



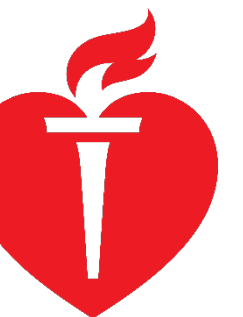
NON-CME WEBINAR

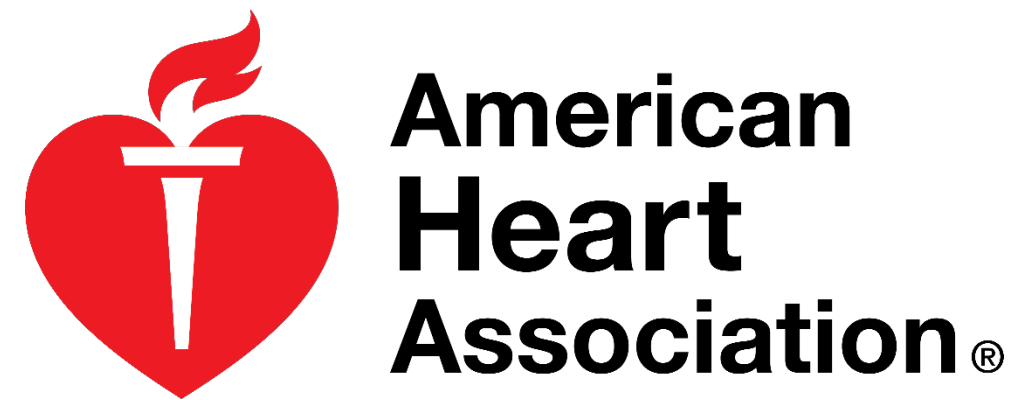
# Improving Outcomes for Patients with AFib

AFibexperience 



*This webinar is made possible  
by the national supporter of*  
**My AFib Experience®**



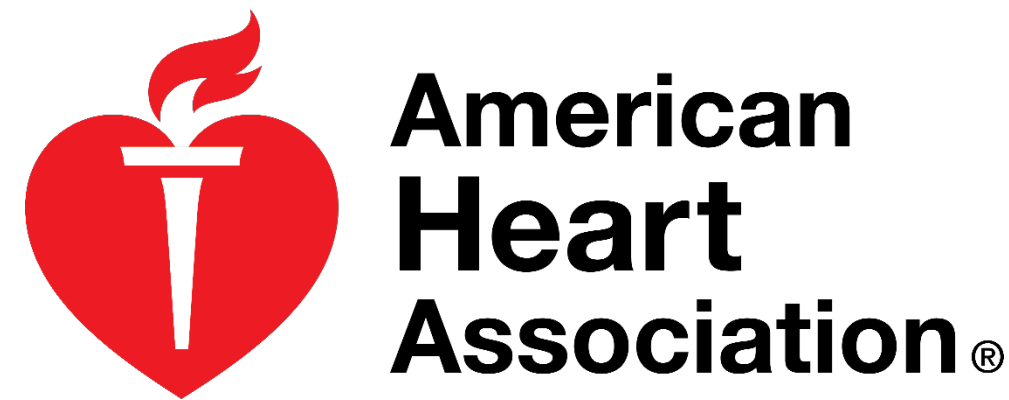


# WELCOME



## Robert Page, PharmD, MSPH

Professor of Clinical Pharmacy &  
Physical Medicine/Rehabilitation  
*University of Colorado, Denver*

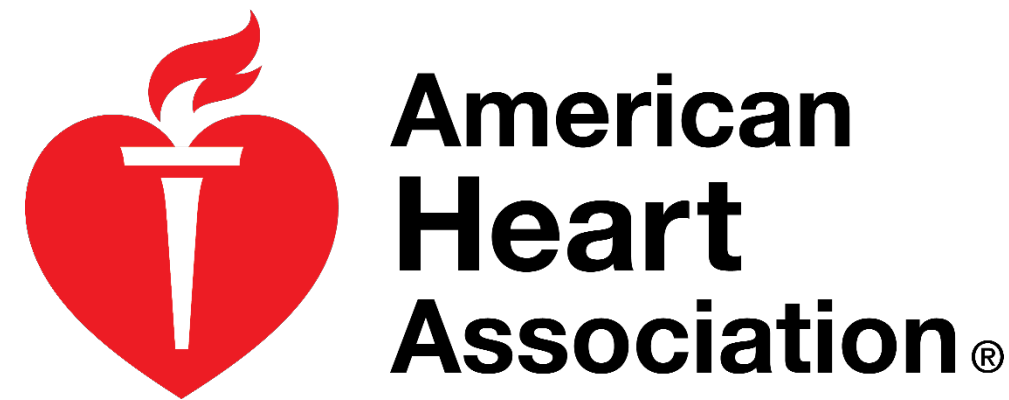


# WELCOME



**Pamela McCabe, PhD, APRN-  
CNS, FAHA**

*Department of Nursing  
Mayo Clinic, Rochester, MN*



# WELCOME



## Mellanie True Hills

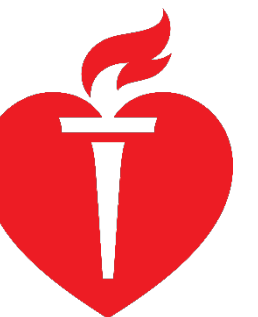
Atrial Fibrillation Patient &  
Heart Disease Survivor

*Founder & CEO, StopAfib.org*



# Webinar Objectives

- Recognize **AFib Patient Values**
- Learn about **the Value of My AFib Experience<sup>®</sup>** - an online portal for patients & clinicians
- Understand **Multi-Disciplinary Approaches to Treating AFib**
- Discuss the importance of **Shared Decision Making in Treating AFib**



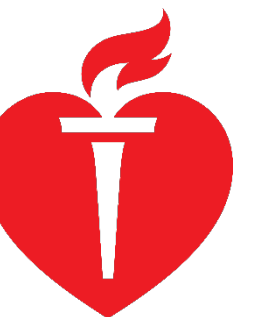


# Recognize AFib Patient Values

*Mellanie True Hills*

# How AFib Affects Patients

- Many clinicians may underestimate how dramatically AFib affects patients' lives.
- AFib patients have reported feeling:
  - Like they're **running a marathon 24 hours/day**
  - Their **hearts racing** with difficulty breathing, even while sleeping
  - Like a **fish is flopping** in their chests
- AFib can be completely debilitating, leaving those with the condition feeling drained of energy all day.

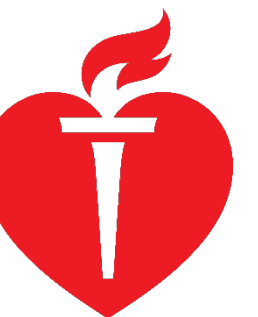




# The Disconnect Between Patients & Clinicians

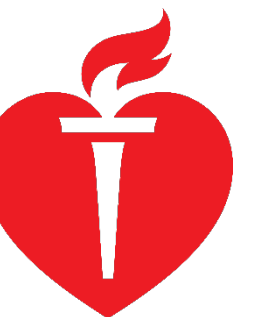
*“Compared with CAD & HF, AF is not typically seen by clinicians as a complex cardiac condition that adversely affects quality of life. Therefore, clinicians may minimize the significance of AF to the person & may fail to provide the level of support & information needed for self-management of recurrent symptomatic AF.”*

*— Pamela McCabe, PhD, RN*



# AFib Patient Values

- Around 1,000 AFib patients from around the globe responded in online forums to the question:
  - “What would you tell your healthcare providers about living with AFib?”
- The recurring theme through all responses:
  - Atrial fibrillation is **complex & adversely affects quality of life**
  - When **providers understand** what it’s like to live with the condition, **communication** between doctors & AFib patients **can optimize care**



# What AFib Patients DON'T Want to Hear

AFib won't kill you.

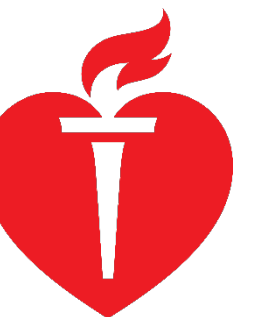
Get on with your life & stop thinking about your AFib.

Stay off of the Internet, and only listen to me.

You're just a hysterical female.

Relax, it's not cancer.

I'll choose your treatment, not you.



# What AFib Patients DO Want

Coordinate with my other healthcare providers.

Respect & listen to me.

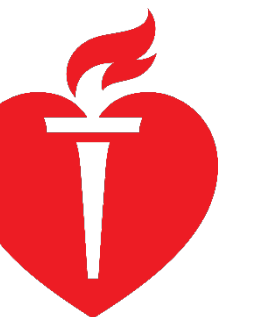
Give me answers.

Communicate with me.

Educate & empower me.

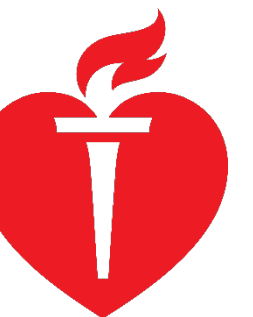
Personalize my care.

