Identifying the psychosocial issues associated with pulmonary arterial hypertension

Other resources
Patient association sites with extra information on this and other PAH-related issues:
http://www.phassociation.uk.com/
http://www.phaeurope.org/
http://www.phassociation.org/

Key references

These cards have been developed and reviewed by a steering committee of PAH specialists across Europe in collaboration with Pfizer.

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Development of the cards
The aim of this programme is to provide you, as healthcare professionals (HCPs), with support, and help you when having conversations with patients about psychosocial issues.

Psychosocial issues in PAH: what are they?
It can be difficult coming to terms with having a long term condition such as PAH. This set of cards has been prepared to help both patients and PAH healthcare professionals in talking about PAH. The cards are based on a series of conversational topics, each designed to provide key information to inform discussion. The areas where people may have concerns can be broadly divided into three categories:

- Emotional issues
- Physical issues
- General issues

Contents
Advice cards for HCPs
- Communicating effectively with your patient
- Advising patients on how to communicate with those closest to them
- Talking with your patient about their PAH
- Talking to patients about the emotional impact of having PAH

Advice cards for people with PAH
- Talking about PAH with those closest to you
- Getting the right support: talking to your healthcare professional
- Living with PAH
- Making plans

Why are psychosocial issues important?
Psychosocial issues form a major contribution to an individual’s sense of self and can therefore significantly impact on quality of life. There are key data to indicate that people with PAH report problems with work, physical intimacy, emotions and social interactions.

Outlining the psychosocial effects from a patient’s perspective
Talking with the patient about what to expect as a result of their PAH is important at all stages of their disease. Letting them know they can talk to you about all aspects of living with PAH including their emotional, physical and general wellbeing can help them to manage their concerns. As well as the HCP support cards, there is a set of support cards for people with PAH (see contents above for list) which deal with communication in all areas of life.