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an Initiative of Boehringer Ingelheim  
published in <https://www.heartofstroke.com/all-applications>

Country: **Spain**

Titel of the project: **Prevention of the risk of a cardioembolic stroke, diagnosing AF early using a personal ECG monitor.**

### Project details

#### **Carlos Echeandía Sánchez**

Award amount: €100,000

Early discovery of AF through a cheap, small, portable ECG monitor, which can be used at home as a method of detecting the risk of a cerebral embolism of cardiac origin.

**OBJECTIVE** Raising awareness, using clear language, of atrial fibrillation as a potential risk factor for a stroke. The following concepts are therefore of key importance. • What is a cerebral infarction or STROKE? • What is an embolism, how does it start and what is its potential for causing brain damage? • What is a cardioembolic stroke? • What is AF? • Why can AF cause an intracardiac embolism? Using social networks as a way of reaching as many people as possible in order to raise awareness of the abovementioned concepts. In addition to raising awareness, we believe that it is technologically possible to provide people who are potentially at risk of suffering from AF with a low-cost personal electrocardiograph so that they can carry out a reliable self-diagnosis. As well as notifying the at-risk population, we also have a selection method based on ECG tracing, which will noticeably reduce the delay time when contacting a cardiology specialist within the different healthcare systems, and will therefore increase efficiency in detecting, treating and thus preventing the risk of suffering a cerebral STROKE. **METHOD** Having a Personal ECG monitor, with the option to give this to an at-risk patient so that they can perform a self-diagnosis. The size of the monitor will mean that it will be possible to send it to the address indicated by the patient. Setting up a website to provide explanations on the use of the portable ECG monitor, the procedure for requesting a monitor and having it sent to you, downloading the required applications and their manuals, as well as explanations of the primary concepts indicated in the objectives. Including microprograms on social networks which give a simple indication of the risk of AF and secondary stroke, so that users can access our website and obtain the information available there. **CONCLUSION** This project combines the enormous awareness-raising potential of social networks and the technical possibility of a reliable self-diagnosis which will therefore avoid delays in diagnoses within healthcare systems, in order to progress to the most suitable AF treatment as quickly as possible, and therefore prevent cardioembolic strokes, their consequences and the related personal, family and social costs.

## **Audience**

### **Type**

- AF Patients
- Carers of AF Patients
- General public

### **Location**

Spain, Europe