Understand my values & preferences.



# What You Can Do for AFib Patients

- Providing better treatment for AFib patients means **listening more closely & responding a little differently.**
- Healthcare providers who **acknowledge the serious effects** AFib has on patients can forge meaningful & productive relationships.



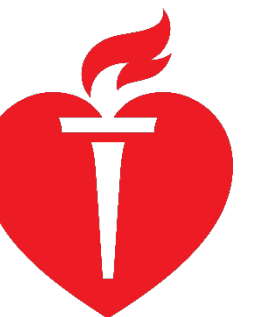


# The Value of My AFib Experience®

*Mellanie True Hills*

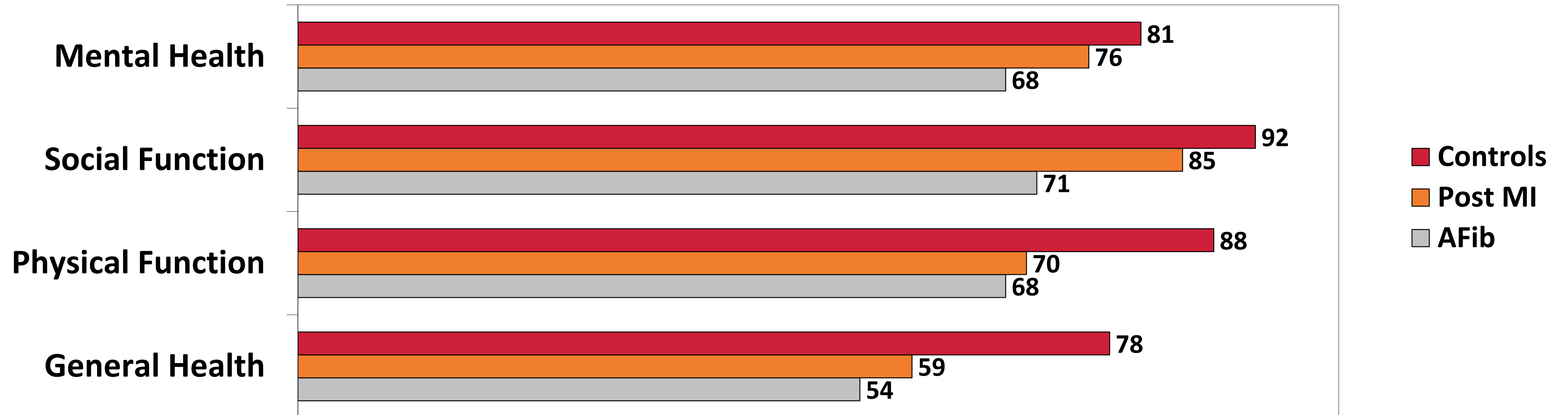
# My AFib Experience®

- A collaboration between the American Heart Association & StopAfib.org
- An online platform on the Support Network for AFib patients, caregivers & healthcare professionals that provides:
  - Evidence-based information on AFib
  - Useful interactive tools & resources to help patients manage AFib
  - A community for those living with AFib to connect with one another for emotional support



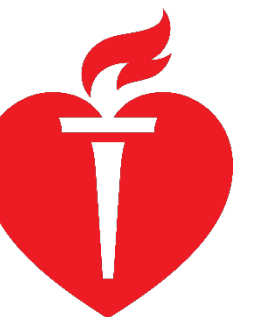
# AFib Patient Quality of Life

## Atrial Fibrillation Adversely Affects Quality of Life *Adapted from Dorian et al. Study*



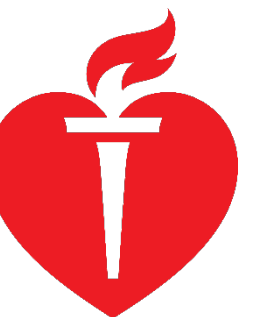
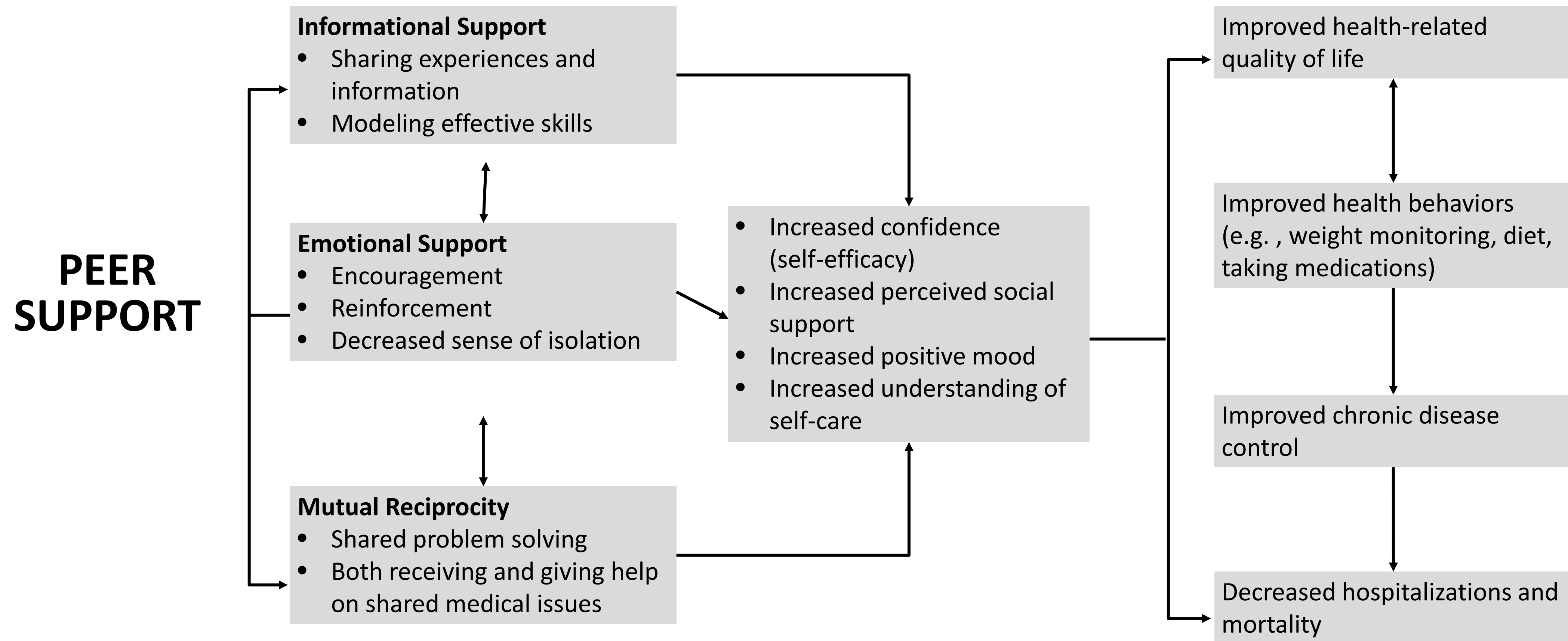
*SF-36 Score (Lower scores=poorer quality of life)*

Source: Dorian, P, et.al., "The impairment of health-related quality of life in patients with intermittent atrial fibrillation: implications for the assessment of investigational therapy", *Journal of the American College of Cardiology*, 2000





