

# AF Detection (part 2)

Sally Irwin (HIN)

Rachel Howatson (SEL ICB)

Natasha Thaladi (GSTT)

 @HINSouthLondon



healthinnovationnetwork.com



# Agenda

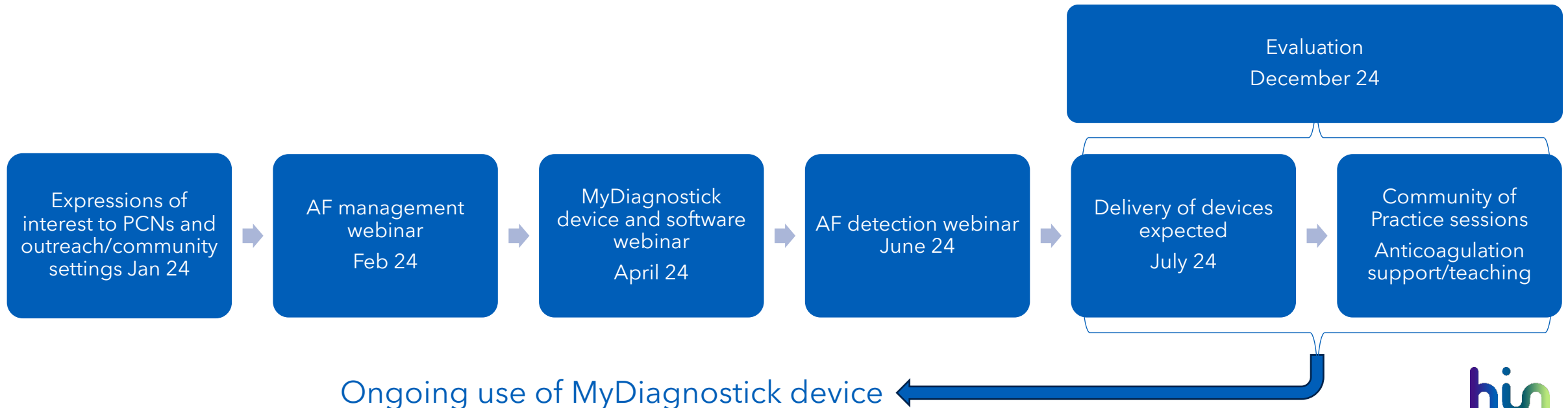
---

Items	Speaker
Welcome and update	Rachel Howatson
MyDiagnostick device and software reminder	Rachel Howatson/Sally Irwin
AF detection in a HT clinic setting	Natasha Thaladi
Talking about AF	Rachel Howatson
Actioning results	Rachel Howatson
Questions and close	

# Welcome and update

---

- **Aim** is to increase AF detection rates in SEL from 72% to 85% by 2029
- [www.knowyourpulse.org](http://www.knowyourpulse.org) it could save your life
- Part of a national programme (NHSE) to increase AF detection and trial AF detection devices
- Detect, Protect, Perfect



