

AF diagnosis and follow-up

You have been diagnosed with atrial fibrillation (AF), here's what you might want to discuss with your doctor regarding contributing factors, risks, treatment options.

1. What conditions can be related to my AF?

(Have you been diagnosed with/treated for any of the following conditions?)

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|--|--|---------------------------------------|
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Overweight |
| <input type="checkbox"/> Heart disease | <input type="checkbox"/> COPD/chronic lung disease | <input type="checkbox"/> Sleep apnoea |
| <input type="checkbox"/> Stroke | <input type="checkbox"/> Thyroid disturbances | |

2. What are my individual triggers for AF?

(For example coffee or alcohol consumption, stress, physical exercise, lack of sleep, ...)

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3. What is my risk with AF, can it cause other heart/health issues?

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4. What is my risk for a stroke, and do we need to do something to lower my risk?

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5. Could my AF get worse?

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6. What are my treatment options?

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7. Is there a cure for AF?

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8. How often do I need to be followed-up?

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9. Treatment plan:

- What should I do if I get AF again?
 - I can stay at home for hours unless I have the following symptoms:.....
 - I can take additional medication in the form of:.....
 - After hours I can contact:.....
 - If out of hours I should contact:.....
- I have permanent AF
 - Is there additional medication I can take in case my symptoms worsen?
 - Which new or worsening symptoms should lead me to call you immediately?
 - If out of hours, I should contact:.....

10. What do I need to know for my daily life?

- Are there any activities or exercises I should avoid?
- How does my diet or alcohol/caffeine consumption impact AF?
- Can I still drive a car/handle dangerous machinery?
- Can I travel, including flying?
- Should I be monitoring my heart rate with a heart monitoring device?
- What kind/amount of exercise would you recommend?
- Some stress is unavoidable, are there reliable methods for good stress management?

AF therapy has been initiated, here's what you might want to discuss with your doctor at follow-up consultations

1. I have noticed new symptoms

- Could this be the condition worsening?
 - Can this be a side effect of my new medication or an interaction with my other medications?
 - Is it going to stay that way?
 - Can I take a different medication instead?
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2. I continue to have AF episodes, what else can be done to make me feel better?

3. I feel much better, can I reduce the dosage of my medication?

4. What will help me to make the suggested lifestyle changes, is there any support for me?

- Which ones are the most important to start with?

5. What strategies will help me to take the prescribed medications regularly?

- What should I do if I forget a dose of my medication?
 - How important are the intervals between medication doses (does three times a day mean 8-hourly or with each meal)?
 - Do you have any tips how I can remind myself to take the medication correctly?
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6. Who else, apart from you, can I approach for support (*pharmacist, community nurse, etc.*)?