# How Peer Support Can Improve Chronic Disease Outcomes

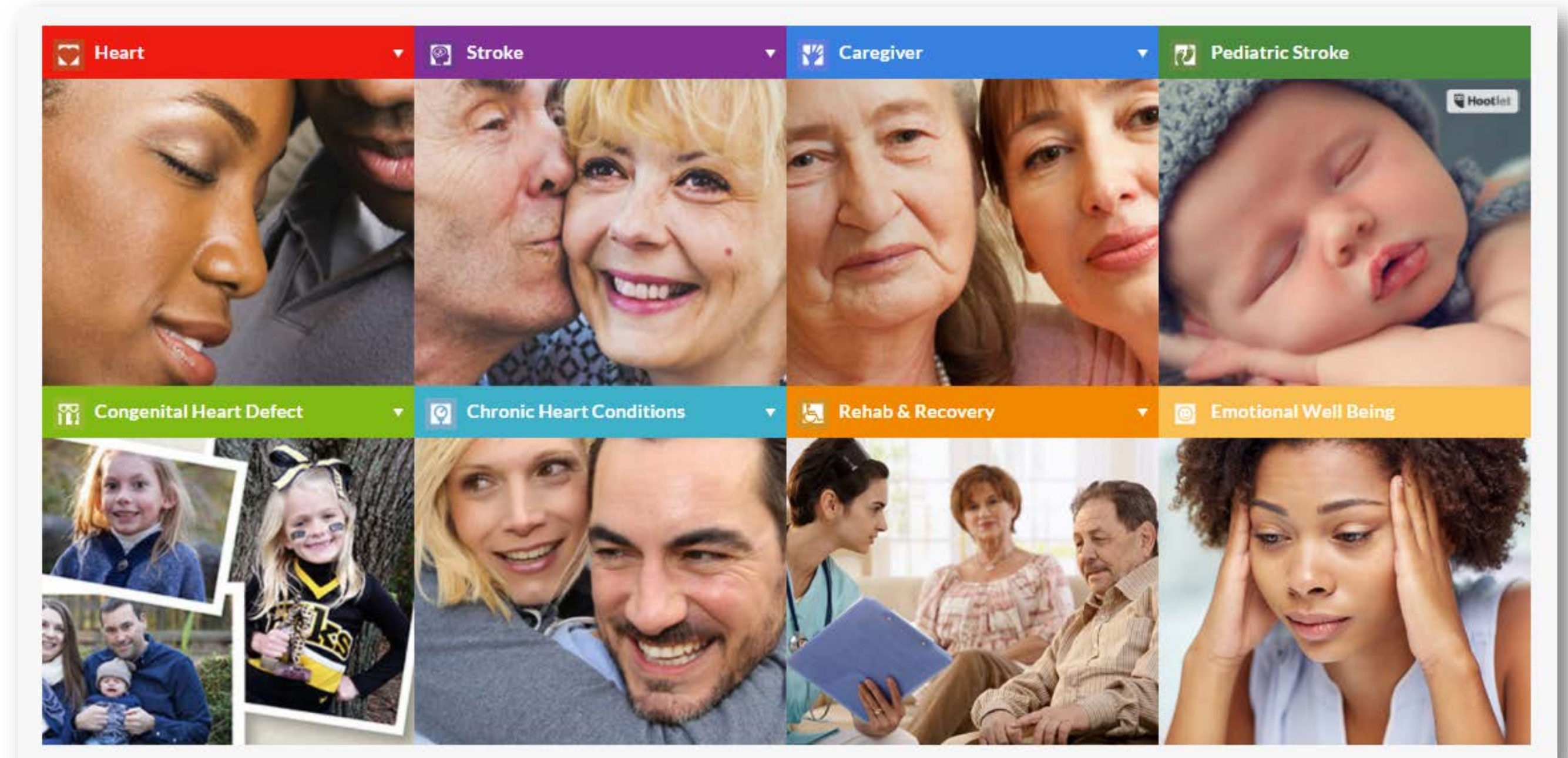


# Resources & Support for Comorbid Conditions

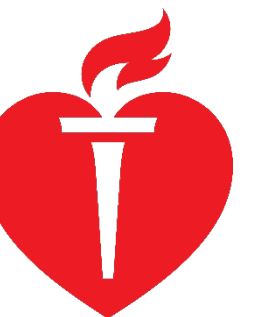
The 10 most common comorbid chronic conditions among Medicare beneficiaries with AFib.

Integration with Support Network now gives patients access to resources on comorbid conditions.

Beneficiaries ≥ 65 yrs.		Beneficiaries < 65 yrs.	
	%		%
Hypertension	83.0	Hypertension	81.1
Ischemic heart disease	63.8	Ischemic heart disease	64.5
Hyperlipidemia	62.1	Hyperlipidemia	60.6
HF	51.4	HF	59.3
Anemia	42.3	Diabetes mellitus	53.1
Arthritis	39.8	Anemia	45.6
Diabetes mellitus	36.5	CKD	40.3
CKD	32.3	Arthritis	33.0
COPD	23.2	Depression	33.0
Cataracts	22.5	COPD	31.4



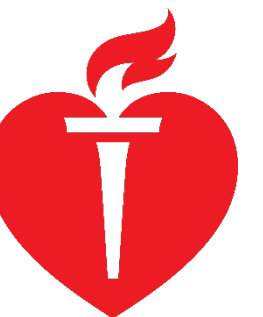
Source: January, C. et.al., "2014 AHA/ACC/HRS Guideline for the Management of Patients With Atrial Fibrillation", AHA Circulation, March 2014



# My AFib Experience<sup>®</sup> Users

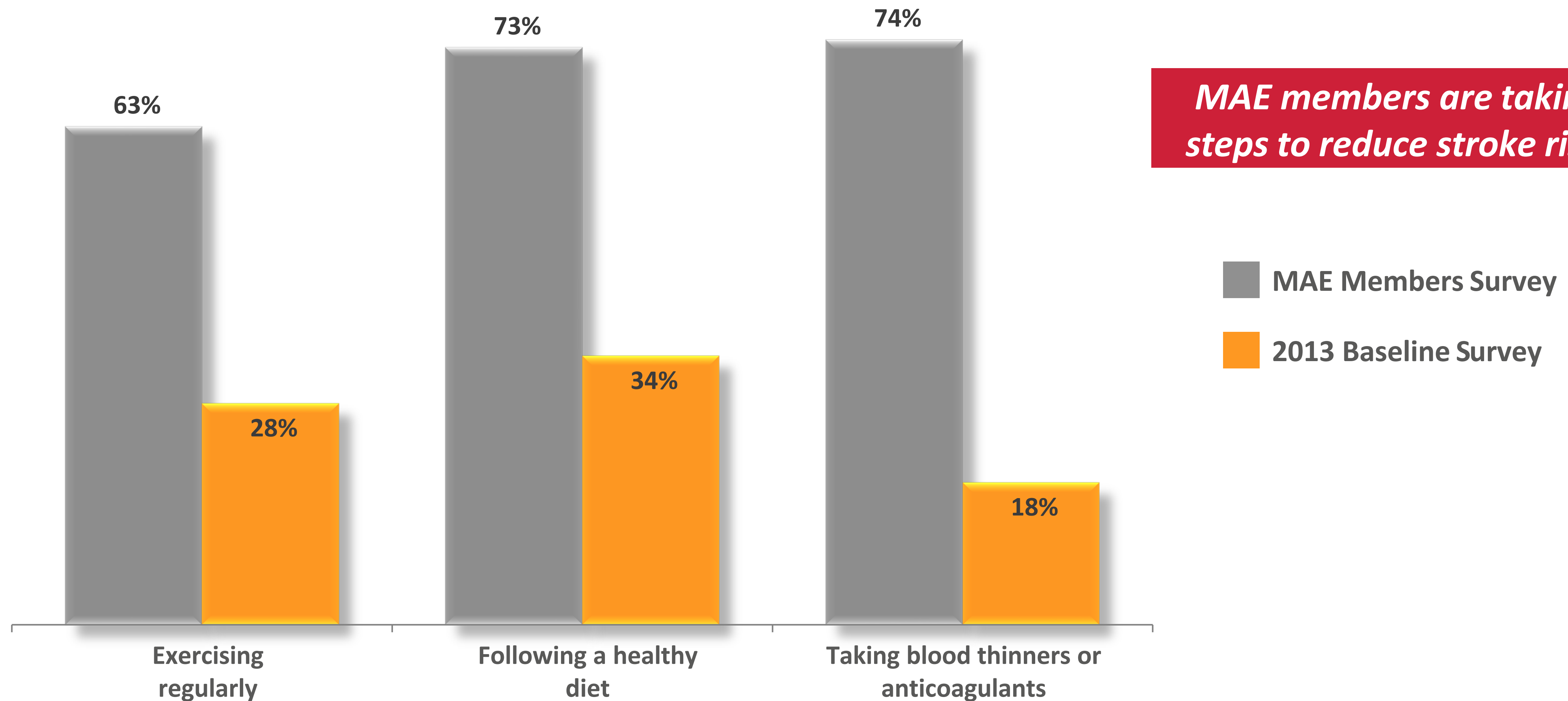
**A recent survey done on 493 community members revealed the following:**

- **My AFib Experience<sup>®</sup> (MAE)** was cited as the second most valuable source of information, second only to their doctors/cardiologists
- **75%** would recommend MAE to other patients, & **47%** would recommend the site to their doctor
- **96%** knew that AFib puts you at an increased risk for stroke, even if you do not have any symptoms
- **72%** of those that knew the correct meaning of CHA<sub>2</sub>DS<sub>2</sub>-VASc, **know their personal score**
- MAE members are **adherent to their medication**: **90%** of AFib patients 65+ rarely or never forget to take their medication

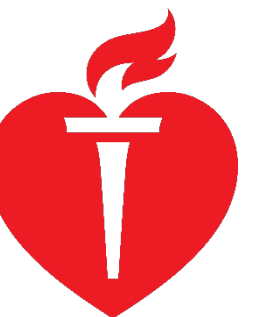


# My AFib Experience<sup>®</sup> Users

MAE Members vs. 2013 Survey of 508 AFib Patients



Source: February (2017) My AFib Experience<sup>®</sup> Community Research Report, Study Number 2016-0273

