



# MAKING THE MOST OF *remote appointments*

*You may now be offered remote medical appointments as well as face-to-face ones, by both your specialist centre and other healthcare providers.*

*Some conversations with your healthcare team may 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.*

## MY APPOINTMENT DETAILS

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**My weight:** \_\_\_\_\_ **Any new symptoms:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Notes:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**NEED ANOTHER  
FORM FOR YOUR  
NEXT APPOINTMENT?**

Call the PHA UK office  
on **0300 373 5367** or email  
**office@phauk.org**

You can also download  
and print your own at  
**www.phauk.org**

## 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?

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### **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 in a safe 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.

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### **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 surface 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.

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### **FLAG UP ANY WORRIES ABOUT YOUR APPOINTMENT AS SOON AS POSSIBLE**

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.

## MAKING THE MOST OF *remote appointments*

*Use this page to think about the answers to questions you may get asked during your appointment, and to plan your own questions too.*

### ***The medication I take***

For my PH

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Other medication

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### ***Questions I want to ask:***

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### ***Questions my family want to ask:***

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### ***Hospital stays or medical episodes since my last appointment:***

Date	Date	Date
What happened:	What happened:	What happened:
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>

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 (✓) 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
<div>Total:</div>		<div>Date:</div>