



The patient tells it! The importance of patient's quality of life perception in pulmonary arterial hypertension risk assessment

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Assessment of quality of life in pulmonary hypertension is important to identify additional therapeutic needs, and patients with good QoL have better prognosis. QoL assessment in PH care can be done with validated short questionnaires, such as emPHasis-10. <https://bit.ly/3s5jF3U>

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Everyone wants quality of life (QoL), regardless whether a person is healthy or diseased. However, QoL means something different for every individual. QoL is not only influenced by the individual's preferences, wishes and expectations towards life, but also by the time of living, geographical, socioeconomic and political environment and, of course, the health state, which all contribute to the individual's resources to live with a high quality in happiness and satisfaction. The World Health Organization defines QoL as the individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns [1]. Due to this complexity and subjectively differently weighted factors, and also the fact that different disciplines define QoL differently, measurement of QoL is challenging in health and disease [2]. For healthcare providers in medicine, it is crucial to understand patients self-reported QoL in order to improve treatment towards symptom relief, rehabilitation and better prognosis, and discard therapies that are of little benefit for patients. In order to shift limited resources to therapies which induce meaningful changes for patients, health authorities increasingly ask that novel medical therapies demonstrate the capability to improve patient-oriented outcomes such as QoL in high quality trials, instead of relying on biomedical endpoints [3]. Whereas generic questionnaires may be used to assess and compare QoL between different populations including healthy and diseased, health-related QoL (HRQoL) assessment tools take into account disease-specific factors and are thus more suited to measure meaningful changes for patients brought about with therapy [4].