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Country: **Mexico**

Titel of the project: **AF-DF detection**

Project details

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Award amount: €100,000

In people with symptoms such as irregular heartbeats and diagnosed with AF through an ECG, we will determine whether they suffer from cardiopathies, the severity of the arrhythmia, and their risk of an embolism or bleeding. These people will be informed of their arrhythmia, complications, and risk level and they will receive antithrombotics based on this risk.

80% of the Mexican population are treated in primary care where the detection of atrial fibrillation is rare due to a lack of equipment and training to confirm a suspected case. In Mexico, 60% of cases of atrial fibrillation occur in individuals with hypertension, but it is still frequent in heart valve diseases. It is estimated that 90% of cases of AF in Mexico are detected in secondary and tertiary care, secondary to another condition. This is a primary prevention project for cerebrovascular events cause by atrial fibrillation in an open population of individuals aged over 60 residing in the Tlalpan administrative district of Mexico City. At healthcare centres in the Tlalpan administrative district which constitute the primary care level for people on lower incomes, we will select asymptomatic or minimally symptomatic subjects (with or without risk factors for developing arrhythmia) in whom we suspect atrial fibrillation on account of finding a sustained heartbeat irregularity in the radial pulse or when listening to the heart. All of the subjects with suspected arrhythmia will be referred to the "Ignacio Chávez" National Cardiology Institute, under the authority of the Health Secretariat, or to an evening clinic specially selected for this project, where a nurse will use a 12-lead ECG to detect cases of atrial fibrillation, and a cardiologist will determine whether there is an underlying cardiopathy or non-cardiovascular illness related to the arrhythmia, the severity of the arrhythmia on the EHRA scale, the risk of embolism on the CHADS2 VASc scale and the risk of bleeding on the HAS-BLED scale. Individuals found to have atrial fibrillation will be referred to their healthcare centre with an informative leaflet describing the nature of the arrhythmia, its complications (embolisms and cardiac insufficiency), the risk profile of cerebral embolic events and other aspects, as well as the appropriate prevention measures (aspirin or oral anticoagulants) for each case in accordance with the score obtained and in line with the guidelines of the European Cardiology Society published in 2010. If the use of oral anticoagulants is prescribed, the patients will receive a dose algorithm.

Audience

Type

- AF Patients
- Healthcare professionals
- General public

Location

Mexico, North America