

Professional Development

Reading the article and undertaking this *Atrial fibrillation* learning activity is equivalent to 60 minutes of professional development.

Discuss all your answers with a peer.

The Learning Activity Case Study

Read the following case scenario and calculate the CHA₂DS₂VASc and the HAS-BLED score for this patient

Martin is a 67 year old man who presents for a refill of his usual medications. You measure his vital signs and notice that at 112 beats per minute his pulse is irregular and faster than it was previously. His blood pressure is 158/70mm/hg. His temperature is 36.8 degrees C and his respiratory rate is 16 breaths per minute.

You ask if he has noticed any new symptoms recently and he states that he has felt a bit breathless when mowing the lawn, which is unusual for him.

He does not get chest pain. His BMI is 28kg/m². He does not have diabetes mellitus.

His usual medication is cilazapril 2.5mg daily and aspirin 100mg daily. He is otherwise healthy and has had no previous surgeries, hospitalisations or medical problems, other than those noted above. You record an ECG and find he is in atrial fibrillation with a heart rate of 112.

QUESTIONS:

1 What is his CHA₂DS₂VASc score?

2 What is his HAS-BLED score?

3 Based on the above two scores, what is his risk of stroke?

4 Would he benefit from anticoagulation? And if so, which type?

5 Should he continue or stop the aspirin?

Verification by a colleague of your completion of this activity:

(Signature)

COLLEAGUE NAME:

DESIGNATION:

DATE:

NURSING COUNCIL ID:

WORK ADDRESS:

CONTACT #: