



31 GIORNATE CARDIOLOGICHE TORINESI

TURIN
October
24th-26th
2019

The role of nurses in the home management of PAH

Forum on Pulmonary Hypertension

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*As PAH five-year survival rates are increasing and have reached nearly 60% in patients with PAH and 54% in other subtypes¹ could we finally consider patients with PAH as **chronic**?*

	PAH
Patients, n	685
Survival (%)	
At 1 year	88.2
At 3 years	72.2
At 5 years	59.4

1. Gall H, Felix JF, Schneck FK, et al. The Giessen Pulmonary Hypertension Registry: Survival in pulmonary hypertension subgroups. J Heart Lung Transplant 2017; 36: 957–967.



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In this new scenario the role of home management becomes more relevant as nurses are best placed to coordinate care through patients illness trajectory¹



Education

Advices on disease state

Treatments management

Side effects management

Personalised goals

1. Stewart T, Burks M, Nolley SH, et al. Collaborative care: A defining characteristic for a pulmonary hypertension center. *Pulmonary Therapy* 2017; 3: 93–111.



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*But what experi
of patier*

Original Article

European Journal of
Cardiovascular
Nursing



Safety and feasibility audit of a home-based drug-transitioning approach for patients with pulmonary arterial hypertension: an observational study

European Journal of Cardiovascular Nursing
1-7
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DOI: 10.1177/1474515118769534
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A home-based strategy allows changing ERA medications in patients with PAH to be achieved safely and effectively with efficient use of nursing resources.

Coghlan, BE Schreiber and

Implications for practice

- Home-based transitioning of pulmonary arterial hypertension medication is feasible.
- The practice avoids unnecessary hospital visits.
- Patients remained clinically stable and the transition was well tolerated.
- The practice promotes efficient use of nursing resources.



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Monaldi Arch Chest Dis
2012; 78: 205-209

ORIGINAL ARTICLE

Multiprofessional and Intrahospital Experience for Diagnosis and Treatment of Pulmonary Arterial Hypertension

*Esperienza multiprofessionale intraospedaliera nella diagnosi
e nel trattamento dell'ipertensione polmonare*

Michele Correale¹, Deodata Montrone¹, Donato Lacedonia², Riccardo Ieva¹, Romano Bucci³,
Addolorata Corrado⁴, Francesco Paolo Cantatore⁴, Carmen Adriana Greco¹, Morena Concilio¹,
Gaetano Serviddio⁵, Maria Pia Foschino Barbaro², Matteo Di Biase¹, Natale Daniele Brunetti¹

The presence of dedicated nursing staff, for the telephone follow-up or for the preparation and execution of the test cardiopulmonary, spirometry or 6MWT, has allowed to improve the care of these patients.



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What do telephone follow-ups include?

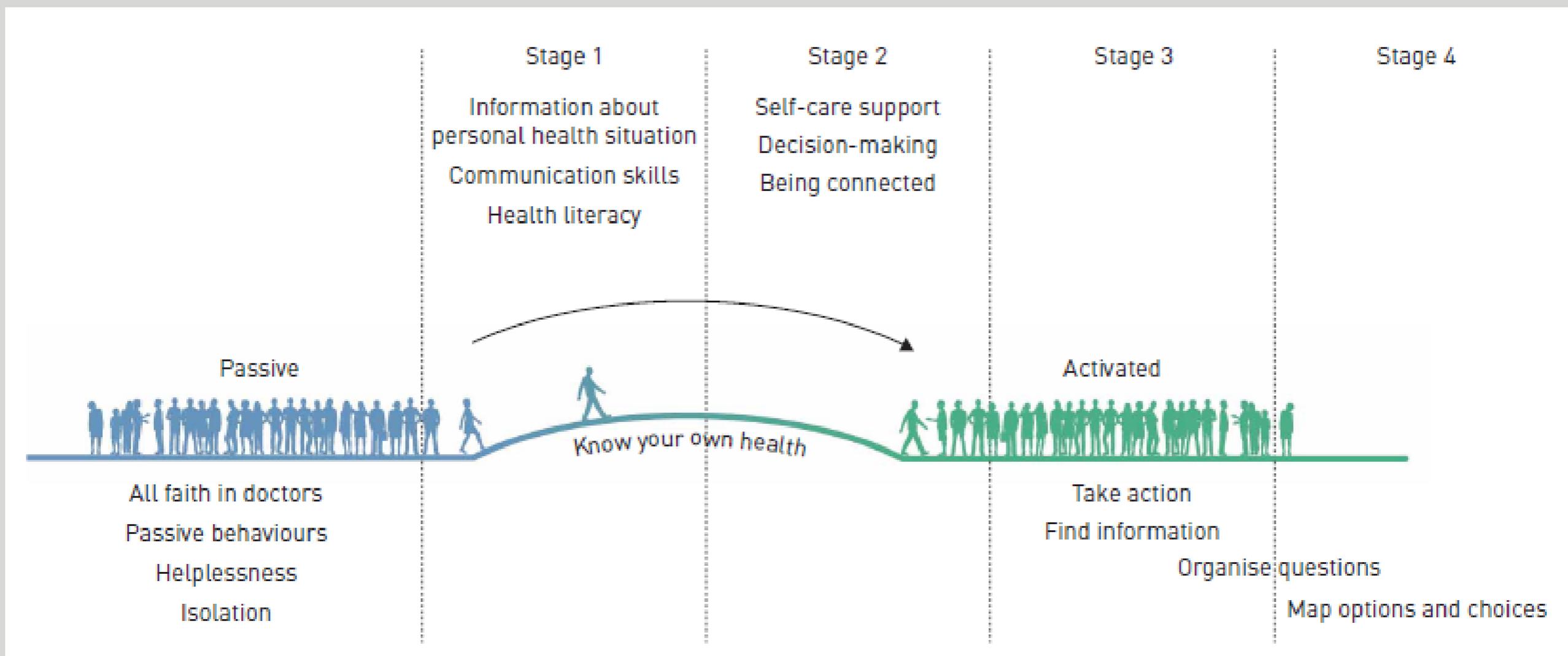


Are the solution?



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Adapted from: Actelion Pharmaceuticals Ltd. A holistic approach to patient care in pulmonary arterial hypertension. 2016.



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Self-care maintenance

is defined as those behaviors used to maintain physical and emotional stability.

Self-care monitoring

refers to the process of observing oneself for changes in signs and symptoms.

Self-care management

is defined as the response to signs and symptoms when they occur.

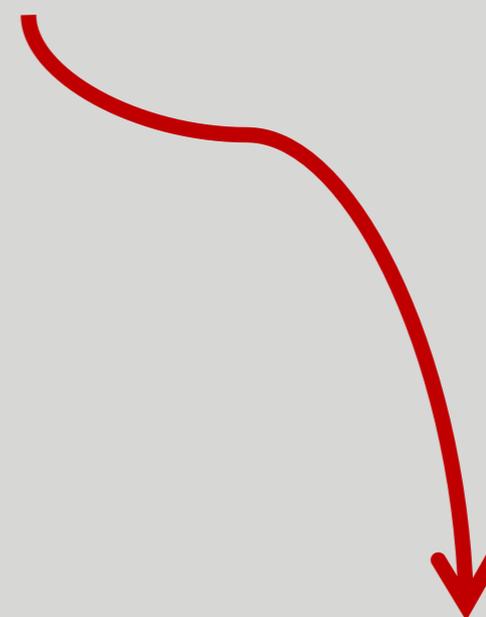




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Because of the vast geographical distribution of patients and increasing numbers of referrals to PAH specialized centres, they cannot provide all of the support that each patient needs after diagnosis.



Therefore, developing self-care is important as many patients live a long distance from the nearest centre and are unable to attend for advice.



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Some examples about patients' treatments

Prostanoids are administered either as intravenous or subcutaneous infusions or by using specialist nebulisers. Nurses could provide education and train patients to the correct use of medications

Patients adherence to treatments is essential to improve outcomes. Nurses could promote and monitor home treatment maintenance

Central venous catheter patency and maintenance should be guarantee by expert nurses

Response to therapy needs to be assessed regularly, as dosages will often need to be adjusted or drugs will need to be used in combination to achieve the best effect.



