

“It’s all about stroke prevention. As soon as we get them on the right medication the better.”

Lisa,
Nurse specialist, One Stop atrial fibrillation (AF) Clinic
Waltham Forest



Lisa's Story

A better way of working

PROFILE



Lisa

 **Waltham Forest,
London**

Lisa has been working as an NHS nurse for over 10 years. She is part of a multidisciplinary team delivering a "One Stop" clinic for patients with suspected Atrial Fibrillation (AF), referred from community pharmacies in Waltham Forest as part of a six month pilot. Over the course of the pilot, Lisa has seen at least 25 patients from across the Borough ranging from ages 65 to 90 years old.

"It's a circle; straight from the pharmacy to hospital to pharmacy. It's nice for the patient to go straight back to the pharmacy – keeps it simple."

PILOT DETAILS:

1. Pulse check for AF in community pharmacy with Kardia™ Mobile by AliveCor.
2. Specialist review of abnormal results and invitation to One Stop AF Clinic.
3. One Stop AF Clinic for diagnostics and treatment initiation.

BEFORE

Lisa was motivated to join the pilot because she sees the value in early detection and diagnosis of AF.

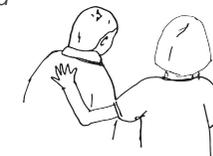
"It's all about stroke prevention. As soon as we get them on the right medication the better."

Having worked in cardiology for a long time, Lisa has witnessed the impact illnesses and conditions can have on a

patient's whole family.

"A stroke can really affect a family's life – if you can prevent that, that is a really good thing"

An early diagnosis and appropriate treatment can reduce the risk of strokes. This motivated her to be a part of the pilot, as she recognises this can relieve families of unnecessary worry.



DURING

Lisa enjoyed working on the pilot as it gave her an opportunity to work with other members of staff. Collaborating with them saved time as she could refer the patient to the relevant member of the team straight away.

"It's great working in a multidisciplinary way – we can put them straight into the next expert, bringing down those waiting times."

Lisa is proud that the clinic is able to increase awareness of Atrial Fibrillation (AF) by offering

patients a, "full explanation of what AF is." Even if patients don't have AF there is time for Lisa "to ask questions around prevention" reducing potential future risks.

Lisa wants to help more patients in this way. She felt more awareness of the pathway, across primary care, would increase the number of referrals.

"Do they need to do more advertising – in the GP surgery as well as the pharmacist?"

AFTER

Lisa would like the pathway to continue and feels getting more patients screened and tested will prove its success, she feels to increase numbers there is:

"work to be done to get more patients in – more support for pharmacists to help recruit patients."

Lisa has received positive feedback from patients who are satisfied with the one

stop experience.

"[Patients] have found it quite relaxing – [they] seem to enjoy the experience [and] don't seem too distressed about the appointment."

Overall Lisa is pleased with the clinic's participation in the pilot and what it might mean for the future of AF screening and subsequent management.