

Atrial Fibrillation: Management Overview

Tuesday 20th February 2024 1pm to 2pm

Rachel Howatson, CVD pharmacist, SEL ICB Rachel.howatson@selondonics.nhs.uk

Dr Mark Essop, joint clinical lead CESEL, Bromley

Dr John Whitaker, consultant cardiologist and electrophysiologist, GSTT

Vicki Collings, consultant pharmacist for haemostasis and thrombosis, GSTT

Thank you to the Health Innovation Network for your support HIN.CVD@nhs.net

Outline

- Introduction
 - Why is AF detection and management important in SEL? -Rachel Howatson
- CESEL AF management guidance overview
 - Dr Mark Essop
- AF detect
 - Handheld MyDiagnostick devices- AF detection project SEL- Rachel Howatson
 - Diagnosis with 12 lead ECG- Dr John Whitaker
- AF protect
 - Rate or rhythm control- Dr John Whitaker
 - Initiation of anticoagulation- Victoria Collings
- AF perfect
 - Monitoring anticoagulation to ensure it is safe and effective- Victoria Collings
- Q&A

Now is the time to take control of your heart rhythm

It's as important as knowing your BP!

- DETECT** AF by a simple pulse check
- PROTECT** against AF-related stroke using anticoagulation therapy
- CORRECT** the irregular rhythm with access to appropriate treatment



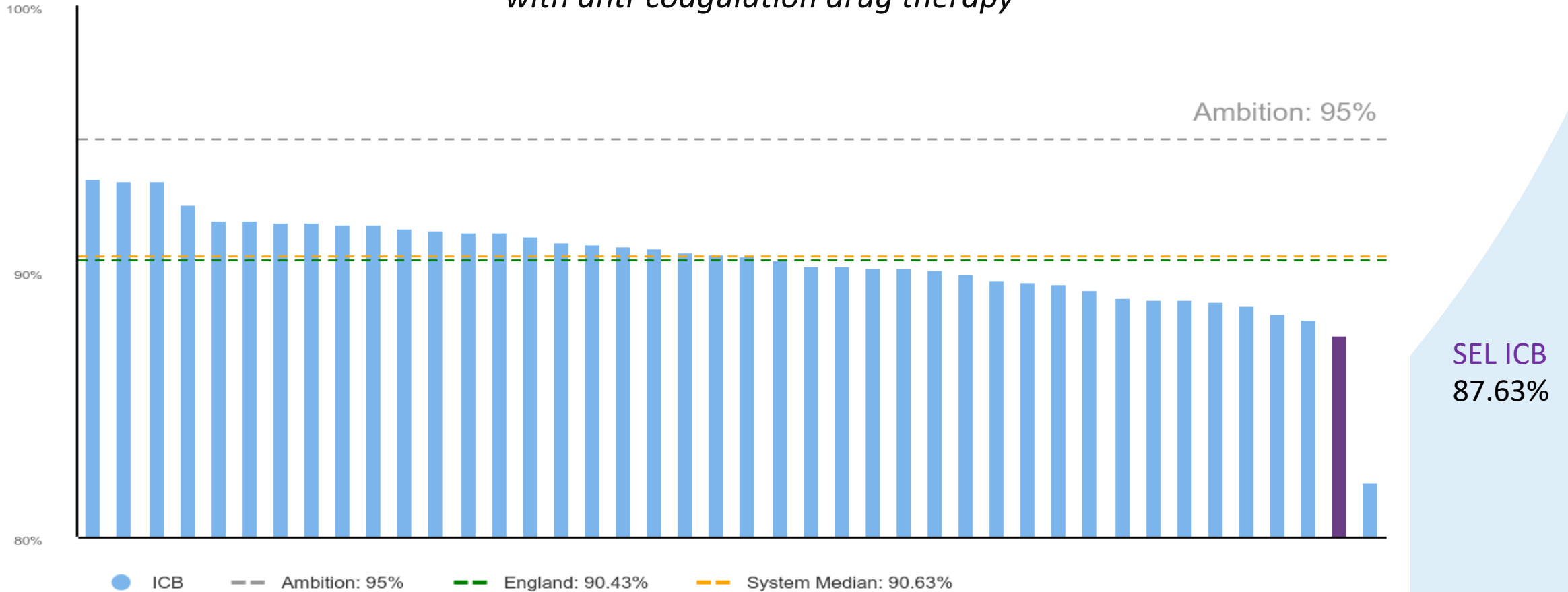
Global AF Aware Week
- Arrhythmia Alliance
- UK
(heartrhythmalliance.org)

