Monitoring Sleeping Respiratory Rate (SRR)

https://heartvets.co.uk
0800 999 4333
heartvets

© HeartVets.
All rights reserved.

WHAT IS SRR?

The sleeping respiratory rate (SRR) is:

The **number of breaths taken per minute** (brpm), **when a patient is sleeping** (or deeply resting).

Normal (adult patient): **< 30brpm**
Alert your vet: > 35-40brpm

HOW DO YOU MEASURE SRR?

- While your pet is sleeping (or
- deeply resting), watch their **chest movements** as they breathe in and out.
- Count the **number** of chest movements (breaths) **in one minute**.
- Note: in and out = **one** breath
- For accuracy, it should be repeated a few times over several minutes, to get an **average**.

WHY MONITOR SRR?



Patients with heart disease can develop **pulmonary oedema** (fluid in the lungs).
This is stage is known as left-sided **congestive heart failure** (CHF).

When pulmonary oedema is present, patients have to **breathe more quickly** to transfer oxygen into the lungs (so their SRR will **increase**).

Monitoring the breathing rate of patients is a very useful indicator of their response to medication and whether there is active pulmonary oedema present (as they may require **additional treatment** to remove the fluid).

HELPFUL TOOLS

The **Cardalis** App is free for iPhones or Android.
It is an easy way to measure SRR, log readings and clearly show trends in SRR. You can even email the results to your vet for assessment.



Download the app using the QR code

WHAT ELSE MIGHT BE IMPORTANT?

- Coughing is <u>not</u> a reliable measure of CHF – it can be present with heart enlargement (without CHF), but also in many other common conditions that occur alongside heart disease e.g. primary airway disease.
- Reduced appetite, weight loss or reduced exercise tolerance can be important warning signs.
- Abdominal swelling may be fluid building up in right-sided CHF.
- Weakness or collapse can indicate important cardiac changes.

Speak to your vet if you think your pet may have any these signs.

HeartVets