



Making the most of remote appointments

Most specialist centres and other medical providers have temporarily moved away from face-to-face appointments due to the ongoing coronavirus pandemic.

You may find conversations with your PH team now happen via the telephone, or online via a video calling platform such as Zoom.

It's important to prepare for these remote consultations in order to get the

most from them, so please take some time to read and work through this form ahead of your appointment.

The EmPHasis-10 questionnaire on the back is best completed as close to your appointment as possible, so that it reflects how you are feeling at that time.

Remember, it's your appointment, and we hope you find this preparation form helpful in taking control of it.

and print your own at www.phauk.org

My appointment details				
Date:	Time:	Format:		
My weight:	Any new symptoms:			
			Br.,	
Notes:			NEED ANOTHER FORM FOR YOUR NEXT APPOINTMEN	
			Call the PHA UK office on 01709 761450 or ema office@phauk.org	
			You can also download	



GETTING PREPARED

Think ahead

- If your appointment is on your mobile phone, make sure your battery is charged and that you take the call in an area where you have good signal.
- If you are using a laptop or tablet, again, make sure it has full charge or that it can be plugged in during your appointment.
- Check the sound works, and if you're using a camera, check that works too. Perhaps you could do a 'trial run' with a friend or family member in a different household?

Create a quiet space around you Ideally you should be in a quiet room, free of distractions.

- If you are expecting a parcel delivery, you might want to attach a note to the front door asking for it to be left it in a space place instead of knocking.
- Consider your appointment time when booking supermarket delivery slots :-)
- If your appointment is online, pop your mobile phone on silent and unplug the landline. It might be

worth letting friends / family know when your appointment is so they can avoid trying to contact you during this time.

If you live in a busy house, especially one with young children or noisy dogs, you may find it easier to sit in your car during your appointment.

Consider comfort

Appointment lengths vary, but if you're sitting somewhere for a long time, it's important to be comfortable.

- Think about where you sit do you need a hard service to make notes?

 Do you need a cushion?
- If you're using the camera or video function on a laptop, you might want to place it on top of some books so it is the right height for your face to be seen.
- Have a glass of water or a cup of tea within easy reach.

FLAG UP ANY WORRIES ABOUT YOUR APPOINTMENT AS SOON AS POSSIBLE

What happened:

If you are concerned about how your virtual appointment will work, please contact your team as soon as you can.
They can help you with any worries and ensure your consultation runs as smoothly as possible when the time comes.

Use this page to think about the answers to questions you may gasked during your appointment and to plan your own questions	,
The medication I take	
For my PH	
	Questions my family want to ask:
Other medication	
Hospital stays or medical ep	isodes since my last appointment:
Date Date	Date

What happened:

What happened:

emPHasis10

Name:

Date of birth:

This questionnaire is designed to determine how pulmonary hypertension (PH) affects your life. Please answer every question by placing a tick over the ONE NUMBER that best describes your recent experience of living with PH.

For each item below, place a tick (\checkmark) in the box that best describes your experience.

I am not frustrated by my breathlessness	0 1 2 3 4 5	I am very frustrated by my breathlessness
Being breathless never interrupts my conversations	0 1 2 3 4 5	Being breathless always interrupts my conversations
I do not need to rest during the day	0 1 2 3 4 5	I always need to rest during the day
I do not feel exhausted	0 1 2 3 4 5	I always feel exhausted
I have lots of energy	0 1 2 3 4 5	I have no energy at all
When I walk up one flight of stairs I am not breathless	0 1 2 3 4 5	When I walk up one flight of stairs I am very breathless
I am confident out in public places/crowds despite my PH	0 1 2 3 4 5	I am not confident at all in public places/crowds because of my PH
PH does not control my life	0 1 2 3 4 5	PH completely controls my life
I am independent	0 1 2 3 4 5	I am completely dependent
I never feel like a burden	0 1 2 3 4 5	I always feel like a burden
	Total:	Date:



