

# A Multi-Disciplinary Team Approach to the Management of Patients with Atrial Fibrillation in a Nurse Practitioner Led Atrial Fibrillation Clinic

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## Background

Atrial fibrillation (AF) is the most commonly diagnosed arrhythmia in the United States. Management of patients with AF is challenging because effective treatment requires lifestyle modification as well as conventional therapies. A dedicated nurse practitioner led atrial fibrillation clinic was developed as a novel approach to address these challenges.

## Methods

A dedicated NP led AF clinic was implemented in our hospital system. This clinic allowed for follow-up of atrial fibrillation patients, a central place for AF patients to be seen following ER visits, and specialty knowledge of AF patients. The clinic is staffed with a NP, RN, and CMA. We retrospectively evaluated the AF clinic for 30 months of service. Number of appointments, avoided emergency room (ER) visits, and procedure volumes were evaluated.

<b>AF Classification</b>	47.91% paroxysmal, 46.22% persistent, 5.87% permanent
<b>Gender</b>	53.34% male
<b>CHADS2VASC</b>	3.07 +/- 1.07
<b>BMI</b>	30.88 +/- 7.1
<b>Hypertension</b>	71.70%
<b>Diabetes</b>	23.75%
<b>Prior CVA</b>	14.62%

Figure 1: Baseline Demographic Information

## Cone Health HeartCare – Atrial Fibrillation Clinic

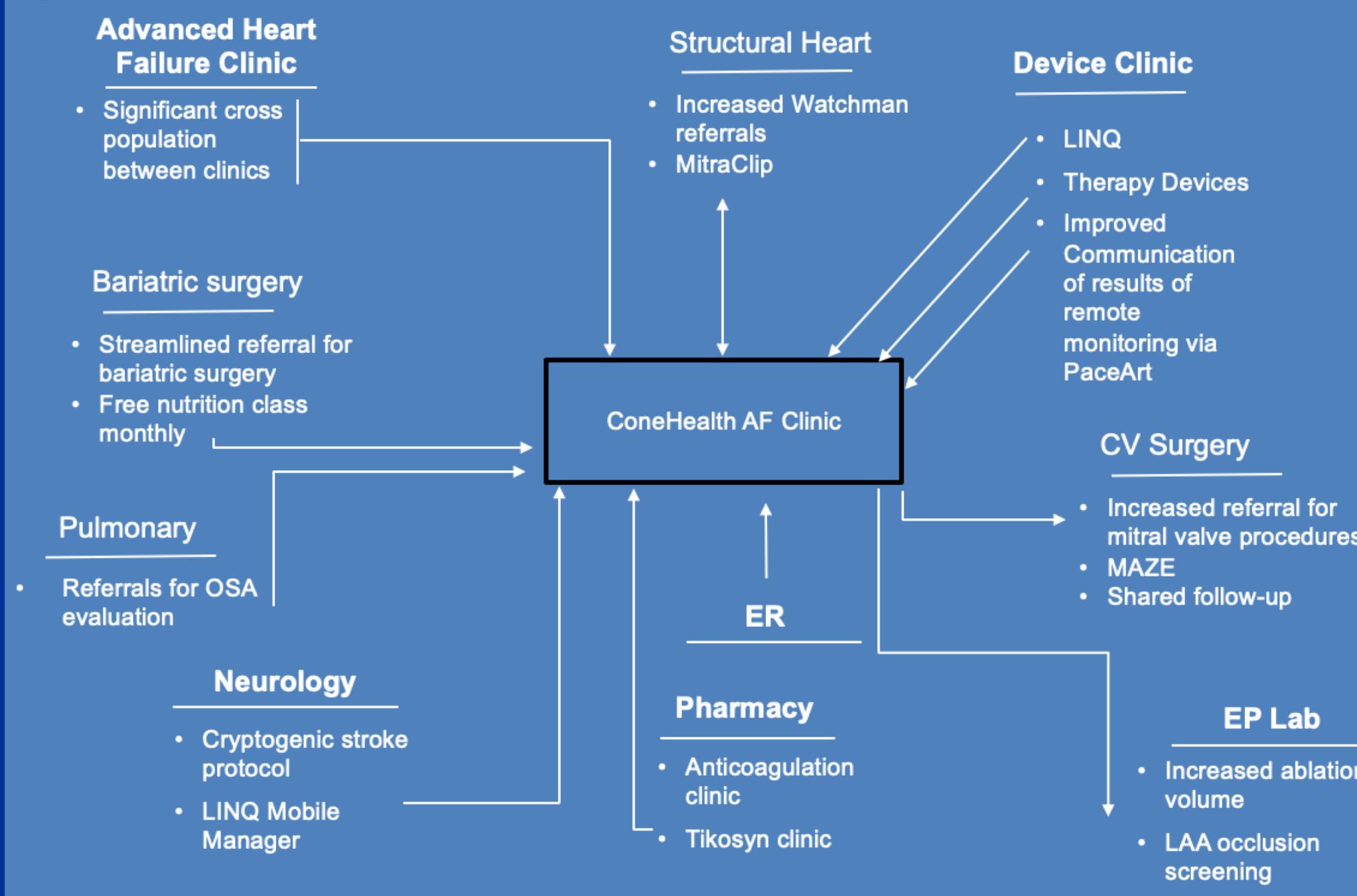


Figure 2: Multidisciplinary Team Approach

## Results

1,362 patients were evaluated in the dedicated NP led AF clinic during a 30 month period. Baseline demographic data is in Figure 1. Multi-disciplinary team approach is shown in Figure 2. Patients were educated on lifestyle modification for atrial fibrillation 86.9% of the time. 160 patients (11.1%) were scheduled for direct current cardioversion from the AF clinic. 121 patients (8.4%) were referred for pulmonary vein isolation.

## Conclusion

In patients with atrial fibrillation, formalized education of patients about lifestyle modification for AF management is an essential part of a patient's care plan. A NP led atrial fibrillation clinic can be an important resource for coordinating a multi-disciplinary team approach in atrial fibrillation patients.