

SUMMARY

PH Global Patient Survey: Groups 2 and 3

The [Pulmonary Vascular Research Institute](#) (PVRI) published [The Pulmonary Hypertension Global Patient Survey: Groups 2 and 3](#), presenting data from 3329 patients from 88 countries, including 355 Group 2 pulmonary hypertension (PH) (associated with left heart disease) respondents and 240 Group 3 PH (associated with lung disease) respondents.

Overall, responders in Group 3 reported a greater negative impact of PH across all measures of daily living, physical wellbeing and emotional wellbeing (except memory impairment) compared to Groups 2 and 1.

- **Physical activities**

People were asked if pulmonary hypertension (PH) affected dressing/showering, walking short distances or climbing stairs, performing household chores, leisure activities, and sex. The most common problem was with walking short distances or climbing stairs, which were problems “often” or “very often” for nearly two-thirds of Group 2 patients and over three quarters of Group 3 patients.

- **Physical wellbeing**

Poor sleep quality was the most common problem, “often” or “very often” affecting about half of Group 3 patients and two in five Group 2 patients.

- **Emotional wellbeing**

The most common emotional issue for Group 2 was feeling misunderstood, with just over a quarter of Group 2 patients reporting it was “often” or “very often” a problem. For Group 3 patients, nearly two in five “often” or “very often” felt angry or frustrated.

What's next?

Although Group 2 and Group 3 PH are more common than Group 1, they were underrepresented in this survey, possibly because many of the distributing organisations tend to focus on Group 1 (pulmonary arterial hypertension). This study clearly shows a need for more research on Group 2 and 3 populations.

These survey findings were included in several of tangible goals in the PH Call to Action list:

- 8. Patients with Groups 2, 3, and 5 PH should be better represented in research and specialist clinical care.
- 10. Patients and their carers should be invited to participate in PH GPS-2 to evaluate progress over time and further widen representation geographically and in Groups 2 and 3.