

ABSTRACT

Embodiments of this application relate to the field of communication technologies, and provide a method and an apparatus for triggering power headroom reporting, and a terminal device. The method includes: A terminal device receives at least one first path loss offset value and at least one second path loss offset value, where the at least one first path loss offset value and the at least one second path loss offset value are from a network device. The terminal device performs power headroom reporting based on the at least one first path loss offset value and the at least one second path loss offset value. In this application, the terminal device obtains the at least one first path loss offset value and the at least one second path loss offset value that are sent by the network device, and determines, based on a variation between the two path loss offset values, whether to perform power headroom reporting. This resolves a problem in a UL-only TRP scenario that an existing trigger mechanism is inapplicable due to inconsistency between actual uplink path loss and measured downlink path loss.