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Country: **Brazil**

Titel of the project: **Multi-disciplinary clinic for education and monitoring of patients with atrial fibrillation.**

Project details

PAULA MACEDO

Award amount: €100,000

This project consists in the multi-disciplinary monitoring of patients and family members, including clarifying the illness, embolic risks, prevention and treatment. The goal is to provide a means for specific treatment for those who have atrial fibrillation, with a focus on the prevention on cerebrovascular accident.

The creation of this project was based on the need to improve the monitoring of those who have AF attended at the Hospital de Base in the Federal District, emphasizing the education of patients, multi-disciplinary monitoring and greater accessibility of patients to health professionals. The Hospital de Base of the Federal District is a public service for quaternary care that receives patients referred from other health units in the Federal District and other neighbouring states. The primary goal of this clinic approach is the prevention of thromboembolic complications from AF, principally CVA. This project was already partially implemented and, in accordance with the preliminary results described below, there was a significant increase in the number of patients in the use of anti-coagulants, and most of them maintained a monthly monitoring, which guaranteed a high rate of effective treatment. The proposal of a specific clinic for treatment of atrial fibrillation has an additional benefit of being designed solely for this illness. Thus, the three main focus areas in the treatment of the illness can be applied: prevention of thromboembolic phenomena, control of heart rate and control of rhythm. Moreover, in a public institution for assistance and instruction, which trains residents in several areas, a clinic specifically for AF allows a comprehensive education about the illness. The clinical monitoring of the patients in the multi-disciplinary clinic for AF is done by the physicians and the nursing team. All patients in anticoagulant treatment come in for a periodic consultation with the physician, where the choice is made to follow the treatment for control of heart rate or control of rhythm, in accordance with a protocol established by the group which was based on the Brazilian AF directives and the available guidelines. At the onset of anticoagulant therapy, the patients are attended with greater frequency by the nursing unit, on a weekly basis until the dosage of coumarin anticoagulants is settled. All patients are invited to participate on a monthly basis in a meeting with other patients where they receive collective guidance on the risks and benefits of anticoagulant treatment. This meeting allows them to address any doubts and share their experiences with other patients. The AF clinic project of the Hospital de Base of the Federal District was partially implemented and has already shown optimal results in the prevention of thromboembolic events. Yet, this project is carried out based on the voluntary work of health professionals and possible donations from companies, which renders the full long-term implementation of the clinic difficult. In addition, some professionals included in the initial project were not yet included in the project as a result of a insufficient physical structure and lack of compensation. The preliminary results presented demonstrate that 97% of patients with a CHADS2 score ≥ 2 and 85% of patients with valvular AF were not using anticoagulant therapy prior to beginning monitoring in this clinic. This therapy was initiated in most patients, with a low rate of complications (0.9%). Thus, it is believed that the education of patients and family members, multi-disciplinary monitoring and greater accessibility to health professionals can reduce thromboembolic events related to AF and make anticoagulant therapy safer and more effective.

Audience

Type

- AF Patients
- Healthcare professionals
- Carers of AF Patients

Location

Brazil, South America