

Note to patients:
Should any questions arise from this material, please ask your healthcare professional for advice.



PAH
opening lines

Making plans

Introduction

Making plans is something that everyone does on some level, even if they are just ideas in your mind about things you would like to do. Having pulmonary arterial hypertension (PAH) can mean that some things you planned to do might need to change.¹ This card has been developed to help you think about how your own plans may need to be adjusted to fit in with living with PAH.

Practical tips for structuring your plan

- There are things in life that are important; such as hobbies, friends, work or spending time with your children or grandchildren
- Consider what is important to you.^{1,2} Maybe also talk to your family and friends about goals you can achieve together?¹
- You may want to think about days or weeks that you have really enjoyed. Consider what turned a normal day into one you really enjoyed. Plan goals or activities that are important to you into your week²
- General
 - Remind yourself of any appointments with your healthcare team that you have to make³
 - Don't feel you have to look too far ahead. You may find planning for just this week helpful in working out what is most important and what you don't need to do right away²
 - It is helpful to make plans flexible³ so that if you don't feel able to climb the stairs one day or to go out, you don't have to: give yourself a day off from your goal and try again when you are feeling better
- Physical
 - Think about how you're feeling over time, not just day-to-day. Find ways to be flexible to accommodate periods of varying energy levels²
 - Work out a pace that you can manage rather than feel you have to avoid an activity.² Always consult your doctor for advice on how much activity is suitable for you.
 - Plan how you can share your workload with others²
- Emotional
 - Be aware of your recent emotional wellbeing – Take note when you achieve your goals¹
 - Don't be hard on yourself if you can't meet one or more of your goals¹

There are many different ways of making plans and setting goals. For some goals a simple list is enough, but for others you might want to make a plan.^{1,2} Here is an example of a step-by-step plan.



Step 1

Work out what your goal is, how you will know you have achieved it and what is a realistic time to do it by

My goal	Measure	Timescale

Step 2

Think about what changes in your life need to occur to make your goal happen. Think about how much time you should allow yourself to realistically achieve each goal²

Factor	Timescale

You may need more steps,² so use as many as you need to help achieve your aim. In this way, you get to see your progress as you work towards your goals.

You should discuss and agree your goals with your healthcare team.

Key references

1. Pulmonary Hypertension Association. Coping with pulmonary hypertension. *A Guide for the Newly Diagnosed. Dealing with change, loss and the emotional impact of pulmonary hypertension.* PHA, 2012.
2. Pulmonary Hypertension Association UK. *Day to day living.* www.phassociation.org (Accessed November 2013)
3. Pulmonary Hypertension Association. *Empowered patient online toolkit.* 2013; Available from: www.phassociation.org (Accessed November 2013)

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