

Telemonitoring in atrial fibrillation: feasibility and results of observational study on 130 patients

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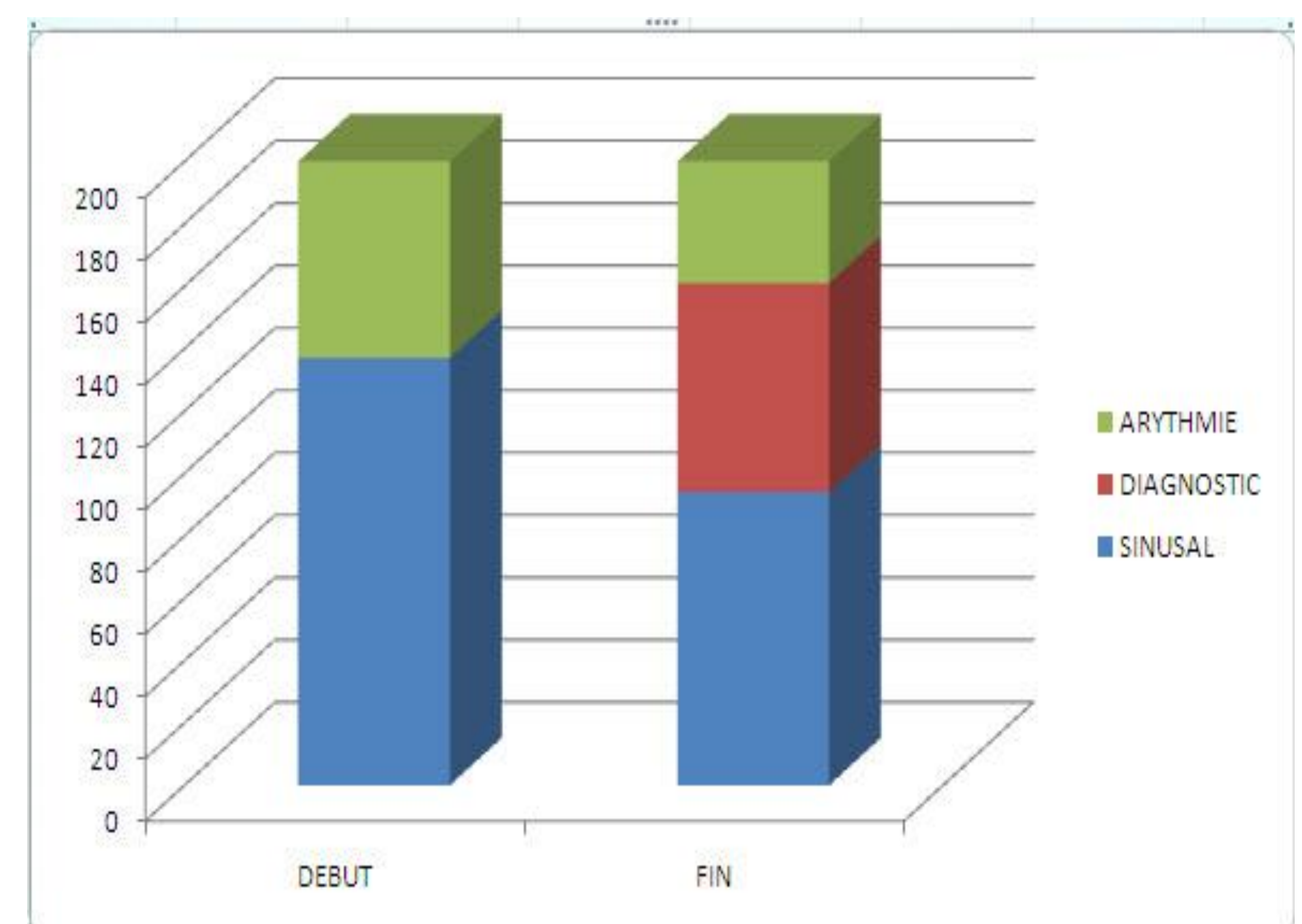
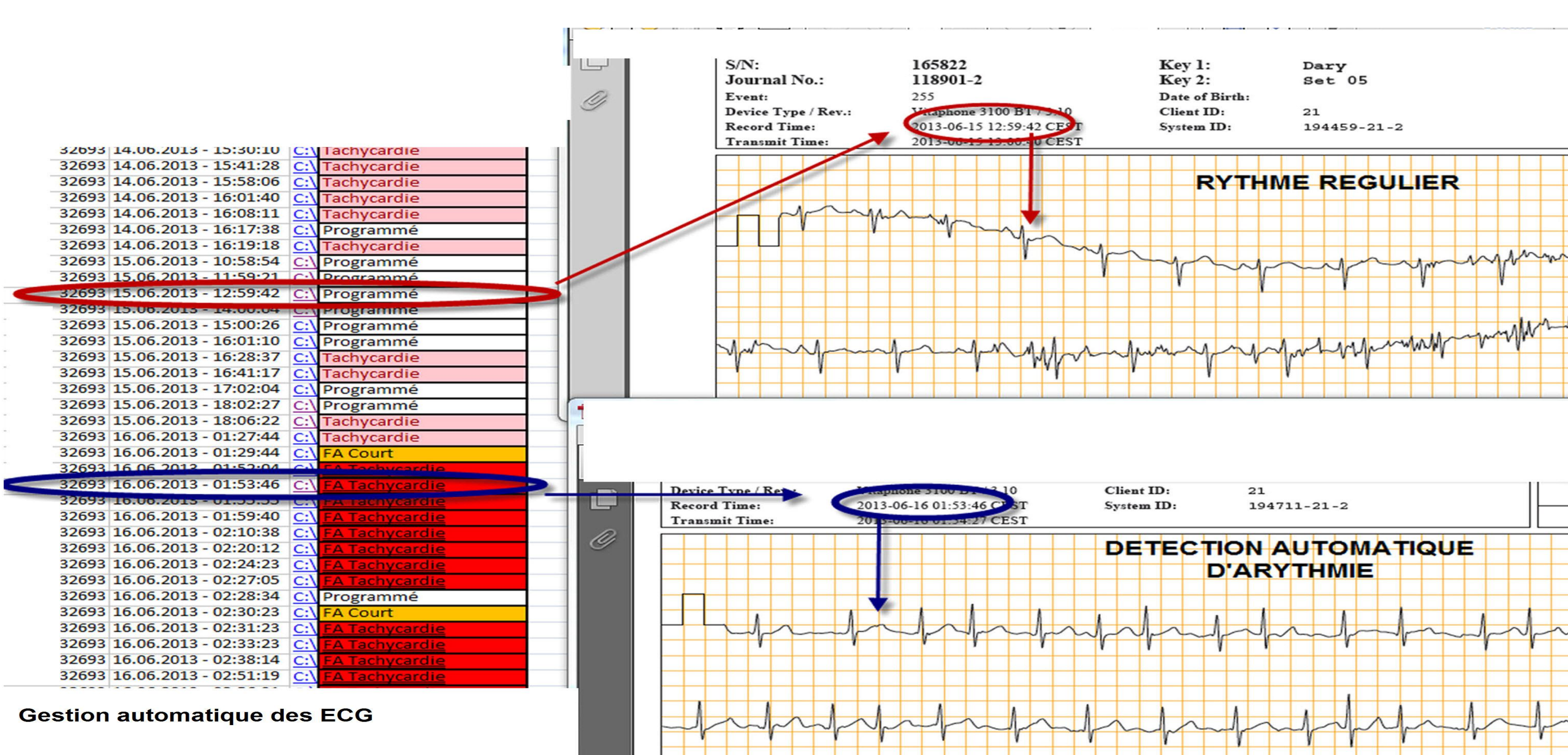
Purpose

