

Managing Atrial Fibrillation

A Checklist to Guide Discussions with Your Healthcare Professional

It is important to be actively involved in the ongoing treatment of your atrial fibrillation. This involves you and your doctor, pharmacist or nurse discussing treatment goals and options, and you asking questions, raising any concerns, and explaining your preferences.

This checklist has been developed with input from medical experts to help patients discuss the ongoing management of atrial fibrillation with healthcare professionals.

When reviewing the management of atrial fibrillation with a doctor, you may like to ask:

- What are my treatment goals?
- What is my stroke risk?
- What else can I do to reduce my risk of stroke?
- What lifestyle changes (i.e. diet, exercise, alcohol, smoking) should I be trying to make and who can help me with this?
- Is the medication/treatment I am receiving still right for me?
- What is the role of the medication(s) I'm taking?
- How long do I need to take the medication(s)?
- What side-effects might my medication cause?
- What can be done to reduce the risk of bleeding or stop the effect of anticoagulation medicine?
- How and when do I need to take my medication?
- What do I do if I miss a dose or mistakenly take a dose twice?
- How do I recognise symptoms of AF?
- What should I do in case of symptoms/new episode of AF?
- Should I check my pulse frequently?
- Is there anything else I can do to better control the symptoms of atrial fibrillation?
- Are there other medical conditions that may impact atrial fibrillation or my heart health?

Hearts4heart supports, educates and advocates for Australians living with atrial fibrillation and other heart conditions. Join our community and the conversation:



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