on the symbol . You can also register your pet's name and the name of your veterinarian. You will then set your target breath rate.



Monitoring the RRR

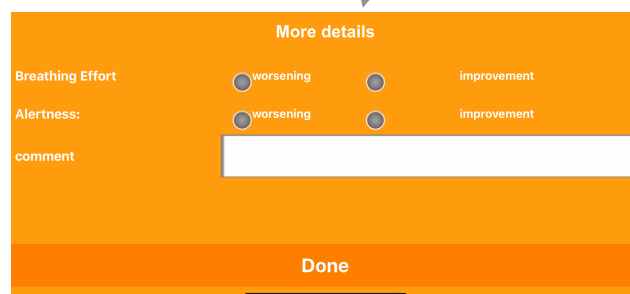
Click on "Monitor". To start the timer, click on the heart for every breath counted. You will be able to see the number of breaths counted beside the "Tap Count" along with the remaining time beside the "Timer" icon. It will automatically stop the timer when the time is done.



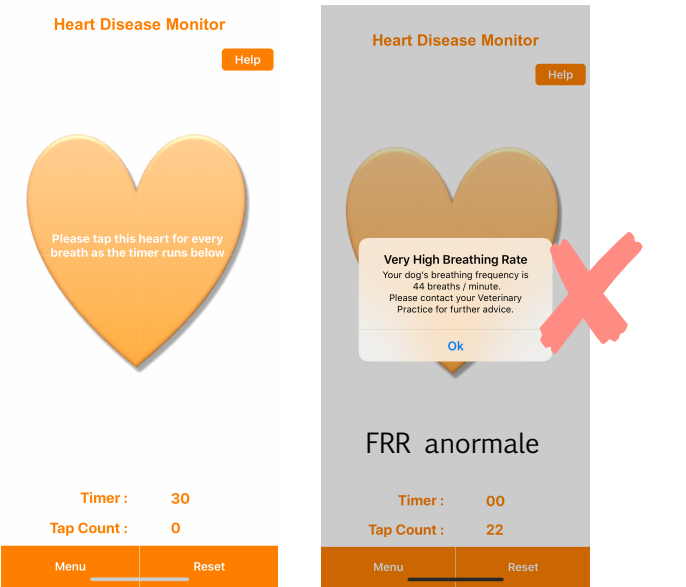
Is the RRR adequate?

Two possible answers will be given:

Normal RRR: where you will be given the option to add notes when clicking on "Yes". A new window will open so you can add your notes. If you do not have any notes to add, simply click on "No".

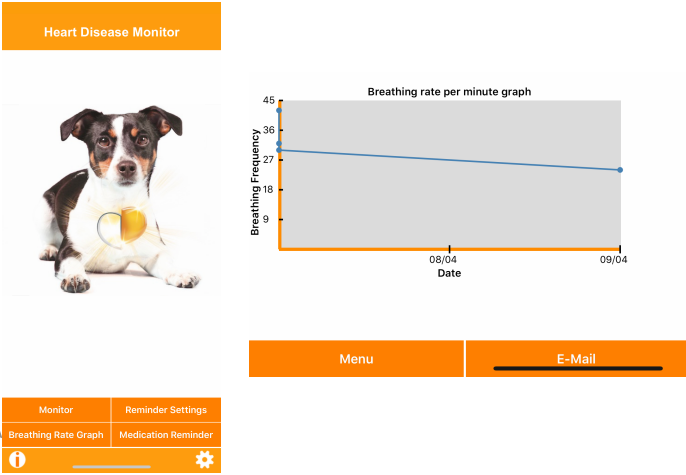


Abnormal RRR: if the results of RRR surpass the targeted number (which was determined in the first step), a message will appear for you to contact your veterinarian.



RRR breathing graphs

On the home page, click on “Breathing Rate Graph”, where you will find a graph along with the dates of all your results



Other options

The app can also send you reminders to let you know it is time to check your pet’s RRR (Reminder Settings) as well as a reminder for you to give them their medications (Medicine Reminder).

