

## 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/>



PAH Opening Lines



Identifying the psychosocial  
issues associated with  
pulmonary arterial hypertension

## Key references

1. Wryobeck, JM et al. Psychosocial aspects of pulmonary hypertension: a review. *Psychosomatics* 2007;**48**(6):467–475.
2. PHA Europe. *International-PAH-patient-and-Carer-Survey-Report*. 2013; Available from: [www.phaeurope.org/projects-activities/pah-patient-and-carer-survey/](http://www.phaeurope.org/projects-activities/pah-patient-and-carer-survey/) [Accessed November 2013].

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

## ■ 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.<sup>1</sup> 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:<sup>1</sup>

- 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?<sup>2</sup>

- Psychosocial issues form a major contribution to an individual's sense of self and can therefore significantly impact on quality of life<sup>1</sup>
- There are key data to indicate that people with PAH report problems with work, physical intimacy, emotions and social interactions<sup>2</sup>

## ■ 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.<sup>2</sup> 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.<sup>2</sup> 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.

