Atrial Fibrillation: Patient Education

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Equipment

- Educational materials appropriate to the delivery method, e.g. educational pamphlets, booklets or other multimedia educational resources.
- Self-management support tools, including self-monitoring diaries and mobile health applications on digital devices like tablets.

Recommended Practice

Purpose

- Structured, tailored, and individualized education aims to improve healthcare outcomes for patients with atrial fibrillation (AF) by emphasizing and promoting self-management, medication adherence, lifestyle changes and risk factor management.

Special considerations (OR Contraindication)

- Consider the patient's health literacy, needs, values and preference when choosing educational materials and delivery methods.
- Involve bilingual health educators to educate patients from culturally and linguistically diverse (CALD) communities. If this option is not available, use a qualified interpreter.

Procedure

- Provide patient education throughout all phases of AF management, particularly at the time of diagnosis, based on patients' needs and aligned with guideline recommendations.
- Perform comprehensive patient assessment to understand the patient's care needs and develop individualized education.
- Ensure health practitioners who deliver patient education have sufficient knowledge and experience in AF management. If appropriate, involve multidisciplinary team members in patient education to address different aspects of AF management.
- Use a family-centered approach to engage family members and informal caregivers in education.
- Deliver patient education through a one-to-one consultation or group-based sessions that create a peer-support learning environment, and integrate the use of educational materials and self-management support tools.
- Focus on explaining prescribed treatment (why it is prescribed, how it works), recognizing symptoms, understanding modifiable risk factors of AF, engaging in self-management activities, knowing what to do during an episode of AF, and determining when to seek medical assistance.
Consider including education regarding psychological support, cognitive behavioral therapy or other relevant interventions based on the patient's psychosocial needs.

Provide patient education on AF within a patient-centered and integrated management framework or as an element of cardiac or stroke rehabilitation programs.

Evaluate the effectiveness of patient education during follow-ups. Identify patients' knowledge gaps and provide clarification if needed.

**Supporting Evidence Summaries**

- Atrial Fibrillation: Patient Education

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**Occupational Health and Safety Considerations**

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Author(s) potential or perceived conflicts of interest are collected and managed in line with the International Committee of Medical Journal Editors (ICMJE) standards.

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