PREVALENCE, RISK FACTORS, CONTROL AND TREATMENT OF ATRIAL FIBRILLATION IN PRIMARY CARE

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AIM AND BACKGROUND

The prevalence, control and treatment of atrial fibrillation has had important changes in recent years. The objective of this study is to evaluate the prevalence, risk factors, control and treatment of atrial fibrillation in the general population.
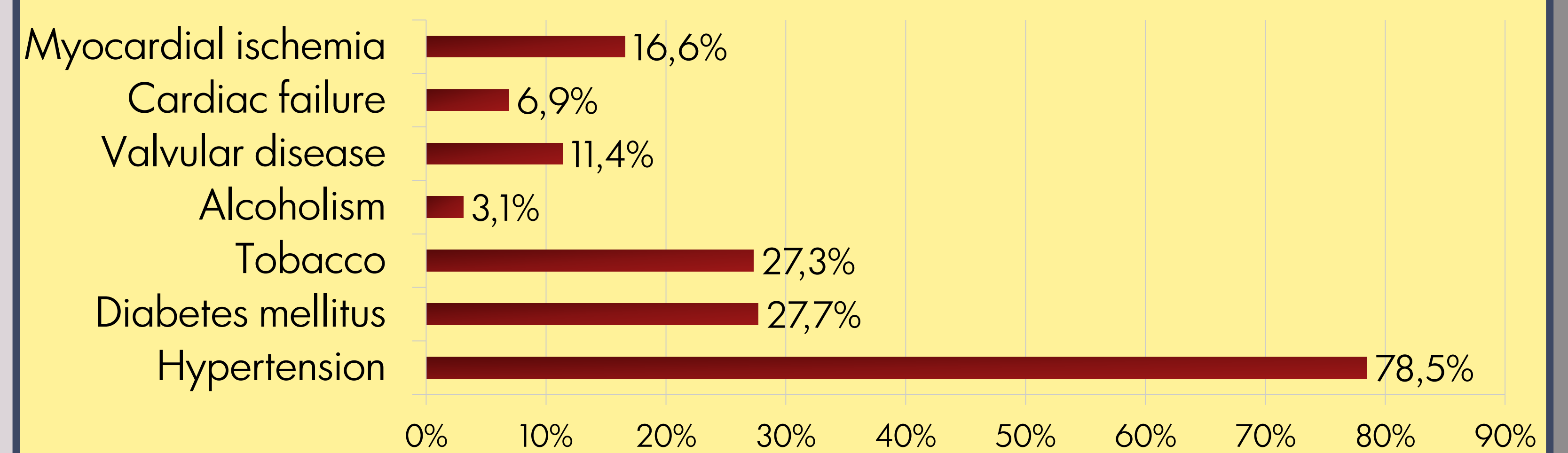
DESIGN AND METHODS

Design: Descriptive, cross-sectional study in an urban primary health care center in Barcelona (Spain) with 18,125 patients ≥15 years old .

