

To help us make the most of your visit today, please take a moment to answer the following questions.

**1** What are the most important issues you want to talk about today? Please write them below.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Please write down any other questions or issues you want to talk about.

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**2** In the past month, has PAH stopped you from doing something you wanted or needed to do?  Yes  No

If yes, please explain below.

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**3** In the past month have you noticed any changes in your ability to perform daily activities? (Daily activities might be going to the store, getting the mail, doing housework, walking up the stairs, etc.)

- Much more able     More able     About the same     A little less able     Much less able

**4** In the past month, when you lie down, do you have a hard time falling asleep or do you wake up during the night?  Yes  No

If yes, please explain below.

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**5** In the past month, how often have you needed to ask your care partner for help doing regular activities? (Your care partner might be your spouse, another family member, or a friend.)

- Less than usual     About the same as usual     More than usual     I don't have a care partner

Please tell us about it: \_\_\_\_\_

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# During your visit today, you and your healthcare provider may discuss some of the more common tests below.

## What do these PAH assessments mean for you?

### Functional Class

Having **mild symptoms** when you are doing normal activities means a **lower functional class**.

Having **moderate symptoms** even when you are not active means a **higher functional class**.

### Six-Minute Walk Test

Measures how far you can walk on a flat surface in 6 minutes. It may be done at each appointment so that you and your healthcare provider can easily see increases or decreases in your walk distance over time.

### Echo

This test measures the size and shape of your heart and lets your healthcare provider know how well your heart squeezes and relaxes.

### Right Heart Catheterization

This test measures the pressures in your heart and how much blood pumps through your lungs.

### NT-proBNP

BNP is a chemical your heart makes when it is under stress. High levels of BNP can show too much stress on your heart. BNP is measured with a blood test.

### Other

These tests allow your healthcare provider to evaluate the severity of your PAH. This process is called “risk assessment,” which allows your healthcare provider to determine whether to adjust your treatment plan to help improve your results.

If you are meeting treatment goals you are at **low risk**.



**Low Risk**

If you are not meeting treatment goals, you may be at **intermediate or high risk**.



**Intermediate Risk**



**High Risk**

The goal of treatment is to reach low-risk status. It is important to talk with your healthcare provider about ways to lower your risk.