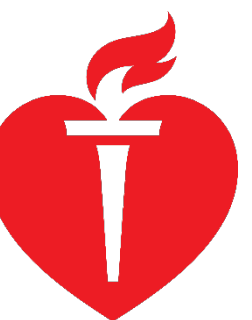


# My AFib Experience®

The screenshot displays the 'Resources' section of the My AFib Experience website. At the top, there is a search bar labeled 'Search for a resource'. Below it, four resource cards are visible: 'HOW WELL ARE YOUR MEDICATIONS LOWERING YOUR STROKE RISKS?', 'AFIB INFORMATION SHEET', 'MEDICATION TRACKER', and 'AFIB QUIZ'. The 'AFIB INFORMATION SHEET' card features an illustration of a human torso with a heart and text explaining atrial fibrillation. The 'MEDICATION TRACKER' card shows a sample medication log table. The 'AFIB QUIZ' card includes a question: 'Do you have a healthy heart?' and a 'Test Yourself' button. Below the resource cards is a navigation menu with categories: Community Forums, Newly Diagnosed, Treatment, Life Style, Risk Factors, Survival Stories, News/Blog, and Resources. A prominent banner reads 'SEEKING SUPPORT FOR AFIB' with the subtext 'Taking a proactive approach to learn more about AFib is the next step.' and a 'JOIN MY AFIB' button. The banner also features logos for the American Heart Association and StopAfib.org, along with an illustration of diverse people holding hands. At the bottom, there are four quick links: 'AFib News Blog' (Announcement: The New Look is Here!), 'Community Forum' (Introduce yourself to the Community), 'Patient Education' (Newly Diagnosed? Learn more about managing AFib.), and 'Afib Goals' (Set Personal Goals for Better Health.).

Patients have access to numerous resources in My AFib Experience® such as:

- Medication Trackers
- Downloadable Information Sheets
- Interactive Risk Calculators
- Personal Goals Tracking
- Food Diaries



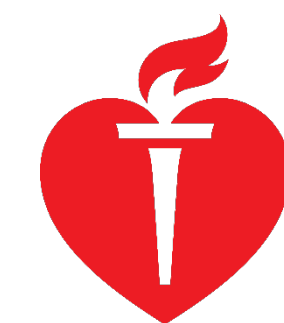
# My AFib Experience®

Features 12 informational sections tailored specifically to AFib patients.

- Newly Diagnosed
- Treatment
  - At The Hospital
  - At The Lab
  - Provider's Office
- Life Style
  - Exercise
  - Nutrition & Dining
  - At Home
  - At Work
  - Travel & Leisure
- Risk Factors
  - Lower Stroke Risk
  - AFib Goals

The screenshot shows the 'Provider's Office' section of the website. The header includes the 'AFibexperience' logo and navigation tabs for 'Community Forums', 'Newly Diagnosed', 'Treatment', 'Lifestyle', and 'Risk Factors'. The main content area features a large image of a doctor examining a patient, with the title 'Provider's Office' overlaid. Below the image, the breadcrumb 'Provider's Office > Treatment with Medications' is visible. The section is titled 'Treatment Goals' and contains sub-sections: 'Prior To Any Medication Decisions' (discussing the need for a proper diagnosis and EKG/ECG), 'Medication and Goals for Prevention and Risk Reduction' (noting that while a stroke cannot be guaranteed to be prevented, risks can be reduced), and a list of treatment goals including preventing blood clots, controlling heart rate, restoring normal rhythm, and managing other risk factors.

The screenshot shows the 'Newly Diagnosed with AFib?' section of the website. The header includes the 'AFibexperience' logo, a search bar, and a user greeting 'Hello, Username'. The navigation tabs are 'Community Forums', 'Newly Diagnosed', 'Treatment', 'Lifestyle', 'Risk Factors', 'Survival Stories', and 'News/Blog'. The main content area features a large image of a doctor talking to a patient, with the title 'Newly Diagnosed with AFib?' overlaid. Below the image, the section is titled 'Newly Diagnosed' and contains a sub-section 'UNDERSTAND YOUR RISK'. This section explains that AFib can develop at any age and that the likelihood increases with age. It also includes a sub-section 'Who is at higher risk?' which lists conditions like athlete's heart and supraventricular tachycardia (SVT). A sidebar on the right contains 'Newly Diagnosed Articles' with links to 'What is Atrial Fibrillation', 'WHY AFib Matters', and 'Understand Your Risk'.



# My AFib Experience®

The screenshot shows the 'AFIB: Newly Diagnosed' forum page. It features a header with the 'myAFibexperience' logo and a 'POST NEW TOPIC' button. The main content area displays two forum posts. The first post is by MichelleC, dated October 22, 2017, with 2 replies, 124 views, and 2 followings. The post title is 'New to all of this' and the text begins with 'Hi, I'm 21, but I just found out from an MRI scan that I had a stroke at some point in my childhood at least 5-10 years ago, or longer! All the doctor said was that it was a pediatric stroke. And my doctor put me on aspirin and did some more tests,...'. A 'READ MORE' button is visible below the text. The second post is by AHAASAKatie, dated July 31, 2017, with 0 replies, 212 views, and 0 followings. The post title is 'We Need Your Help!' and the text asks if users love the Support Network and if they have enjoyed reading survival stories. A graphic of two hands holding a heart is shown. A 'READ MORE' button is also present. On the right side, there is a 'RECENTLY DIAGNOSED?' section with a photo of an elderly couple and a link to 'CLICK HER FOR MY EXPERIENCE RESOURCES FOR NEWLY DIAGNOSED.'. Below that is a 'Recent Posts' section with a post titled 'Nominations Are Open For The Eric N. Prystowsky, MD Advocate For Patients Award' by Mellanie at StopAFib.org, dated Oct 3, 2017, with 2 replies. A 'READ MORE' button is at the bottom.

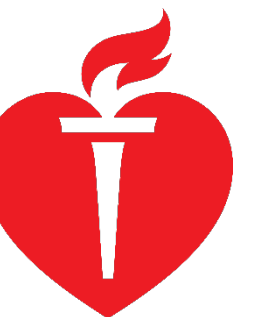
10 community forums to engage with other patients, caregivers, professionals.

The screenshot shows the 'MYAFIB EXPERIENCE DIGEST' page. It features a header with the 'myAFibexperience' logo and a red banner with the title 'MYAFIB EXPERIENCE DIGEST'. Below the banner is a section titled 'Your latest highlights...'. The main content area is divided into three sections: 'New blogs', 'New blogs comments', and 'New forum posts'. The 'New blogs' section features a post by Sarah McDonald, dated May 24, titled 'Raising A Toddler With A Stroke Survivor'. The post text begins with 'By Katie Franklin Twitter: KatieFrank0825 I used to stereotype stroke patients...'. A 'READ MORE' button is visible. The 'New blogs comments' section features a comment by Rebecca Lewis, dated November 1, 2017, with the text 'Donec facilisis tortor ut augue lacinia, at viverra est semper. Sed sapien metus, scelerisque nec pharetra id, tempor a tortor...'. A 'REPLY' button is visible. The 'New forum posts' section features a post by Rebecca Lewis, titled 'Curabitur lobortis id lorem id bibendum'. The post text begins with 'Donec facilisis tortor ut augue lacinia, at viverra est semper. Sed sapien metus, scelerisque nec pharetra id...'. A 'READ MORE' button is visible.