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Some examples about patients' maintenance of daily-life

Exercise training promotion is essential to maintain a good physical level. Nurse could promote physical activity, assess patients' endurance and support patients to continue exercising

Referral of female patients to associated staff offering gynaecology and contraception advice.

Be part of patients' advocacy by referring to social services and supporting the access to available financial benefits



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Some examples about self-monitoring

All of the classes of PAH-specific drugs require patients to be monitored closely for adverse events, especially if the drug needs titration or is administered in combination regimens. Nurses could help patients to early recognise and manage such adverse events.

Tools such as patient-held records could help monitor the day-to-day management of PAH and report correctly symptoms to healthcare providers

Patients take responsibility for monitoring their own healthcare needs on a daily basis and seek appropriate help when necessary.

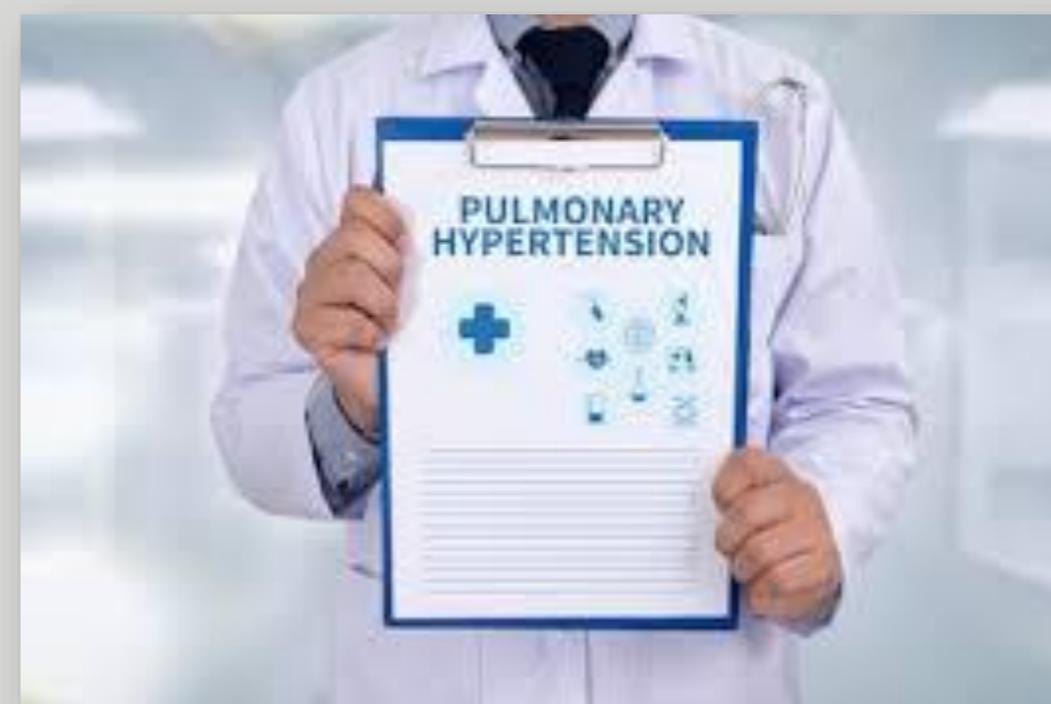


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Expert PAH nurses could be the perfect link with clinical nurse specialists to continue providing a useful point of contact for local healthcare providers who have contact with patients, including community matrons, cardiac nurses, respiratory nurses and practice nurses.

Nursing home management is essential to provide continuity and consistency for patients. PAH centres have a crucial role to provide good communication between hospital and community settings.



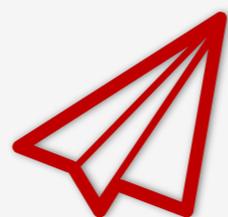


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Literature about home management of PAH patients is scarce and no evidence about nursing interventions to improve self-care in this population are present

As PAH could be considered as a chronic illness, new approaches to deliver home care to PAH are crucial to fill the gap between hospital and community care



The self-care of chronic illness middle range theory could be applied to this patients to measure and improve their daily self-care behaviours

Future studies are necessary to evaluate the role of nurses in the home management of PAH patients. A multidisciplinary approach is essential to improve patients' outcomes



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