

“I wasn’t really worried about my heart before so it’s worth having these things done as its better to be safe than sorry.”

Dawn,

Participant in community pharmacy atrial fibrillation screening pilot with rapid referral to a One Stop AF Clinic
Leyton



Dawn's Story

Novel and rapid referral

PROFILE



Dawn, 76

 **Leyton, London**

Dawn lives on her own in a flat in Leyton. Her husband passed away a few years ago, she sees her son and daughter and grandchildren regularly. She enjoys getting out and about and talking to people.

Dawn has several health conditions including high cholesterol, Type 2 diabetes and hypertension. She takes daily medication to treat all of her conditions and has regular check ups at the hospital. Dawn is keen to look after her health as it is an ongoing interest of hers.

"I take measures to stay healthy, I see my GP regularly, I maintain my medication, I go out everyday."

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.

HEALTH

Dawn has a good relationship with her GP, she trusts him to say if anything is wrong with her health. She visits her local pharmacy frequently to pick up her prescriptions and likes the staff there as they are friendly and helpful: *"if there's anything new with my medication they have a chat with me and explain the changes."*

The last time she went to the pharmacy, the pharmacist who knows Dawn very well asked if she'd like to have her pulse checked. She was happy to have the test done and was impressed with the technology - Kardia™ Mobile.



"I was surprised the device worked! I did find it strange, but I didn't feel any pain so wasn't really that worried."

EXPERIENCE

The results showed that Dawn could potentially have Atrial Fibrillation (AF), a condition Dawn had never heard of. She was quite surprised as her heart wasn't really a concern of hers before, *"they had a chat with me, it was a little bit alarming when they told me my heart [had an] irregular beat."* To understand why her heart was doing this, Dawn went to see her GP.

"[the referral] was really quick! Only went [to the pharmacy] last week to pick up my medication. In just over a week- I think that's brilliant!"

At the clinic, Dawn found everything "very straightforward" she was seen by a nurse, an electrophysiologist and a pharmacist all within 1.5 hours. All the staff were very friendly and explained the whole process clearly.

Dawn received her One Stop AF clinic appointment letter two days after the pulse check at her pharmacy and her appointment was a week later.

IMPACT

Dawn was reassured at the clinic that she didn't have AF. However, the nurse did want her to have further investigations so requested for Dawn to have a Holter Monitor fitted to monitor her heart rhythm daily over one week.

"I would definitely recommend the service, I wasn't really worried about my heart before so it's worth having these things done as its better to be safe than sorry."

Dawn is thankful that she has taken part in the service and has told all her family and friends all about it.