# MyDiagnostick device

---

**MYDIAGNOSTICK**



**Atrial Fibrillation Screening Device**

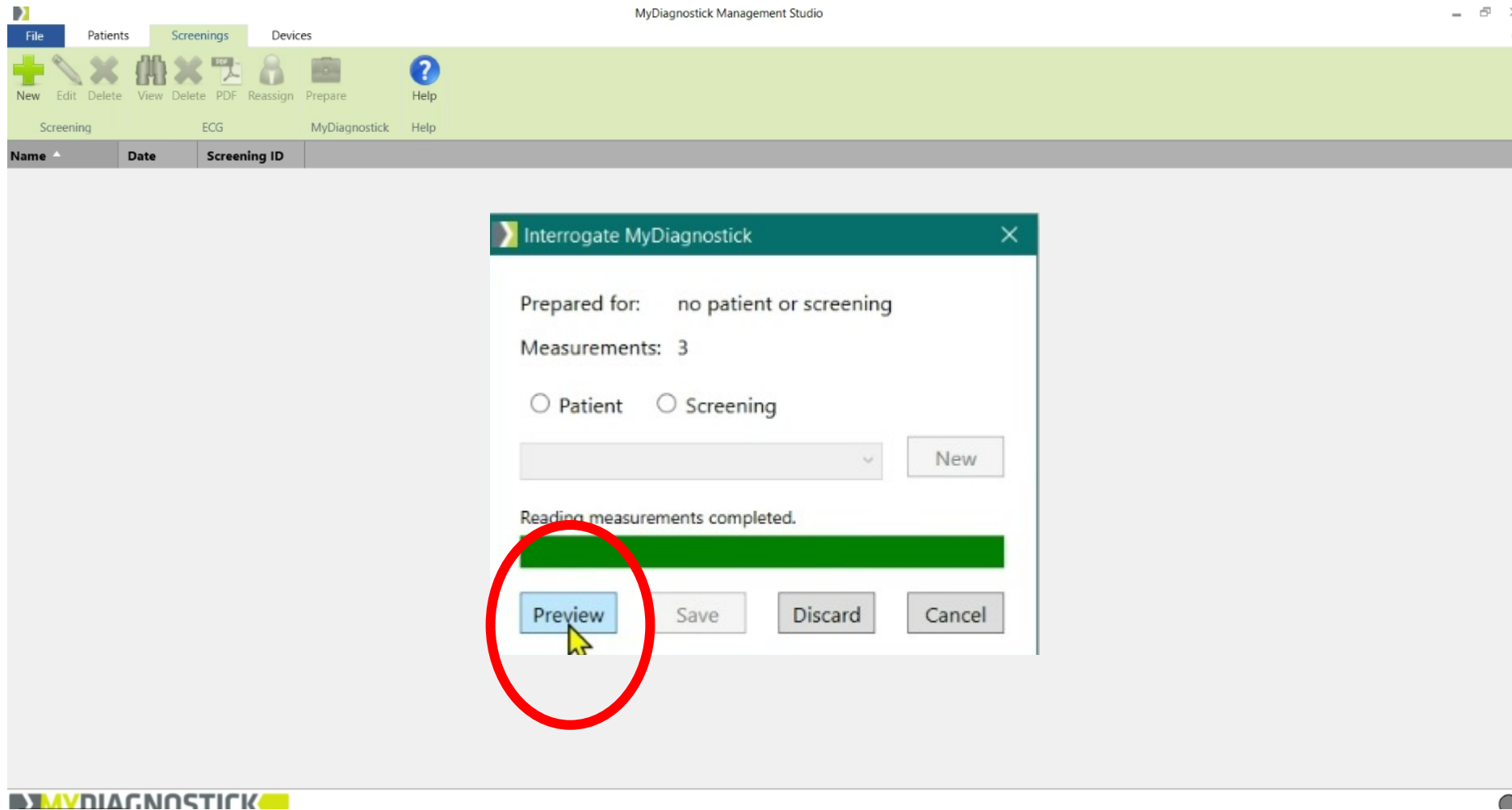
# Using the device with a patient

## Recording a single lead electrocardiogram (ECG)



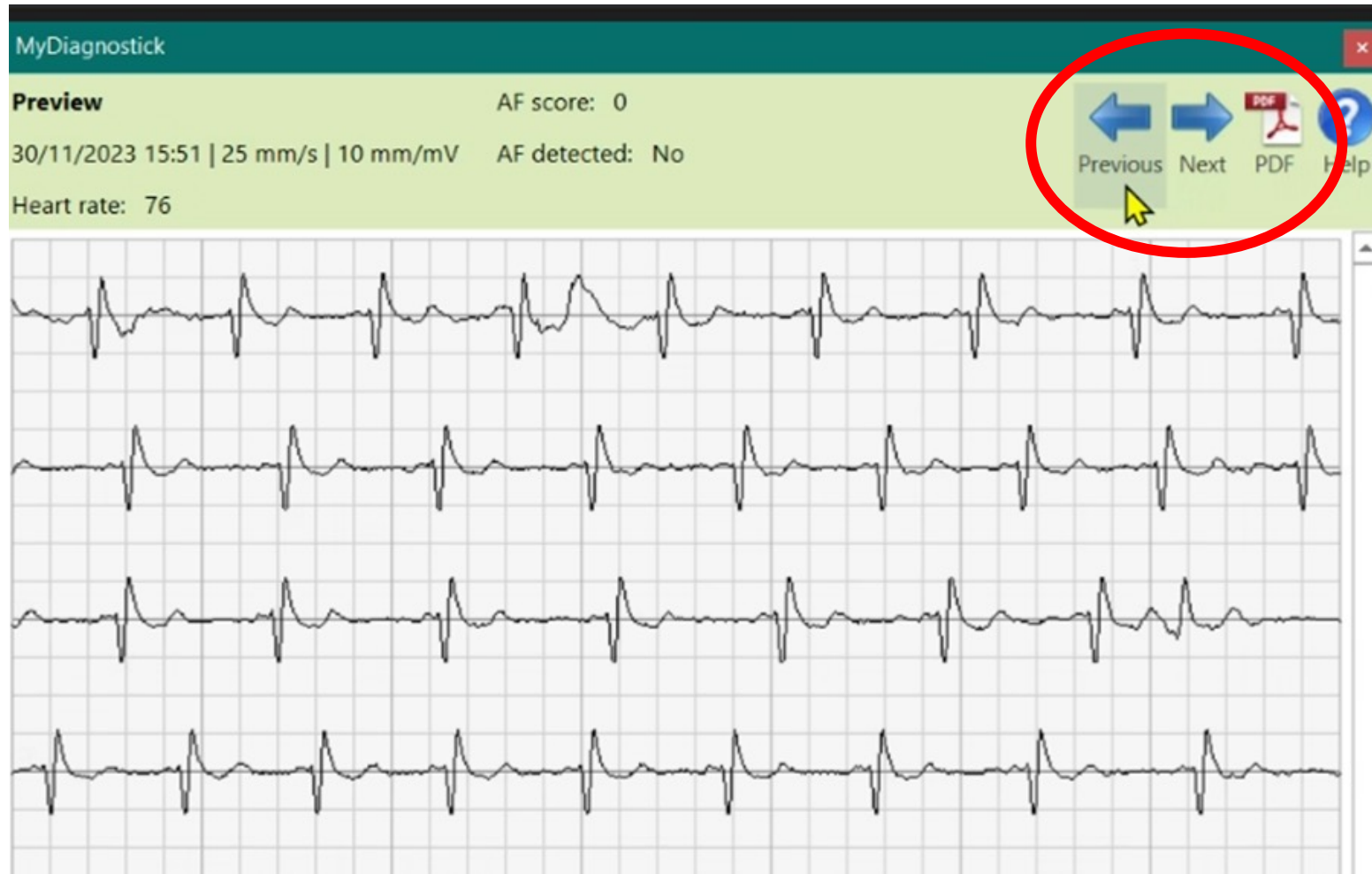
1. Ask patient to sit comfortably, relax and, where possible, to rest/support their forearms comfortably on a table
2. Ask patient to grab the MyDiagnostick device handles without squeezing.
3. The device will activate (1 short beep) and start recording. Yellow LEDs show progress.
4. Wait until the MyDiagnostick signals the end of the recording (2 short beeps)
5. The green LED or red LED will indicate the detection result
6. The patient can now let go of/put the device down
7. The device will deactivate when at least 5 seconds have passed since the end of ECG recording

# MyDiagnostick management studio



6

# MyDiagnostick software



# Questions from previous demonstration webinar

---

- What are the False positive / False Negative rates when using the device?
- PPV: approx. 75%, NPV: approx. 99%.  
The MyDiagnostick is configured in such a way that no AF should be missed if it is present in the patient during the test. MyDiagnostick is configured very sensitively, which increases the chance of false positives however, this applies to many (medical) equipment.
- Are there any issues using this device in patients who have ICDs? (Implantable cardioverter-defibrillator)
- Patients with an ICD can take a measurement with the MyDiagnostick without any problems. However, patients with defibrillators and pacemakers already have an abnormal heart rhythm diagnosis, or are at risk of abnormal heart rhythms, so should be being monitored and so not necessary to screen these patients for AF.
- Can the patient be wearing rings or similar while using the device?
- Yes, that is no problem for the measurement.



