

Why we think it's a good idea to offer free heart rate monitoring checks to people in Kirklees

Following on from our success offering free Body Mass Index (BMI) checks during our outreach sessions, Healthwatch Kirklees are now working with Yorkshire and Humber Academic Health Science Network to develop the idea of taking out mobile heart rate monitors to offer free screening to people.

The main aim of all our outreach sessions is still to encourage people to talk to Healthwatch staff about their experience of using health and social care service; taking out the heart rate monitors is to help detect Atrial Fibrilation (AF).

Kirklees has a predicted population with AF of 10,219 people (National Cardiovascular Intelligence Network 2017). The number of people on the AF registers of their GPs in Kirklees is 7351 (Y&H AHSN AF dashboard Jan 2018).

This estimates that 2868 people in Kirklees have AF but are not known to have by the health services. The chances of having AF increase with age and AF is commonly associated with heart disease, high blood pressure, COPD (Chronic obstructive Pulmonary Disease), previous stroke or TIA (transient ischaemic attack) diabetes and dementia like illnesses.

It is estimated that on average, across this population, 5% of people with AF will have a stroke each year; that is around 143 strokes that will occur in 2018/19. AF related stroke has a tendency to have poorer outcome than other strokes with an increased risk of death or permanent severe disability often requiring continuing nursing care. For every 75 people with AF that are found and treated, 2 strokes a year will be prevented.

The facts about AF in Kirklees:

Yorkshire and Humber Academic Health Science Network have supplied Healthwatch Kirklees with heart rate monitors; some monitors also have the option of measuring blood pressure too. They will also provide leaflets to give out to people to explain the test result and what they should do if it's abnormal.

Training for staff and volunteers has been provided by British Heart Foundation.

Healthwatch Kirklees will keep an anonymous record of the number of tests completed, the number of people with AF detected and will signpost anyone with an abnormal result to their GP

	ATRIAL FIBRILLATION SCREENING
	Date
0	You were screened today for Atrial Fibrillation by a trained member of Cheshire Fire and Rescue Service.
1	This screening does NOT form a diagnosis but gives an idication of a potential issue.
G fu GF	ollowing today's reading, our advice to you is to contact your P Practice and request an appointment to discuss this ther. Please note that the appointment may not be with a p as your GP practice has a wide range of Healthcare of essionals to meet patient needs.
	ase take this letter with you to your GP Practice.

ATRIAL FIBRILLATION

What does it mean?

- Atrial fibrillation is an abnormal heart rhythm which causes an irregular pulse. It is more common as you get older, and also if you have high blood pressure, heart disease, thyroid problems or drink excess alcohol.
- Quite often it does not cause any symptoms. This is important, because if you develop atrial fibrillation it can significantly increase your chance of having a stroke. If detected – then there are a number of simple treatments to reduce this risk.

