

Resting Respiratory Rate (RRR)

Summary:

Resting Respiratory Rate is your pet's breathing rate when they are resting quietly or sleeping. This is a valuable tool for pet owners to use within the home. It can give you and your veterinarian more information on your pet's **heart and/or lung health**. The respiratory rate is often faster at the clinic which makes at home monitoring important.

Importance:

If a pet's heart and/or lungs are unhealthy their breathing rate can increase before other signs (e.g. coughing) develop.

Having a **good baseline** of what is 'normal' for your pet is key to noticing subtle changes.

If an owner notices a change in their pet's breathing rate earlier, then appropriate veterinary attention can be provided **sooner** making outcomes more favourable for the pet.

How to take a Resting Respiratory Rate:

STEP 1

Wait until your pet is resting quietly or sleeping, this means that the pet should be calm and lying down (cats should NOT be purring)

STEP 2

Start a timer for 60 seconds and count the number of breaths

(Alternatively measure for 30 seconds and multiply by 2 to get the reading for 1 full minute)

Chest rising and falling (up + down) = 1 breath

If the Resting Respiratory Rate is more than 30 breaths per minute, monitor your pet and retake in 30 - 60 minutes to confirm if the rate is consistent over a few readings.

STEP 3

Log the Resting Respiratory Rate to create a baseline of what is 'normal' for your pet allowing you to track a trend.

When to worry:

< 30 breaths/min

Normal

30 - 40 breaths/min

Monitor

> 40 breaths/min

Call a vet

If the Resting Respiratory Rate is **consistently higher than 30 breaths/min** you should inform your veterinarian and continue to monitor closely.

If the Resting Respiratory Rate is **consistently higher than 40 breaths/min** you should inform your veterinarian and book an appointment.

Note: this is especially significant if your pet has a pre-existing heart and/or lung problem.

If you have a baseline for your pet and the Resting Respiratory Rate is **consistently increased by 25 - 50%** (even if it is <40 breaths/min) you should inform your veterinarian and book an appointment as this is also considered significant.

Log your pet's resting respiratory rate with Pets on tapp™ and share with your veterinarian



Q Pets on tapp



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