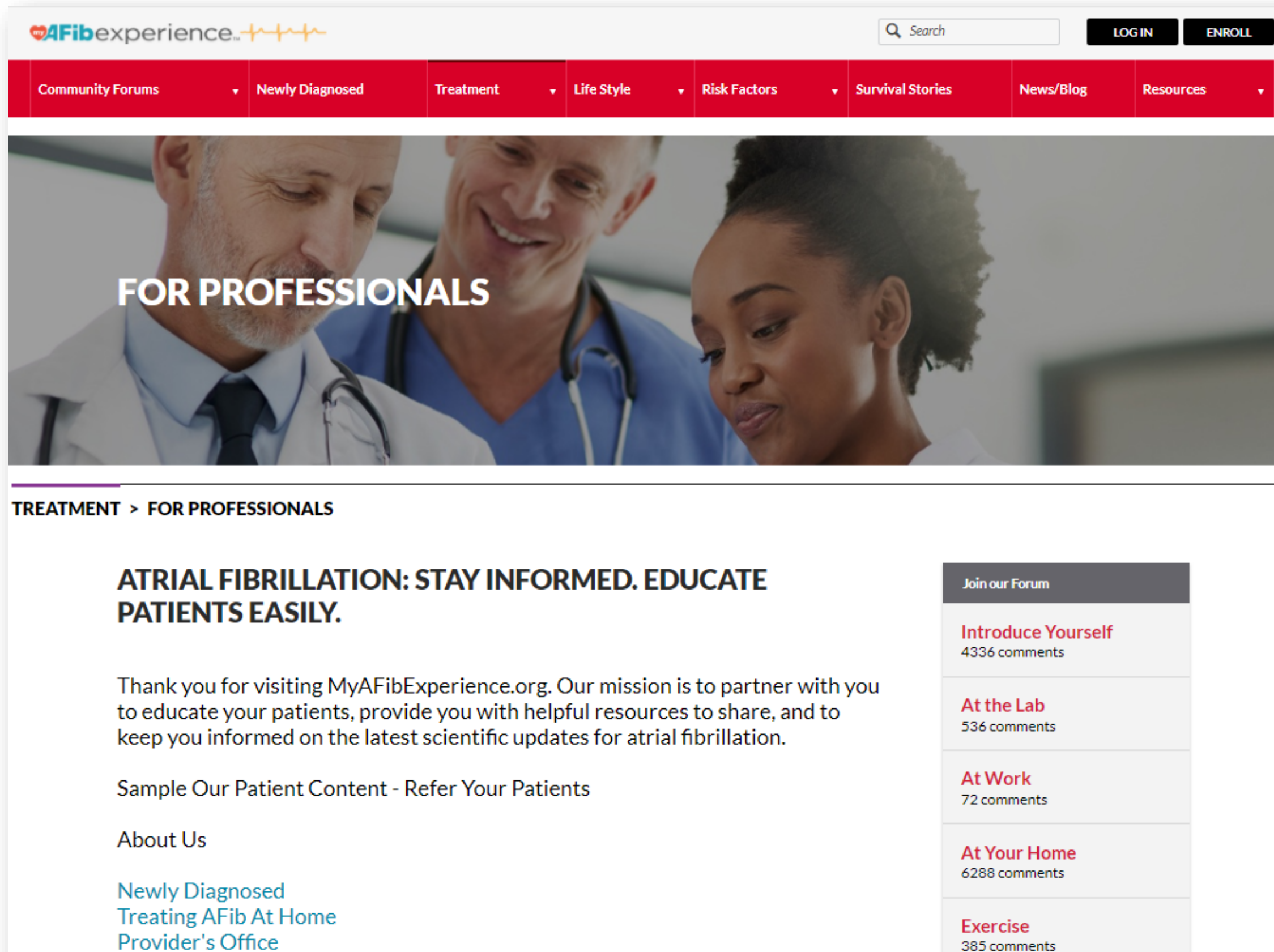
Personalized "Highlights" page displaying the most recent & relevant content

The screenshot shows the 'News Blog' page. It features a header with the 'myAFibexperience' logo and a 'News Blog' title. The main content area is divided into two sections: 'Recent Posts' and 'Blog Submission'. The 'Recent Posts' section features two posts. The first post is dated March 1 and titled 'Tell a friend about You're the Cure'. The post text begins with 'Thanks to your hard work, Congress passed FOUR major bills that will help heart and stroke patients across the country. But if we want to do even more, we need more advocates like you. Learn how you can spread the word about You're the Cure!'. A 'READ MORE' button is visible. The second post is also dated March 1 and titled 'Kelly DiMaggio - New CHD Research'. The post text begins with 'Kelly DiMaggio is 29 years old with a complex single ventricle physiology consisting of mitral atresia, d-TGA with pulmonary stenosis and a hypoplastic left ventricle. Kelly lives outside of Washington, D.C., with her husband, Michael. She graduated from Dickinson College in 2011 and is now employed full time as a Registered Client Service Associate for a team of financial advisors. She loves reading and writing, the beach, marine biology and travel (her passion)'. A 'READ MORE' button is visible. A small photo of Kelly DiMaggio is shown to the right of the text. Below the 'Recent Posts' section is a 'Blog Submission' section with the title 'Want to write for our blog? Add your voice!'. The text asks if users would like to be considered for the blog and provides instructions on how to submit a story. A 'SUBMIT YOUR STORY' button is visible at the bottom.

News Blog with Support Network articles & submissions from other patients, caregivers



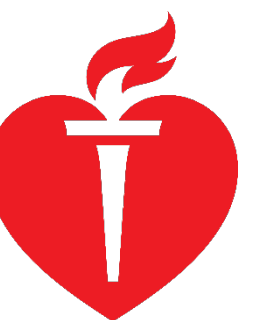
# My AFib Experience<sup>®</sup> for Healthcare Providers



The screenshot shows the website interface for healthcare providers. At the top, there is a navigation bar with the logo 'AFibexperience.' and a search bar. Below the navigation bar, there is a red header with menu items: Community Forums, Newly Diagnosed, Treatment, Life Style, Risk Factors, Survival Stories, News/Blog, and Resources. The main content area features a large image of three healthcare professionals (two men and one woman) looking at a device. Overlaid on the image is the text 'FOR PROFESSIONALS'. Below the image, there is a breadcrumb trail: 'TREATMENT > FOR PROFESSIONALS'. The main content area is titled 'ATRIAL FIBRILLATION: STAY INFORMED. EDUCATE PATIENTS EASILY.' and includes a paragraph of text, a link to 'Sample Our Patient Content - Refer Your Patients', and a list of links: 'About Us', 'Newly Diagnosed', 'Treating AFib At Home', and 'Provider's Office'. On the right side, there is a 'Join our Forum' section with a list of forum topics and their comment counts: 'Introduce Yourself' (4336 comments), 'At the Lab' (536 comments), 'At Work' (72 comments), 'At Your Home' (6288 comments), and 'Exercise' (385 comments).

My AFib Experience<sup>®</sup> offers a variety of resources for healthcare providers.

- Updates on AFib treatment guidelines & research findings
- Professional Education opportunities such as CME courses & webinars
- Informational & clinical tools to help in educating your patients
- Community forum to better understand patient perspectives





# Healthcare Provider Engagement on the Support Network

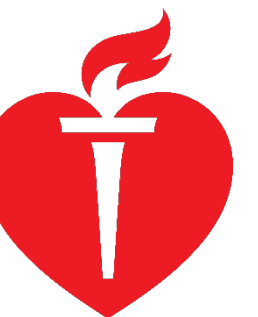
The integration of My AFib Experience® & Support Network now allows healthcare providers to:

- See the types of questions patients are asking healthcare professionals in “Your Question Answered”
- Gain insight into multi-disciplinary approaches to treating AFib & comorbid conditions
- Learn more about patient preferences & perspectives regarding healthcare

The screenshot displays the 'SUPPORT NETWORK' website interface. At the top, there is a navigation bar with links for 'VOLUNTEER', 'WARNING SIGNS', and a search bar for 'AHA/ASA'. Below this is a red navigation bar with links: 'Connect with People Like Me', 'Survivor Stories', 'National Days & Months to Support', 'Regaining Independence', 'Your Questions Answered', 'My Support Videos', and 'Blog / News'. The main content area is titled 'Featured Healthcare Professionals' and lists eight professionals in a grid:

Name	Specialty	Years Practicing
Dr. Nivedita Thakur	Pediatric Neurologist	6 years
Dr. Reena Pande	Cardiologist-focus on Emotional Well Being	16 years
Dr. John Breinholt	Pediatric Cardiology	17 years
John Osborne	Principal Cardiologist	20 years
Dr. Nasser Lakkis	Cardiology	27 years
Joseph S. Kass, MD, JD, FAAN	Neurology	1 years
Ken Majkowski Pharm.D		40 years
Barry J. Jacobs, Psy.D.	Clinical Psychology	30 years

This screenshot shows a form titled 'Ask a healthcare professional and read their answers'. It includes a text input field with the placeholder 'Ready for a fresh start? Join and share your story.' Below this is a dropdown menu currently set to 'Heart'. A text area for the question follows, with the instruction 'Ask your question here. Please try to keep it to 200 words or less. Click to start.' A red 'ASK' button is positioned at the bottom right of the form.

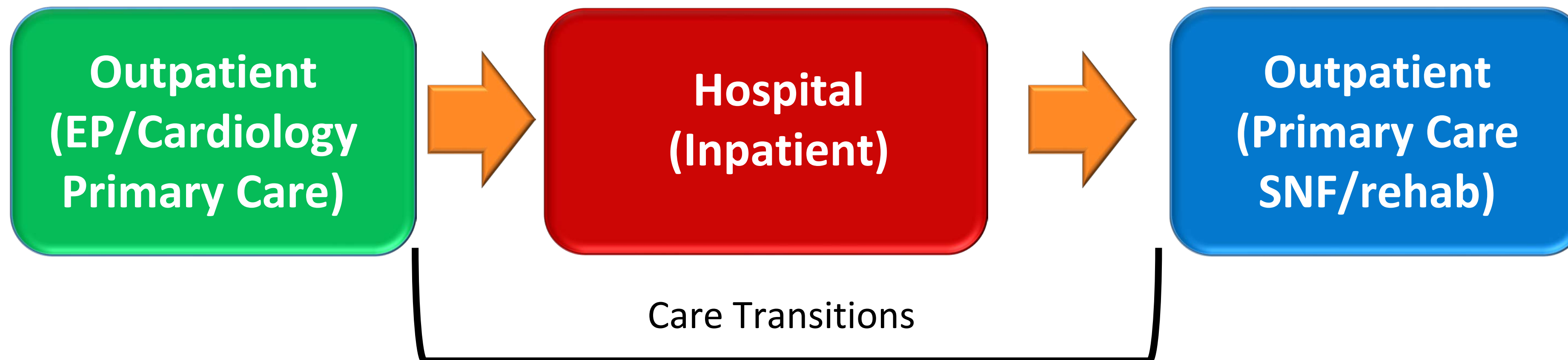


# Understand Multi-Disciplinary Approaches to Treating AFib

*Robert Page, PharmD, MSPH*

# Transitions of Care

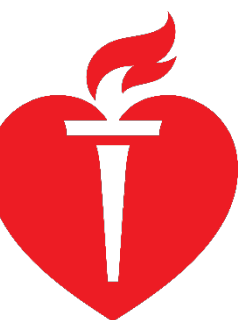
- The term “care transitions” refers to the movement patients make between care practitioners and settings as their condition and care needs change during the course of a chronic or acute illness.