Patients and Methods: All patients of the center with atrial fibrillation were studied through an electronic database. The variables studied included demographic data, risk factors for atrial fibrillation, treatment (drugs for rhythm control, anticoagulant and antiplatelet therapy) and control of anticoagulant therapy (good control was defined as 60% or more of the controls with a INR between 2 and 3).
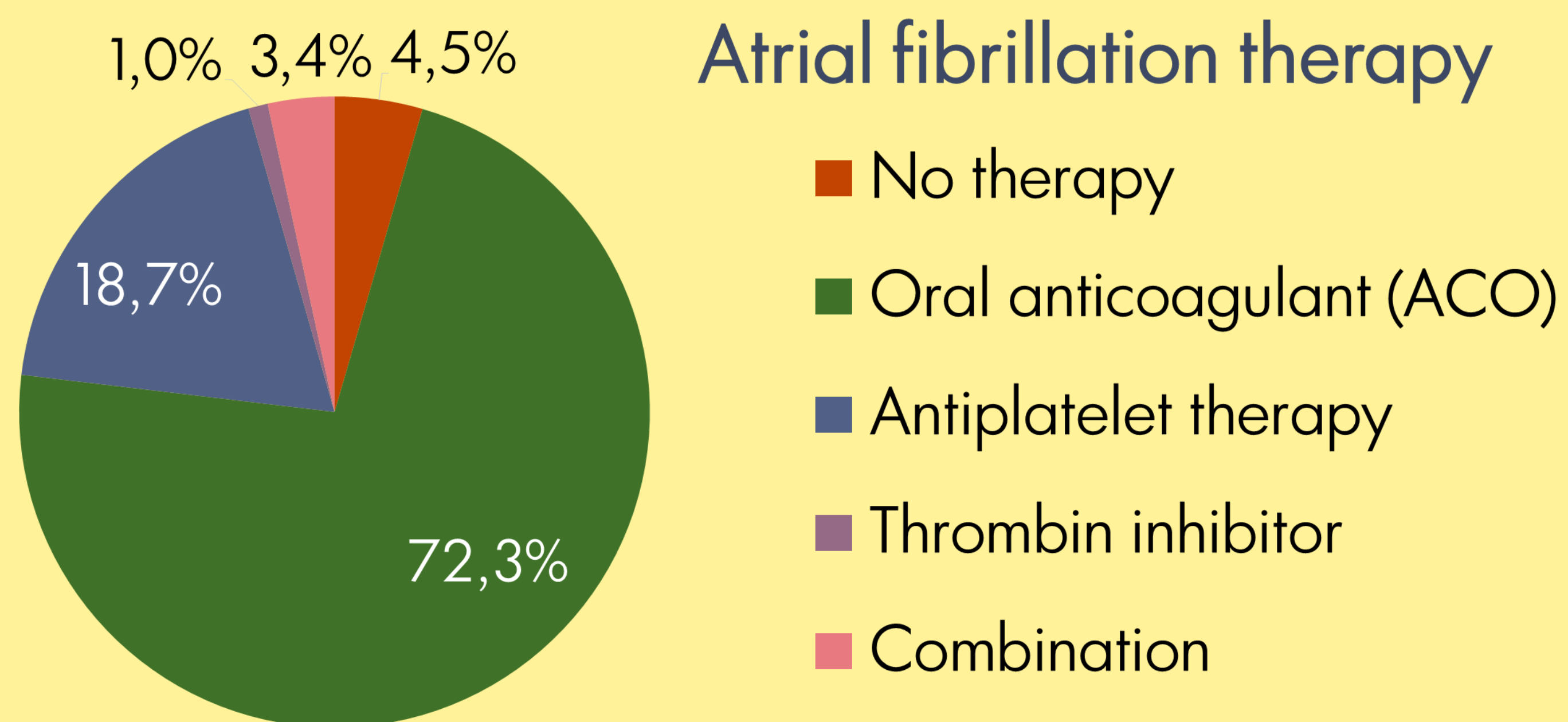
RESULTS

❖ 289 patients had an atrial fibrillation (1,6%; 95% CI 1,4-1,8)

❖ The mean age was 78 years old (SD 9,4)

❖ The 59,2% were women (n=171)