Atrial fibrillation (AF) multiplies the risk of having a stroke by 5. This observational study of 130 patients evaluates the diagnostic and therapeutic benefit of remote monitoring by electrocardiogram (ECG) of an 'at risk' population

Methods

The patient self-monitors at home, wearing a holter for a monitoring on for 11 days and 10 hours by day. The arrhythmias are automatically detected and the readings transmitted.

49% men and 51% women, mean age 65 years. 28% have historic of AF. 10% have had a stroke. CHADS2Vasc =2. 2



Results

- **Group 1:** 94 Patients with RS (72%) with occurrence of AF (33%) and discovery of regular tachycardia (24%).
- **Group 2:** 36 Patients with AF (28%) with 59 % heart rate reduced and 41% return to sinus rhythm.

Therapeutics: The early detection of any arrhythmia episodes can identify patients at risk of acute events and allow us to change therapy quickly and adequately as antiarrhythmic drugs increase 31 to 65% and secure treatments.

Conclusions

For 35% patients, telemonitoring enables improved diagnosis and treatment of AF and ensures the best use of therapeutics in real time adapting doses according to the rhythm, frequency and conduction time.

Abstract

Comparison of 24 Hour Holter Monitoring Versus 14 Day Novel Adhesive Patch Electrocardiographic Monitoring [P.M. Barrett, MD¹](#), [R. Komatireddy, MD¹](#), [S. Haaser](#), [The American Journal of Medicine](#) 15 october 2013