

# Digital resources for Atrial Fibrillation

The purpose of this document is to provide an overview of digital resources to support staff for the implementation of the [Proactive Care Frameworks](#). This is intended to be a resource that local systems can access for guidance and information on validated resources available, as well as providers of digital technology to support patient care.

## Resources for Atrial Fibrillation

### Living with Atrial Fibrillation:

- The AF Association information for patients. ([CLICK HERE](#))
- British Heart Foundation resource on living with AF. ([CLICK HERE](#))

### Starting anticoagulation:

- Anticoagulation UK, why you may need anticoagulants. ([CLICK HERE](#))
- UCLPartners educational video resources for patients. ([CLICK HERE](#))
- Wessex AHSN educational video “Starting anticoagulation with Jack”. ([CLICK HERE](#))

For other resources on heart problems, see NHSx Health & Care video resources. ([CLICK HERE](#))

### Peer Support

Support and conversations with others living with Atrial Fibrillation. ([CLICK HERE](#) – then type Atrial Fibrillation (or AF) into search function)

## Health and wellbeing resources

### Diet:

- [‘One You’](#) resources providing information and recipes for easy ways to eat better.
- [NHS UK](#) on how to lower your cholesterol levels.

### Exercise:

- [‘One You’](#) resources for moving more.
- [iPrescribe app](#) offers a tailored exercise plan by creating a 12-week exercise plan based on health information entered by the user.
- [Getting active around the home](#): tips, advice and guidance on how to keep or get active in and around the home from Sport England.
- [Dance to health](#): Online dance programme especially tailored to people over 55 years old.

### Smoking cessation:

- [NHS UK](#) on stop smoking aids, tools and practical tips.

### Alcohol:

- [Heart UK](#) resources on cutting down on alcohol.
- [‘One You’](#) guidance for drinking less.

### Mental Wellbeing:

- [NHS UK](#), every mind matters.

## Digital Tools for Atrial Fibrillation

The AHSN Network have developed an AF Tool Kit as a resource for clinicians. ([CLICK HERE](#))

UCLPartners have developed a list of patient-facing digital tools to enable remote monitoring and self-management for long-term conditions. The following is intended to provide guidance on technology available to be commissioned, that will support remote monitoring and enhanced, self-directed management for patients with atrial fibrillation.

All digital tools considered adhere to the following criteria:

- Market ready for purchase & supply.
- UK supplier, already operational in the NHS.
- Compliant with all regulatory standards for use in the NHS.
- Enables patients with a diagnosis of atrial fibrillation to remote monitor and self-manage their condition.
- Evidence available, demonstrating patient and clinician impact and improvement.
- Budget impact evaluation available, demonstrating better value/ reduced long-term costs to the system.
- Is accessible – e.g. health inequalities considered/ meets minimum accessibility requirements.

**Disclaimer** – We do not endorse or recommend any of the commercial products, processes or services provided within this document, with the sole intended purpose to be for guidance only.

Innovation		Remote monitoring/ assessment				Functionality			Self-management & education			
Name	Description	Device (Y/N)	Heart Rhythm	BP	Pulse	Clinician Dashboard	Patient-Clinician msg'ing	3 <sup>rd</sup> party ECG analysis	LTC Mx Plan	Symptom tracker	Meds diary	Lifestyle (Diet, Exercise)
<a href="#">CliniTouch Vie</a>	A digital platform enabling remote monitoring and integration with Holter monitor or single-lead ECG.		Y	Y	Y	Y	Y		Y	Y	Y	Y
<a href="#">ECG on demand</a>	Ambulatory ECG monitoring service, with wearable device, AI-led processing and analysis and clinical reporting. User manuals available in 15 languages.	Y	Y		Y	Y		Y				
<a href="#">FibriCheck</a>	A digital application, using the camera of a smart device for intermittent monitoring of arrhythmia. Also includes an AI supported clinician dashboard.		Y		Y	Y						Y
<a href="#">Isansys Lifecare</a>	A digital platform with wearable biosensor worn to enable continuous vital sign monitoring, including AF.	Y	Y	Y	Y	Y	Y					
<a href="#">Kardia</a>	Hand-held ECG device that connects to smartphone or smart watch and can provide instant diagnosis of AF.	Y	Y	Y	Y	Y					Y	Y
<a href="#">Zenicor</a>	Hand-held ECG device, Class IIa, for intermittent monitoring of arrhythmia, plus web-based service "ECG Doctor System".	Y	Y		Y	Y						
<a href="#">Zio Patch</a>	Ambulatory ECG service with wearable device for seamless monitoring up to 14 days. Includes AI-led processing & analysis and clinical reporting.	Y	Y		Y	Y		Y				

## Support for implementing Digital Tools

Your local AHSN is available to support and coordinate engagement with providers to assist with a better understanding of the suggested digital tools.

Please contact [here](#) for more information, including:

- A virtual demonstration of the solution.
- The most pertinent evidence for use of the solution.
- Advice and support for engaging with the Industry supplier.