Prevalence of risk factors for atrial fibrillation

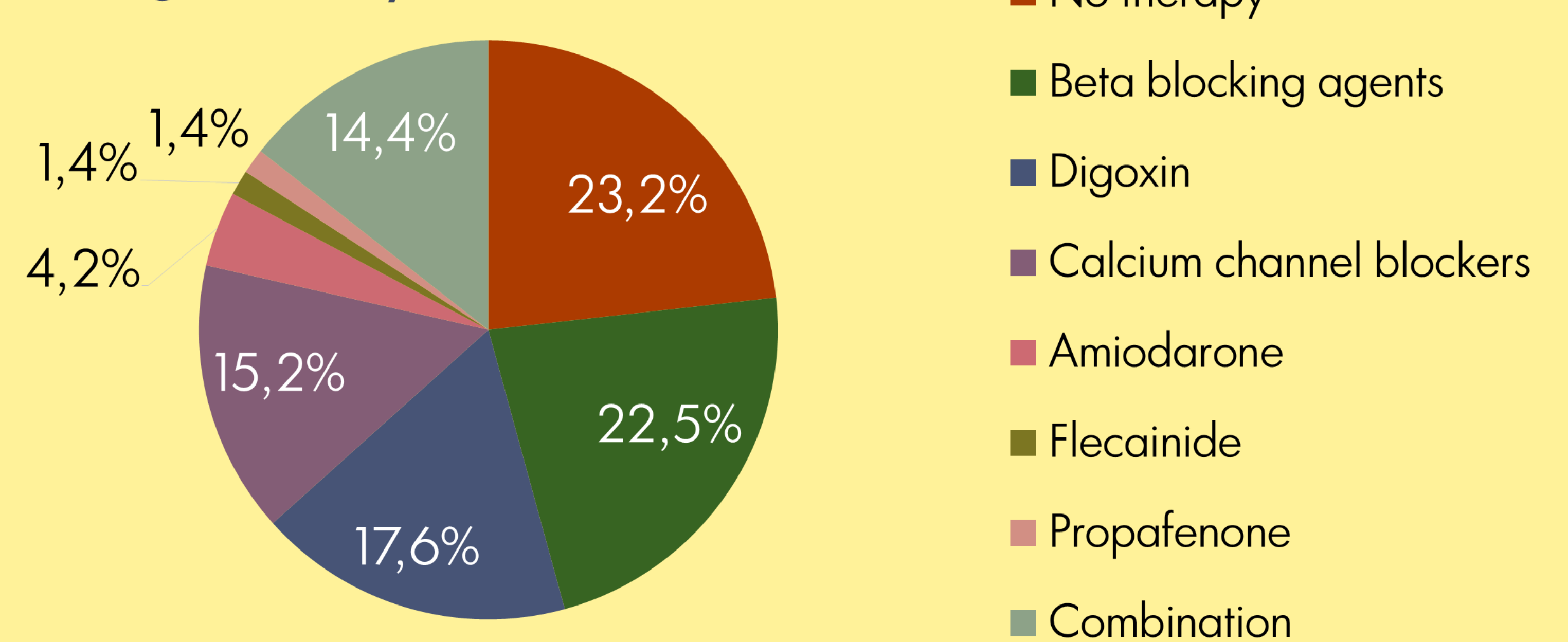- Myocardial ischemia: 16,6%
- Cardiac failure: 6,9%
- Valvular disease: 11,4%
- Alcoholism: 3,1%
- Tobacco: 27,3%
- Diabetes mellitus: 27,7%
- Hypertension: 78,5%

Atrial fibrillation therapy

- No therapy: 4,5%
- Oral anticoagulant (ACO): 72,3%
- Antiplatelet therapy: 18,7%
- Thrombin inhibitor: 1,0%
- Combination: 3,4%

95,5 % of patients received anticoagulants or antiplatelet drugs, with a mean of 53,6 months of treatment (SD 40,5)

Drugs for rhythm control

- No therapy: 23,2%
- Beta blocking agents: 22,5%
- Digoxin: 17,6%
- Calcium channel blockers: 15,2%
- Amiodarone: 4,2%
- Flecainide: 1,4%
- Propafenone: 1,4%
- Combination: 14,4%

76,8% of patients received drugs for rhythm control

Proportion of the good control of patients with anticoagulation therapy

73,5%

CONCLUSIONS

✓ Atrial fibrillation is a frequent disease.

✓ Most of the patients received anticoagulant therapy and drugs to control their rhythm.

✓ The control of anticoagulant therapy is rather high.