**At each of these time points, a patient can “fall through the cracks”**

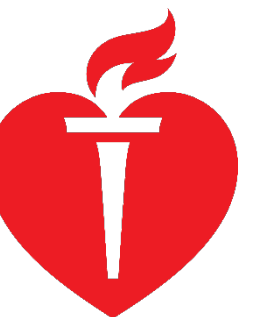
EP= Electrophysiologist SNF=Skilled Nursing Facility

Source: The Care Transitions Program - <http://www.caretransitions.org/definitions.asp>. Accessed April 4, 2018.



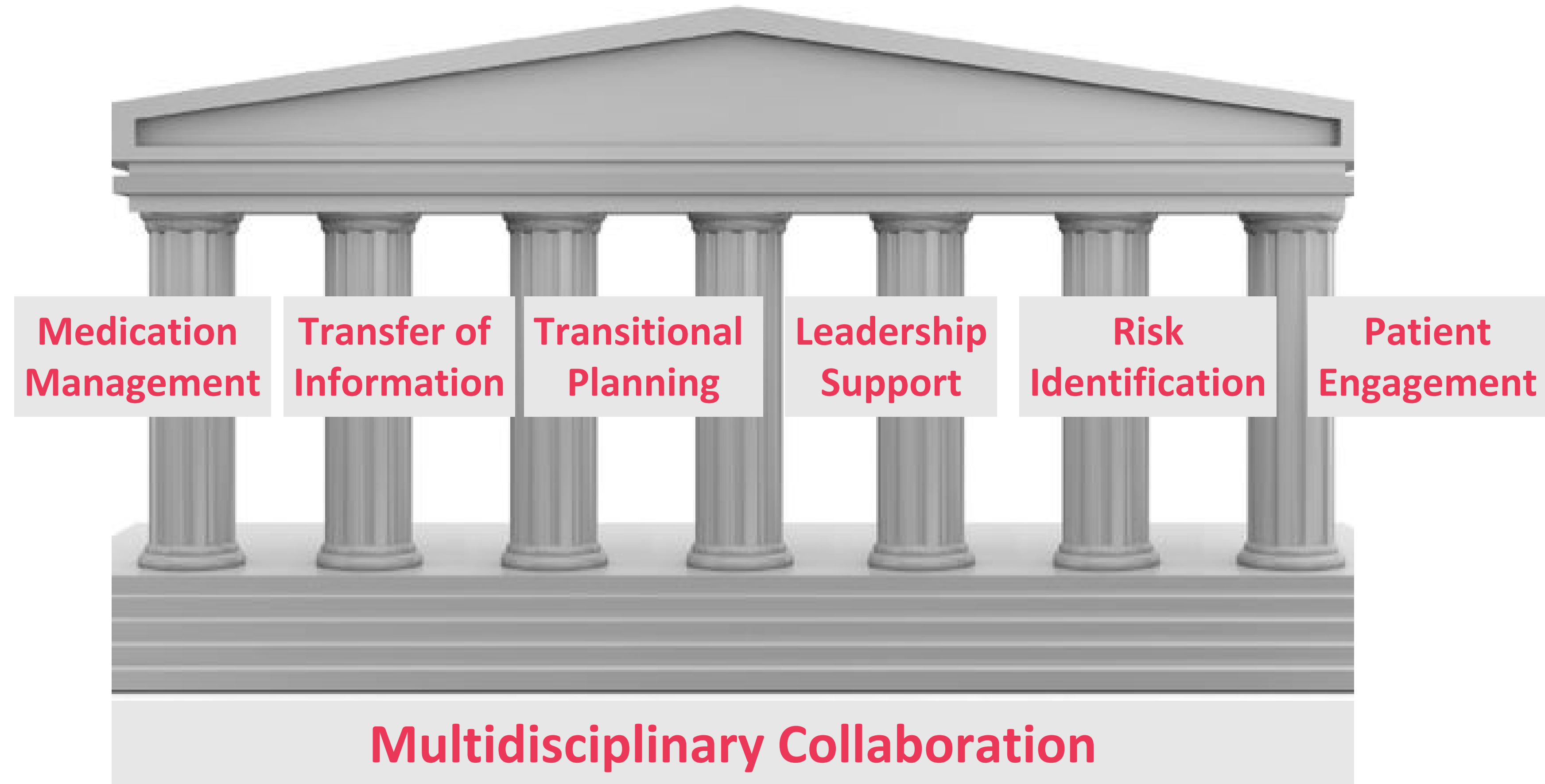
# Transitions of Care

- Poorly coordinated care transitions have a direct impact on the quality and costs associated with health care delivery.
  - Inefficiencies and duplication of services and medications
  - Unnecessary/avoidable increases in utilization of health care resources (e.g, physician visits, emergency room visits, hospitalizations)
  - Poor clinical outcomes
- Poor transitions of care is EXPENSIVE: \$25-45 Billion
  - **~50% of patients experience a medical error** after hospital discharge
  - Almost **one-quarter experience adverse events**, a substantial proportion of which are drug related
  - **50% of drug-related adverse events** could be either prevented or lessened



# Transitions of Care

## The Seven Pillars/Building Blocks for Transitions of Care



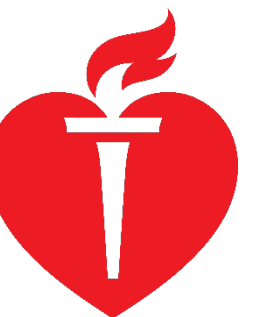
Source: Joint Commission. *Hot Topics in Health Care: Transitions of Care; The Need for a More Effective Approach in Continuing Patient Care*. June 2012; Report From Joint Commission. *Hot Topics in Health Care; The need for collaboration across entire care continuum*. February 2013.



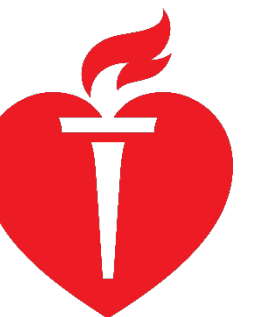
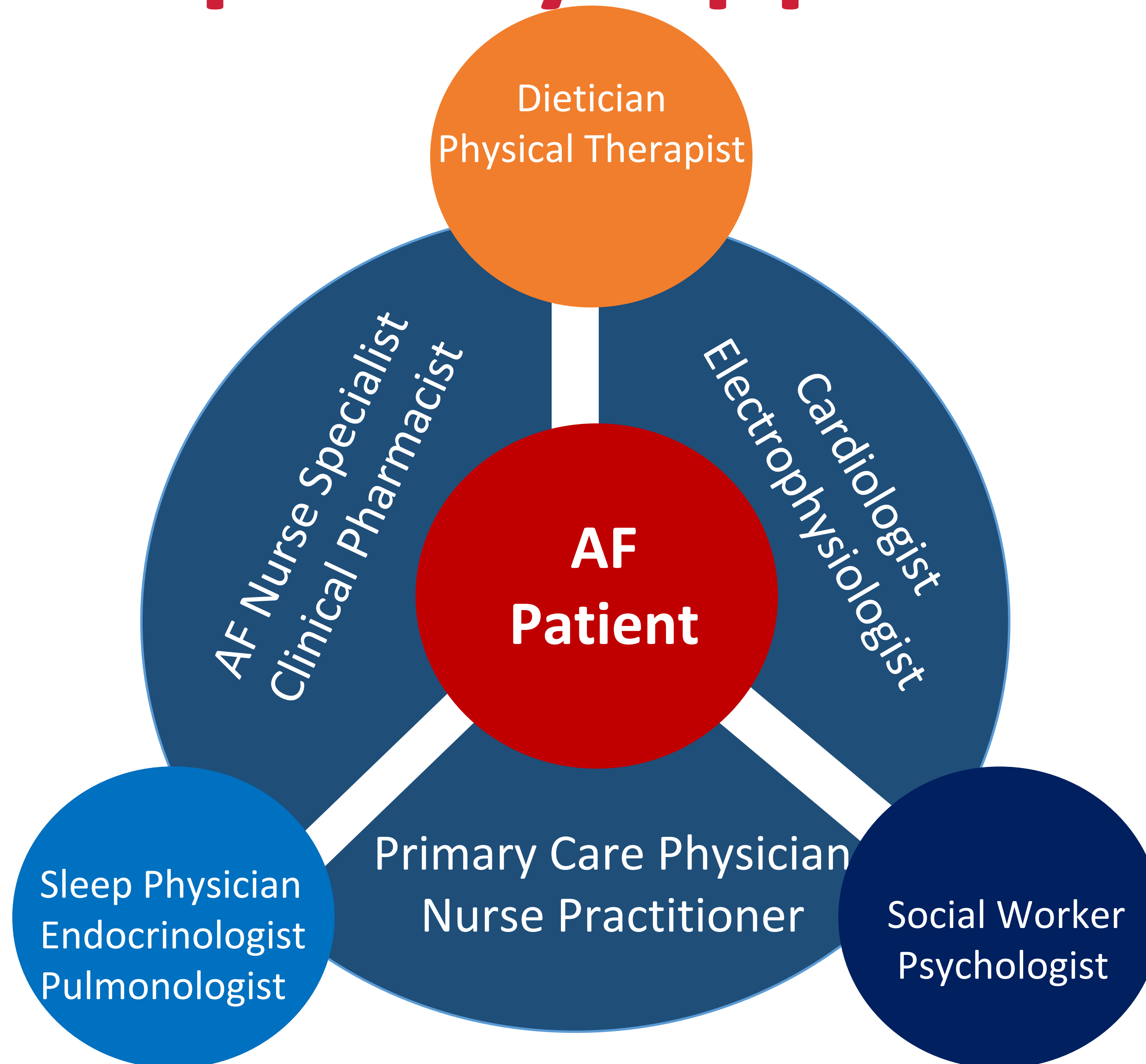
# Transitions of Care

