My emotional health and Atrial Fibrillation

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My emotional health and AF

Some people are affected emotionally, some are not!
Why does AF affect my emotions?

• Symptoms.... Can be very worrying..... Fear of the ‘unknown’
• 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......
• Sharing our experiences with others with AF can help.....

• For example

• 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??