

# Working with Your Doctor on Forming a Treatment Plan

The most important part of your treatment plan in pulmonary hypertension (PH) is YOU. It is important for you to have an idea for yourself about what you hope to achieve by starting a treatment plan for your PH. This is helpful so that you have a vision of what may lay ahead as you work through initial medication side effects or other issues, should they arise, as your eyes will be on a bigger goal or goals.



**You can use this sheet to write down your top goals and questions and share them with your doctor.**

**By treating my PH, my main goals are:**

(To be able to play with your kids or grandchildren? To go back to work without feeling exhausted?, etc.)

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

**My biggest concerns/questions about PH are:**

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

Taking time to write down your goals and questions and bringing them to your clinic visit will help your PH team help you. When you communicate these goals with your team, it gives you all something to work toward and to know that you are making the progress you want to make. It also may help the team be able to discuss with you certain aspects that may be achievable, and which may need to be adjusted. It helps the team stay focused on what is important to you and also helps them translate the data they're getting from routine visits and testing into how to best help you.