Celebrating Heart Month
www.knowyourpulse.org
It could save your life

- Are patients in SEL aware of their risk?
- Over 1 million people in the UK have atrial fibrillation (AF)- about 24k in SEL
 - The incidence of AF increases with age
- The risk of stroke is five times greater for people with AF
- AF contributes to 1 in 5 strokes in the UK
 - AF-related strokes are often more severe, with higher mortality and greater disability
- AF often goes undiagnosed: Estimates are that half a million people in the UK have undiagnosed AF- in SEL potentially 8k
- NHS long term plan: Where 100 people with AF are identified and receive anticoagulation medication, an average of four strokes are averted, preventing serious disability or even death
- QOF/CVDPrevent: In SEL 87.63% of patients with AF are anticoagulated (ambition is 95%- approx. 1,467 patients)

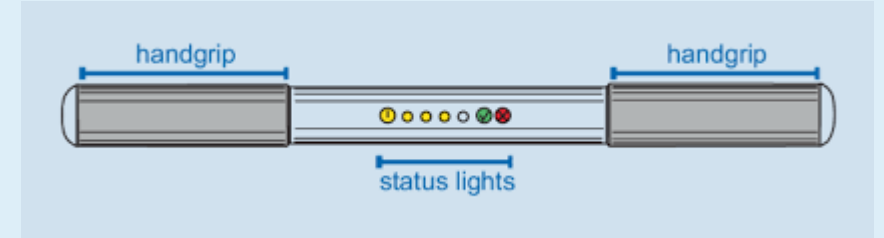
March 2023 CVDPprevent data - QOF AF007:

In those patients with atrial fibrillation with a record of a CHA2DS2-VASc score of 2 or more, the percentage of patients who are currently treated with anti-coagulation drug therapy



Source: <https://www.cvdprevent.nhs.uk/insights?period=8&area=8059&level=7&group=0&indicator=7&tab=syst#7>

- AF Detection Project for SEL 2024
 - AF detection webinar planned for April
 - AF detection devices arrive to practices/PCNs April/May
 - First COP discussion in June/July
- Patient held devices to be used in nursing homes, community pharmacies, GP practices and outreach settings- 1 minute to result
- Recent data from HIN CVD fellowship CP project- social media engagement- SWL:
 - 2 AF cases detected in 70 patients checked
- 2018/19 South London project- MyDiagnostick, Kardia AliveCor and Watch BP:
 - 4% AF detection rate- 14,835 patients checked with 597 possible AF
- AF Pioneer awarded project in Sydney:
 - Self-screening station in GP practices- AF diagnosed in 49/1127 (4.3%)
- SHOPS-AF study in Liverpool:
 - 2155 adults used a shopping trolley with 220 red lights/irregular pulse- 59 AF diagnoses confirmed



Diagnosis

Rate v Rhythm?

Anticoagulation

References

- CESEL guidance: [Clinical Effectiveness \(CESEL\) - South East London CCG \(selondonccg.nhs.uk\)](https://selondonccg.nhs.uk)
- SEL IMOC CVD guidance: [SEL IMOC - Cardiovascular disease guidance - NHS South East London \(selondonics.org\)](https://selondonics.org)
- CVD Prevent data: [Regional & ICS Insights | CVDPREVENT](#)
- BHF: [bhf-our-healthier-south-east-london-health-area-report-2022.pdf](#)
- BHF AF guide for patients: [Atrial fibrillation - your quick guide – BHF](#)
- Arrhythmia Alliance: [Atrial Fibrillation \(AF\) - Arrhythmia Alliance - UK \(heartrhythmalliance.org\)](https://heartrhythmalliance.org)
- UCLPartners Proactive Care Framework: [UCLPartners Proactive Care Framework: Atrial Fibrillation – Stroke Prevention and Managing Cardiovascular Risk \(pcdn.co\)](#)
- Health Innovation Network: [Cardiovascular Archives - Health Innovation Network](#)

Q&A