“Helpful Hints” from the PH Resource Network

This summer, allied healthcare professionals from the PH Resource Network offer Helpful Hints on how to tackle anything the season might throw at you.

1. **Care for your dressings.** For PH patients on IV therapy, dressings are certainly an issue in the summer, as they tend to stick to sweaty skin. In some cases, women are advised to wear sports bras and keep gauze only over their sites. The gauze will absorb wetness and can be easily changed if it becomes saturated. Children may prefer using large Band-Aids for dressing over their sites — especially in the summer, as these seem to stick better.

2. **Prioritize sun protection.** Many PH patients need good sun protection. This involves not only applying lotion containing a high sun protection factor (SPF), but also carrying shade umbrellas or wearing wide-brimmed hats. Those with PH have a tendency to burn more easily as a side effect of PH medications and from vasodilation from prostanoids. Flolan and IV Remodulin (treprostinil) patients should also make sure the cassettes and tubing containing their medication are kept covered and away from direct sunlight, as prolonged sun exposure can potentially deactivate these medications.

3. **Keep cool in high temperatures.** Limited exposure overall to bright sun and hot temperatures is advised, especially because this exposure tends to exacerbate thirst and people may over-drink to compensate. Increased fluid intake is a very serious hazard for PH patients and may lead to heart failure. As for anyone trying to keep cool in the hotter months, it is better to wear light-colored and loose-fitting clothing made of cotton.

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