# AF detection in a community hypertension clinic setting

Natasha Thaladi

# HTN Clinic- AF project

---

- Experience in HTN clinic
- HIN CVD fellowship project
- HTN clinic – Bexley only
- Alivecor Device – easy to use
- Explained the purpose of screening
- Explain AF in patient friendly language and purpose of screening
- Not to be concerned if abnormal result- will need further tests

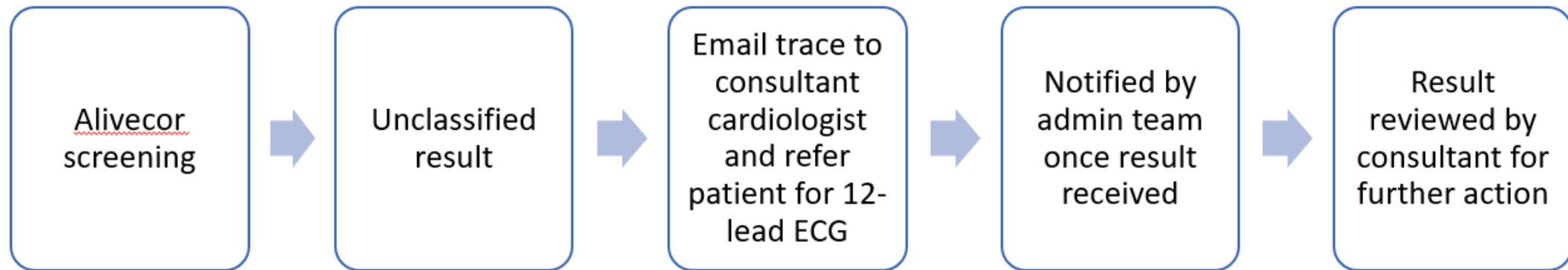
# HTN Clinic- AF project

---

- 28 patients screened during the fellowship
- Further patients screened post fellowship- 50 patients in total
- 4 unclassified results

# HTN Clinic- AF project

---



# HTN Clinic- AF project

---

- 4 unclassified- 3 did not require further action
- 1 result: ECG shows sinus bradycardia with a normal QRS axis, 1<sup>st</sup> Degree heart-block and right-bundle-branch block (RBBB).
- In itself it is not an indication for intervention, but if the patient has symptoms of syncope or near syncope then a review by cardiology is merited for consideration of further assessment
- QTc is fine
- Patient was on Beta blockers- this was reduced with aim to stop

# HTN Clinic- AF project

---

- **Personal experience:** Easy to use in HTN clinic, optimising CVD prevention, used opportunity to educate patients on AF
- **Patient experience :** positive overall, patient education, some amazed by technology, some nervous but provided reassurance

# Talking about AF screening

15

# How to approach discussions about AF

---

- SOP and “talking about AF screening” information shared with project leads before devices arrive July
- Recommendations from the HIN patient advisory group:
- Posters in practices to promote the AF detection project
- Link with Know your numbers campaign- HT and AF
- Focus on the positive aspects of a “red” reading- it is great that we may have detected AF as now we can manage it and protect your heart
  - Patients may have had AF for months/years and now will be confirmed and managed
- Waiting times for 12 lead ECG diagnosis will vary- recording this as part of this project
  - 2 weeks wait is OK but please ensure follow up appointment to scheduled also
- Self-management of anxiety may be helpful- signpost to local support
- Have a single point/reference point for patients to contact if questions
- Leaflet- signs/symptoms to look out for- warnings/self-help support
- [Atrial fibrillation - your quick guide - BHF](#)



# Recommendations for actioning results

17

# AF programme data monitoring spreadsheet

- Use the data monitoring spreadsheet to record each test done (regardless of outcome)
  - Match date and time with ECG trace
  - Evaluation of the project

Please ensure spreadsheet is only used on a work approved device and is PASSWORD PROTECTED.						Practice/ organisation name:	ENTER NAME HERE						
Admin		Please delete these columns before returning to the HIN / ICB				Patient Demographics			Results and actions				
Reading Number	Date of reading	Time of reading	Patient ID - EMIS Number	Patient Initials	Staff member taking reading	Age Group	Gender	Ethnicity	Reading result	Patient notes coded and updated	Action taken (as a result of reading)	AF confirmed? (following referral)	Anticoagulatio medication started?
	DD/MM/YYYY	These fields are for your own use so please enter information in the most useful format to you				Select from drop down menu	Select from drop down menu	Select from drop down menu	Select from drop down menu	Select from drop down menu	Select from drop down menu	Select from drop down menu	Select from drop down menu
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													

- Record all tests done in the spreadsheet
- You will only be asked to submit this for the evaluation once
- Before sending, please ensure the requested columns are deleted