## Specific Elements of Effective Transitions of Care

- Clinician involvement & shared accountability at transition points
- Comprehensive planning & risk assessment throughout hospitalization
- Standardized transition plans, procedures & forms
- Standardized training
- Timely follow-up, support & coordination after the patient leaves a care setting
- If patient is re-admitted within 30 days, get to the root cause
- **Multidisciplinary communication, collaboration & coordination**



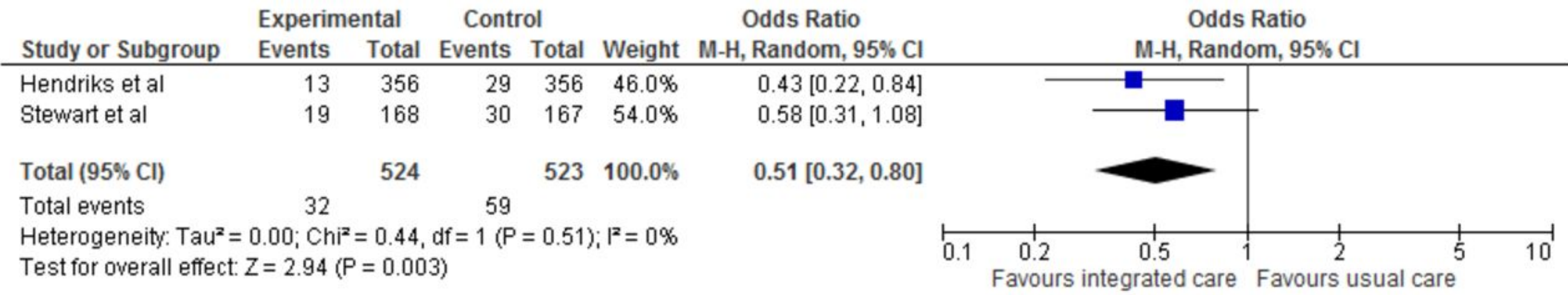
# Multidisciplinary Approach: Roles



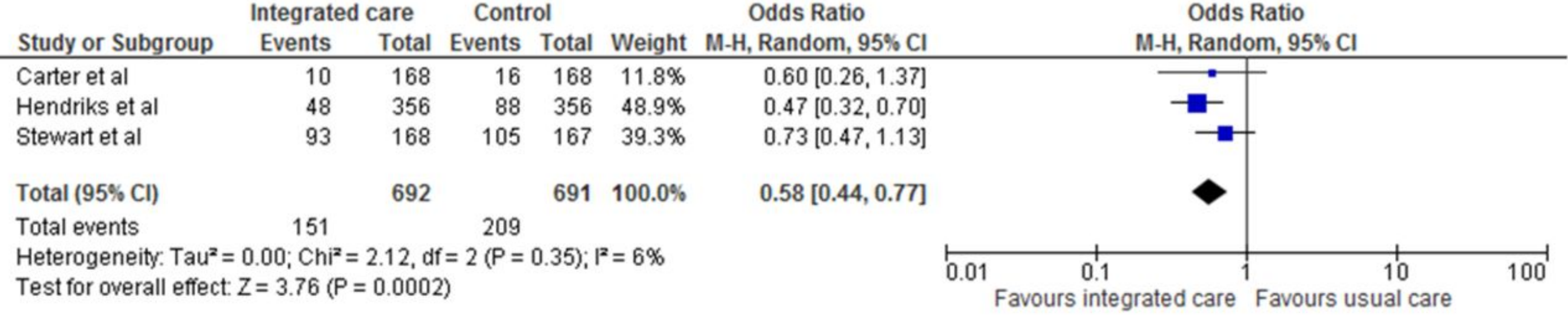
# Multidisciplinary Approach: Outcomes

Outcome

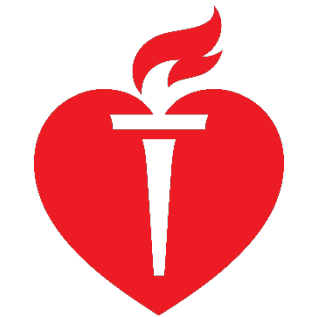
All Cause Mortality



CV Hospitalizations



Source: Gallagher C, Elliott AD, Wong X et al. Heart 2017;103:1947-1953







# Importance of Shared Decision Making in Treating AFib

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# Recognizing patients' values and preferences

- Patient activation
  - Knowledge, confidence, and skill to self-manage health<sup>1</sup>
- Shared decision making (SDM)
  - Engaging with patients to come to an informed and values-based choice regarding reasonable treatment options<sup>2</sup>

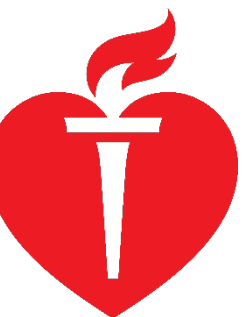
<sup>1</sup>Hibbard JH, Stockard J, Mahoney ER, Tusler M. Development of the Patient Activation Measure (PAM): Conceptualizing and Measuring Activation in Patients and Consumers. *Health Services Research*. 2004;39(4 Pt 1):1005-1026.

<sup>2</sup> Brindle R, Spertus J. Employing shared decision-making models to improve care and patient value: a cardiovascular professional initiative. *J Am Coll Cardiol*. 2010;56(24):2046-2048.



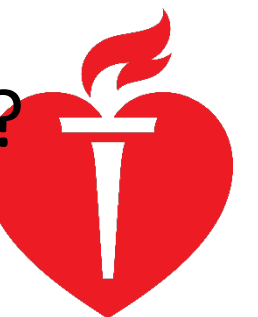
# Why promote activation and shared decision making?

- Ethical practice
- Health policy
- Third party payers
- Patient satisfaction
- Clinical outcomes
- Cost



# What does patient activation look like?

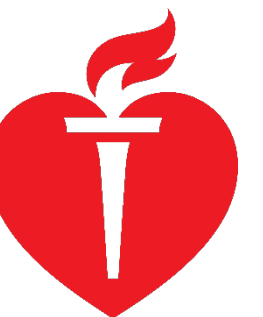
- Knowledge
  - Understanding of the nature and cause of illness, medications, and options available for treatment
- Skill for:
  - Decision making, changing behaviors, maintaining healthy lifestyle
- Confidence to:
  - Take actions to minimize adverse effects of illness, follow recommendations, seek care, communicate with provider



# Assessing patient activation

- Level 1-see themselves as passive recipient of care
- Level 2-lack knowledge about illness and treatment
- Level 3-possess essential facts, beginning to take action
- Level 4-adopted new behaviors, can problem solve
- 13-item Patient Activation Measure used to assess level
- Interventions to increase level

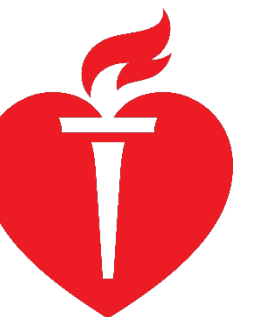
Hibbard J, Mahoney E, Stock R, Tussler M. Do increases in patient activation level result in improved self-management behaviors? *Health Services Research*. 2007;42(4):1443-1462



