

# My emotional health and Atrial Fibrillation

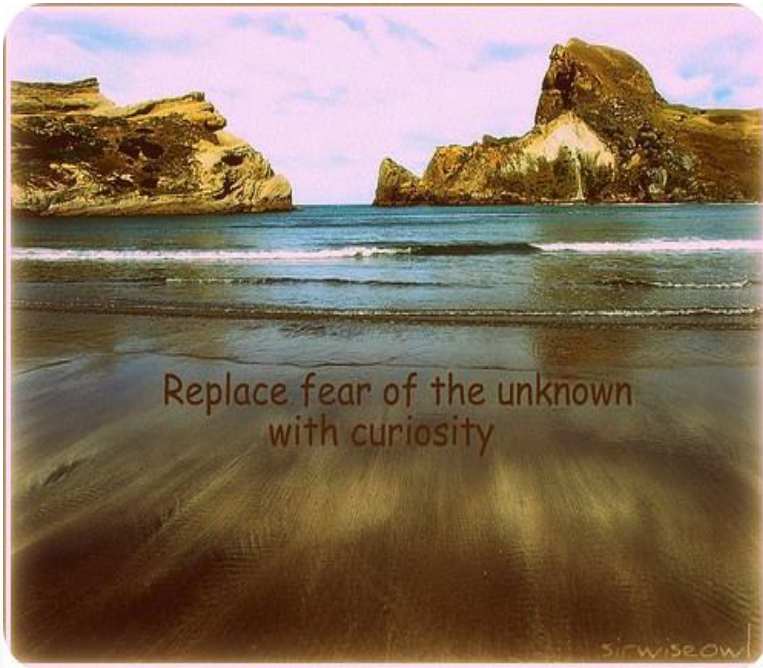
Shona Holding,  
Cardiovascular Specialist Nurse Practitioner  
Westcliffe community cardiology service.  
Bradford.

# My emotional health and AF

Some people are affected emotionally, some are not!



# Why does AF affect my emotions?



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

- Symptoms.... Can be very worrying..... Fear of the 'unknown'

[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)

- *Joe, a 45 year old was extremely worried /anxious about intermittent episodes of racing heart beat;*
- *No symptoms during Prolonged monitoring , so lent him a phone device and captured AF during symptoms.*
- *He felt much more relaxed once he had a diagnosis and we could treat his symptoms*

# Why does AF affect my emotions?

- **Illness perceptions.....** How we accept/view illness

*John, 55 year old , ex footballer player, no past illnesses was diagnosed with paroxysmal AF (intermittent), symptoms mild..... Had taken a few attempts to capture AF and he was flawed by diagnosis .....*

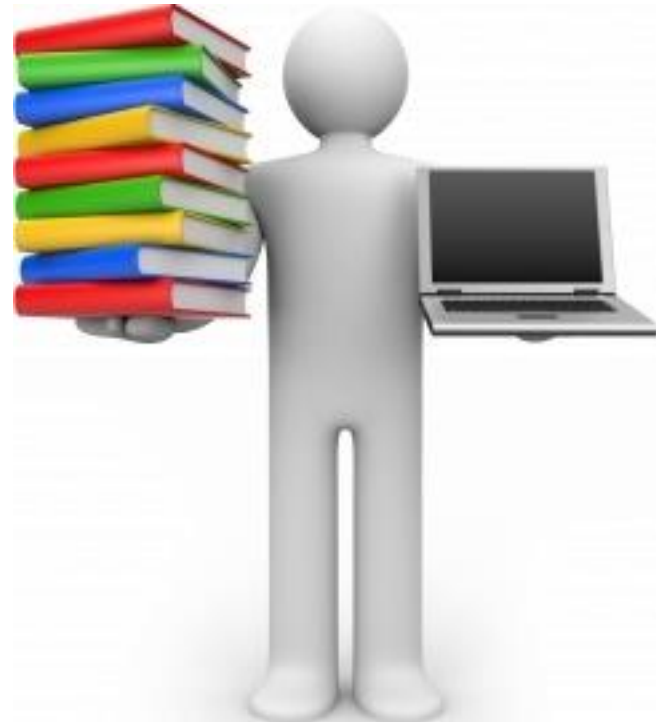
*'I feel like you have just told me I have cancer'*

Struggling to accept his condition despite being low stroke risk and relatively asymptomatic..

Lack of  
knowledge/insight to  
AF and what it means  
to me and my  
partner/family.....



- Education/information plays huge role in reducing anxieties/emotional response.....



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)



- Sharing our experiences with others with AF can help.....
- For example The logo for the AF Association, featuring the letters "AFA" in a stylized font where the "A" is green and the "F" is blue. Below "AFA" is the text "AF Association" in a smaller, blue, sans-serif font.
- TODAY's session!



# Learning to live with the condition



Always choose the straight road

Najlepiej zawsze iść prostą drogą

# In summary

- Everyone reacts differently
  - Fear of the unknown provokes anxieties
  - Informing/educating self about condition will help
  - Talking about it can help
- 
- POSITIVE THINKING...

Thank you for listening

Any questions??