# Results: Green light



- Green – no AF detected
- ECG recording was completed successfully, and AF was not detected.
- Inform the patient that AF was not detected
- Inform them that the test is normal today, however if they ever have any concerns about symptoms, they should contact the GP surgery
- Ask the patient if they have any questions
- Record that the test has been done and is 'normal' by entering SNOMED code for 'Atrial fibrillation screen using BP monitor with AF detector', 'AF screen using BP monitor with AF detector normal'

Code	Concept ID	Description ID
▲ Atrial fibrillation screen using BP monitor with AF detector	1978701000006108	1978701000006112
<input checked="" type="checkbox"/> AF screen using BP monitor with AF detector normal	1978721000006103	1978721000006119

- Complete the data monitoring spreadsheet
- No further action

# Results: Red light actions/information for patients

---



- Red – possible AF detected
- ECG recording was completed successfully, and possible AF was detected
- Inform the patients that the device is showing they may have an irregular heart rhythm which could indicate possible AF- *it is great that we have detected this as now we can support you*
- This needs to be confirmed so you need to refer them for an ECG (electrocardiogram)
- Explain what this will involve (you will send a referral to..., they will receive a letter/call...)
- An ECG is a test that records the electrical activity of your heart, including the rate and rhythm. It's usually quick and painless
- If AF is detected then the cardiologist will recommend management and support strategies
- Ask the patient if they have any questions
- Provide information on what to look out for and what to do whilst awaiting test
  - Living a healthy lifestyle & emotional support and wellbeing
  - Signs that may need a 111 call or GP assessment: chest pain, shortness of breath, feeling faint or dizzy
- <https://www.bhf.org.uk/information-support/publications/heart-conditions/atrial-fibrillation---your-quick-guide>

# Results: Red light actions for practitioner



- Complete the data monitoring spreadsheet
- Record that the test has been done and is 'abnormal' by entering SNOMED code for 'Atrial fibrillation screen using BP monitor with AF detector', 'AF screen using BP monitor with AF detector abnormal'

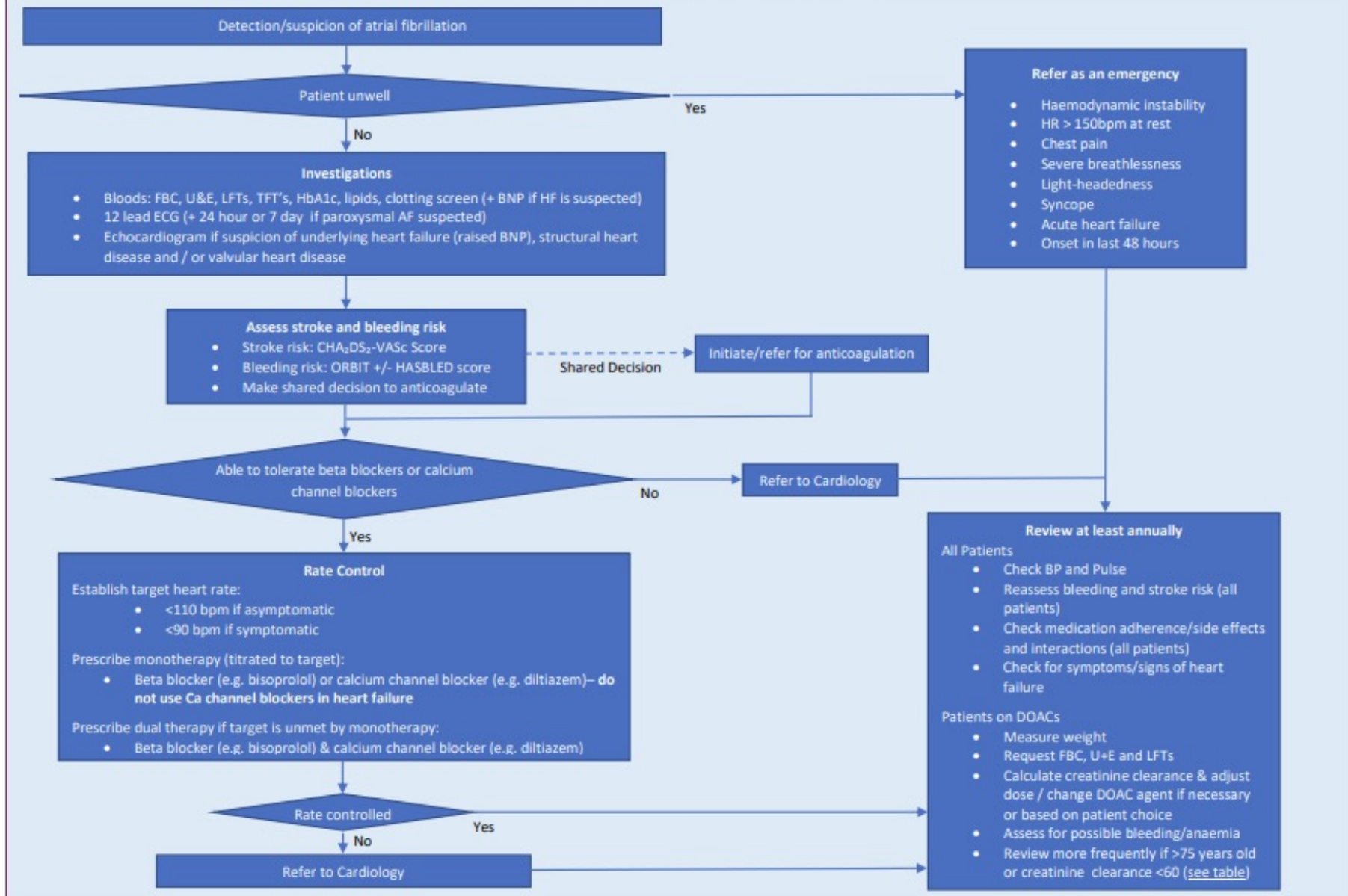
Code	Concept ID	Description ID
▲ Atrial fibrillation screen using BP monitor with AF detector	1978701000006108	1978701000006112
☑ AF screen using BP monitor with AF detector abnormal	1978711000006106	1978711000006110