# Outcomes of patient activation

- Uptake of screening behaviors
- Lower rates of obesity and tobacco use
- Improved clinical indicators (BP, lipids, glucose)
- Reduced ED visits and hospitalization

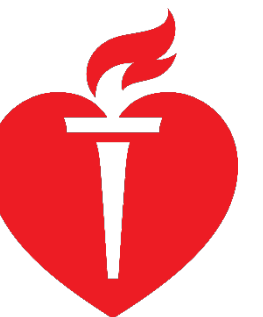
Greene J, Hibbard J. Why does patient activation matter? An examination of the relationships between patient activation and health-related outcomes. *J Gen Int Med.* 2011;27(5):520-526



# What does shared decision making look like?

- Acknowledge problem
- Note that decision needs to be made
- There are treatment options to consider
- Ascertain patient's preference for receiving information and decision making

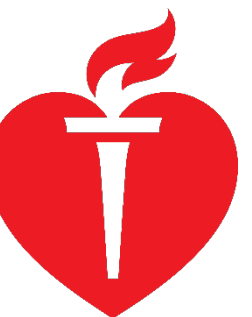
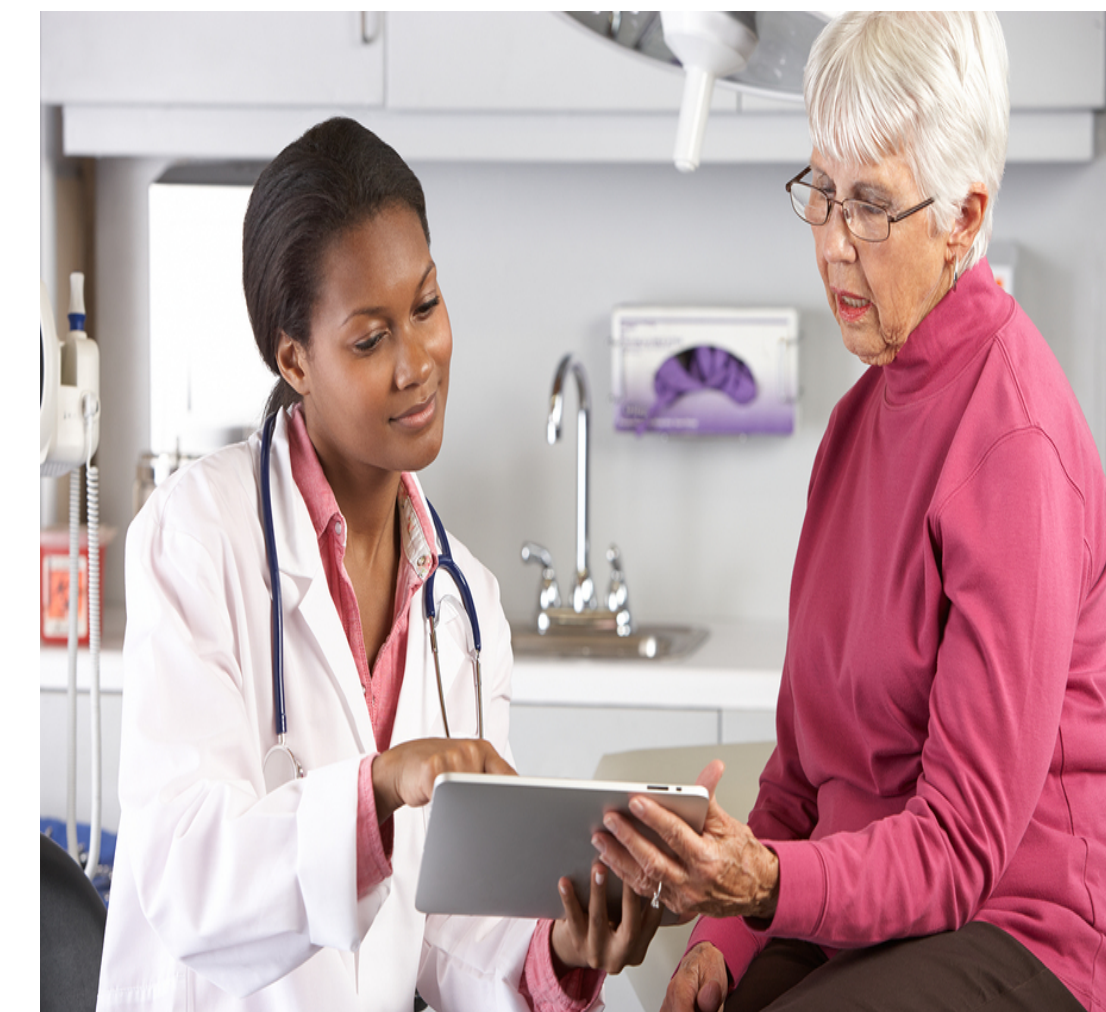
Elwyn G, Hutchings H, Edwards A et al. The OPTION Scale: measuring the extent that clinicians involve patients in decision-making tasks. *Health Expectations*. 2005;8:34-42



# What does shared decision making look like?

- Discuss options and pros and cons
- Elicit patient expectations, fears, concerns
- Check understanding
- What questions do you have?

Elwyn G, Hutchings H, Edwards A et al. The OPTION Scale: measuring the extent that clinicians involve patients in decision-making tasks. *Health Expectations*. 2005;8:34-42





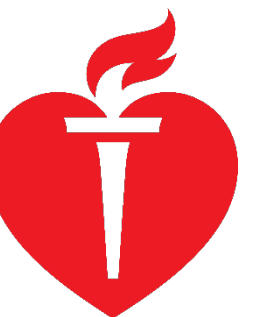
# Outcomes of SDM

- Increased patient-reported physical and mental health<sup>1</sup>
- Patient understanding<sup>2</sup>
- Reduced healthcare utilization<sup>1,3</sup>
- Patient satisfaction<sup>1</sup>

<sup>1</sup>Hughes T, Merath K, Chen Q et al. Association of shared decision-making on patient-reported health outcomes and healthcare utilization. *Am J Surg*. 2018:1-6

<sup>2</sup>Kashaf McGill E, Berger Z. Shared decision-making and outcomes in type 2 diabetes: a systematic review and meta-analysis. *Patient Education and Counseling*. 2017;100:2159-2117

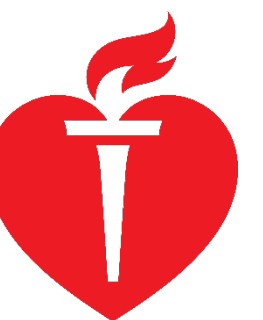
<sup>3</sup>Langseth M, Shepherd E, Thompson R, Lord S. Quality of decision making is related to decision outcome for patients with cardiac arrhythmia. *Patient Education and Counseling*. 2012;87:49-53



# Myths about SDM

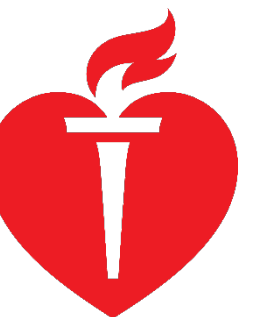
- SDM takes too much time
- Patients don't always want to make decisions
- Clinical guidelines don't allow for SDM
- The SDM approach costs more money

Legare F, Thompson-Leduc P. Twelve myths about shared decision making. *Patient Education and Counseling*. 2014; 96:281-286



# Why are patient activation & SDM important for AFib Care?

- There are options for AFib management
- No one size fits all treatment
- Treatment is directed to maintain/improve quality of life
- Patient characteristics and values are important
- Long-term management of risk factors is critical



# SIMPLIFYING YOUR ATRIAL FIBRILLATION TREATMENT PLAN

Encourage your patients to take an active role in their healthcare by using this tool to help them understand appropriate treatment options available for them.



\*AFib risks factors linked to vascular disease history include:  
 Prior heart attack  
 Peripheral Artery Disease (PAD)  
 Aortic plaque  
 \*\* Select low-risk patients includes those with nonvalvular AFib and a CHA<sub>2</sub>DS<sub>2</sub>-VASc risk score of 1.

\*It is very important to take risk reduction measures even though no method or treatment can guarantee prevention. Know the warning signs for stroke and call 9-1-1 immediately if you experience them.

# AFib: Partnering in Your Treatment

Bring this sheet with you to your appointment and discuss the following with your doctor.



## How serious is my AFib?

In what ways does AFib increase my health risks?

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Do I have other health concerns that may increase my risks?

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## Are there other treatment options?

What are my other possible options?

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When should they be considered?

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## What are my medication options?

Should I be taking a medication for AFib?

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What should I expect from it?

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What will happen if I don't take it?

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Notes: \_\_\_\_\_

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## Do I need to make lifestyle changes?

Should I change any of the following to reduce my risks?

- Eating habits?
- Physical activity?
- A plan to stop smoking?
- My weight?
- Other: \_\_\_\_\_

Notes: \_\_\_\_\_

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## What are my treatment goals?

With my treatment plan, what should I expect to see?

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We will know we are making progress when...

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# Questions

