

ATRIAL FIBRILLATION: BENDING THE CURVE FOR IMPROVED QUALITY OF LIFE AND OUTCOMES FOR ALL

Moderator:

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Case Presentation:

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CASE

- Patient is a 64-year-old man with hypertension and a history of palpitations starting approximately 4 years ago.
- Palpitations typically lasted seconds to a minute. They can occur several times in a week or not at all for several weeks. He describes them as his “heart jumping in his chest.”
- He has worn multiple monitors for between 1 and 21 days without significant arrhythmia.
- His Apple Watch has reported episodes of atrial fibrillation.
- He was athletic earlier in life but now does not exercise regularly.

CASE

Social History: Married, Never smoked tobacco, has 1-2 glasses of wine nightly.

Meds: Nebivolol

Physical Exam :

BP: 130/80 HR: 63 bpm Height: 71 in Weight : 226 Lbs. BMI
31.5

Neck Circumference 39 cm.

Normal physical exam.

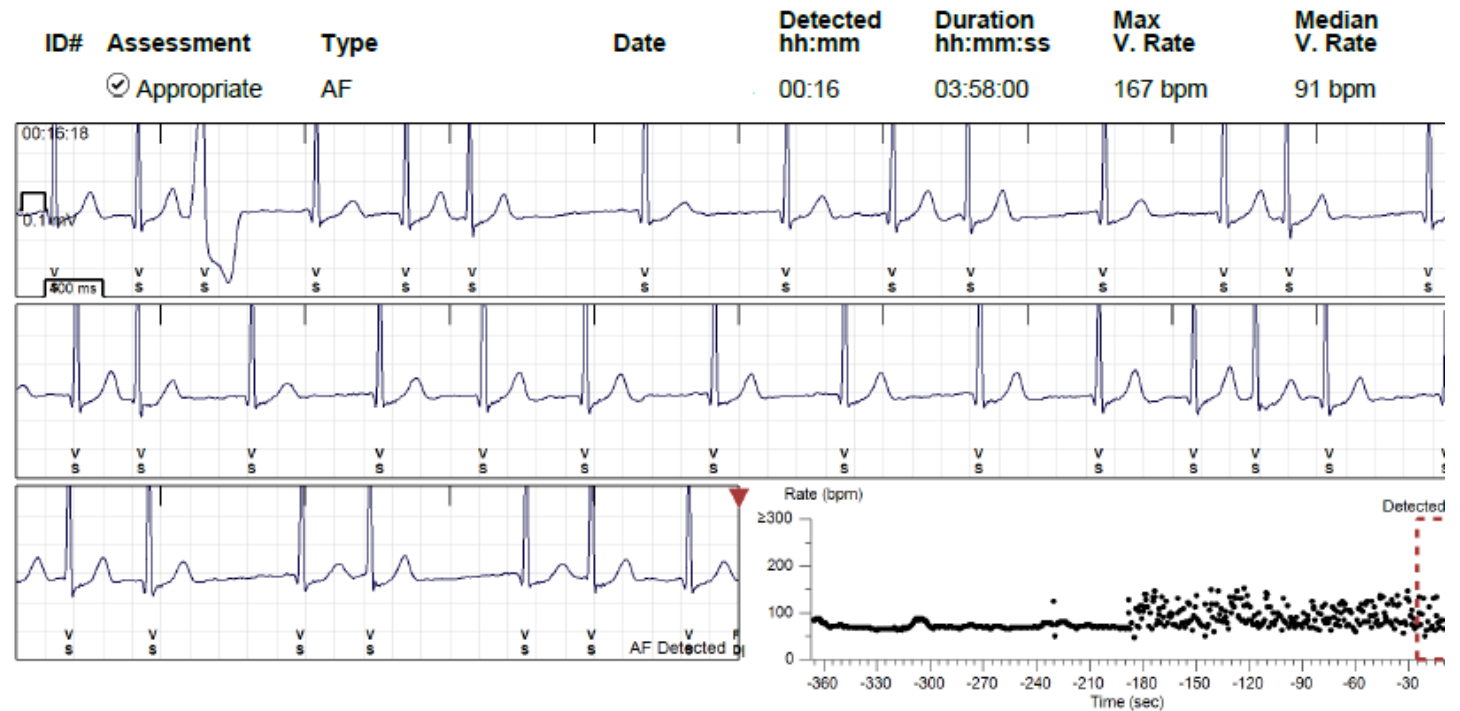
CASE

- He develops an episode of confusion and word finding difficulties and is hospitalized. No arrhythmia on Telemetry.
- He is started on Aspirin and an Implantable Cardiac Monitor/Loop Recorder is placed.

CASE

4 months post TIA

- He is asleep during event and has no symptoms.
- He is surprised by our team calling him the next morning and asking him if he felt anything.



QUESTION

What therapies should be initiated next?

- a. Referral for Atrial Fibrillation Ablation
- b. Admit for initiation of anti-arrhythmic therapy
- c. DC Aspirin and start anticoagulation
- d. Add calcium channel blocker for rate control

CASE

He reports not feeling tired, but his wife reports he frequently falls asleep on the couch watching TV.

★ **STOP-Bang Questionnaire** ⓘ

Snoring
Do you snore loudly (louder than talking or loud enough to be heard through closed doors)?
 Yes No

Tired
Do you often feel tired, fatigued, or sleepy during daytime?
 Yes No

Observed
Has anyone observed you stop breathing during your sleep?
 Yes No

Blood Pressure
Do you have or are you being treated for high blood pressure?
 Yes No

BMI
BMI more than 35 kg/m²?
 Yes No

Age
Age over 50 yr old?
 Yes No

Neck Circumference
Neck circumference greater than 40 cm?
 Yes No

Gender
Gender male?
 Yes No

Total Score: 4
Risk of OSA: Intermediate Risk

Low Risk: Score of 0-2
Intermediate Risk: Score of 3-4
High Risk: Score of 5-8

Add to Chart

QUESTION

Risk Factor Modification is essential.

What recommendations should be made?

- a. Home sleep study with Watch-Pat
- b. Stress testing followed by exercise program
- c. Smoking cessation
- d. Referral for weight management
- e. All above

THANK YOU



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