- Download the ECG trace from the MyDiagnostick and save into the patient notes
- Follow referral pathway according to local guidelines
- Refer patient on for further testing, attaching the ECG trace, and record in the patient notes using SNOWMED code for 'Referral to atrial fibrillation clinic'

Code	Concept ID	Description ID
Referral to atrial fibrillation clinic	758600000	3620630016

- Be sure to inform the patient what the next steps are, what they should expect and if there is anything they need to do

## Overview of AF Management in Primary Care



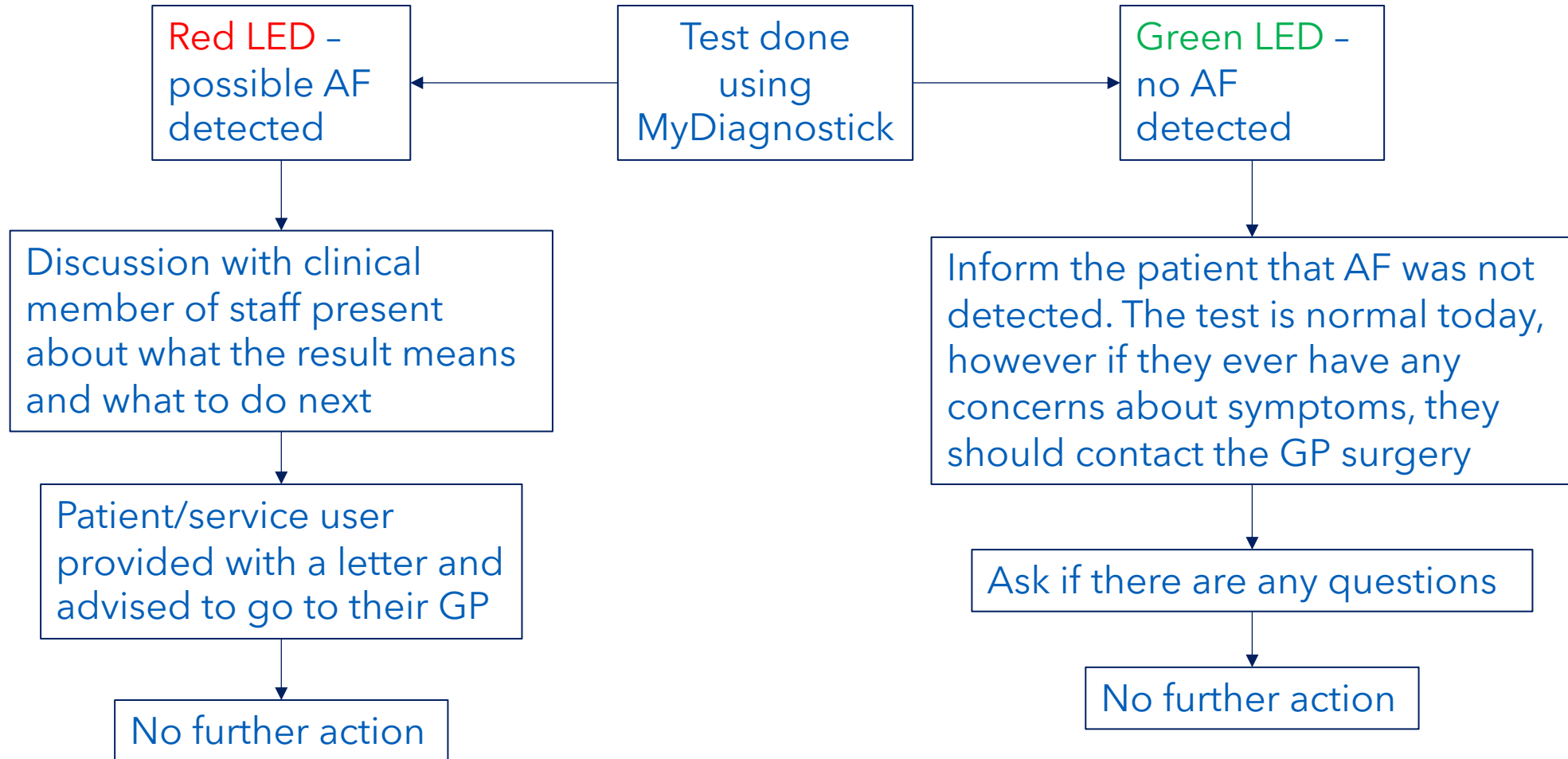
## CESEL AF guide for primary care

[https://www.selondonics.org/wp-content/uploads/dlm\\_uploads/CESEL-AF-guide-FINAL-1.1-April-2024.pdf](https://www.selondonics.org/wp-content/uploads/dlm_uploads/CESEL-AF-guide-FINAL-1.1-April-2024.pdf)

Diagram p.3 of guide

See page 8 for borough specific diagnostic and referral pathways

# If not in a primary care setting



# Next Steps

24



# Next steps

---

- Numed will be in touch with PCN/project leads directly

Email from Mandi Huntington ([mandi.huntington@numed.co.uk](mailto:mandi.huntington@numed.co.uk)) w/c 24<sup>th</sup> June which will include:

- a short introduction
  - expected delivery timescales
  - a request to confirm receipt of delivery
  - a request for a list of their practices where the devices will be sent with a contact name/email address at each of the sites (so we can set the end users up on our systems) and
  - a reminder about letting me know once they have distributed the devices.
- We will be sending out to the PCN leads:
    - List of practices in PCN with allocated devices
    - Standard Operating Procedures (SOPs)
    - How to discuss AF guidance
    - Data collection spreadsheet and expectation of this
    - MOU agreement to sign
    - Link to all online (HIN website)



Any questions





# Useful links

---

- [Atrial Fibrillation Management Webinar - 20/02/2024 \(vimeo.com\)](#)
- [MyDiagnostick Device and software webinar - April 2024 \(vimeo.com\)](#)
- HIN AF detection project webpage: <https://healthinnovationnetwork.com/resources/atrial-fibrillation-detection-devices-resources-2024/>
- CESEL AF management guidance: [CESEL-AF-guide-FINAL-1.1-April-2024.pdf \(selondonics.org\)](#)
- IMOC DOAC guidance: [SEL IMOC - Cardiovascular disease guidance - NHS South East London \(selondonics.org\)](#)
- BHF atrial fibrillation information for patients: <https://www.bhf.org.uk/information-support/publications/heart-conditions/atrial-fibrillation---your-quick-guide>

 10th Floor, Becket House,  
1 Lambeth Palace Road, London SE1 7EU

Closest station:  
Waterloo

 020 7188 9805

 @HINSouthLondon

 [healthinnovationnetwork.com](http://healthinnovationnetwork.com)