Atrial Fibrillation (AFib) Treatment:
A Decision-Making Tool

What Is Shared Decision-Making?

You may have heard this term before. What does it mean? **Shared decision-making** simply refers to patients and healthcare teams working together to make healthcare decisions that reflect the patient's values and informed wishes, and the highest standards of medical care.

Shared decision-making is the best way to make sure that the patient's priorities are weighed into the treatment decision-making process, while empowering the healthcare team to provide guidance that is best suited to the patient's needs.

This decision-making tool is designed to help you work with your healthcare team to make the best decisions for you about your AFib treatment. Because there are several options for treating AFib, it's best to share a complete picture of your AFib with your healthcare team so you can make the right choices together for you. **Print it out, complete it in writing and take it with you to your appointment with your healthcare team.**

Name:

Date of Birth _____/_____/_____ (month/day/year) ❑ **Male** ❑ **Female**

Do you have any of these AFib symptoms?	**YES**	**NO**	**DATE**
Palpitations (sensations of an irregular heartbeat)			
Shortness of breath			
Weakness			
Chest pain			
Fatigue or tiredness			
Dizziness			
Lightheadedness			
Confusion			
Difficulty getting your breath when exercising			
Have you ever had any of the following medical conditions or procedures?			
Stroke or transient ischemic attack (TIA)			
Heart attack			
Heart failure			
Heart surgery			
Electrical shock treatment for your heart			
Ablation therapy			
Pacemaker implantation			
ICD implantation			
High blood pressure			
Thyroid problems			
Diabetes			
Has a healthcare professional ever told you that you have:			
Atrial fibrillation?			
Atrial flutter?			
Both?			
Does your irregular heart rhythm:			
Occur only occasionally?			
Happen constantly?			

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Name:			
Date of Birth _____/_____/_____ (month/day/year)	❑ Male ❑ Female		
Have you ever taken any of the following medications?	**YES**	**NO**	**DATE**
Antiarrhythmics (treat an irregular heartbeat)			
Beta blockers			
Sotalol			
Flecainide			
Propafenone			
Amiodarone			
Digoxin			
Other			
Antihypertensives (treat high blood pressure)			
Calcium channel blocker			
Other			
Anticoagulants (prevent blood clots)			
Warfarin			
Dabigatran (Pradaxa®)			
Rivaroxaban (Xarelto®)			
Apixaban (Eliquis®)			
Other			
Antiplatelets (prevent blood clots)			
Aspirin			
Clopidogrel			
Other			
Have you seen another healthcare professional about your condition?			
General practitioner/internist			
Hospital doctor			
Cardiologist			
Electrophysiologist			
Physician Assistant			
Nurse			
Have you ever had any of the following tests?			
Resting ECG			
Exercise ECG			
Event monitor			
Implantable monitor			
Echocardiogram			
Thyroid function blood test			
Any other blood tests			

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Questions to Ask Your Healthcare Team

One of the best ways to help you understand your treatment options is to ask your healthcare team questions about treatment specifics. Here are some sample questions you might consider asking:

- **What is probably causing my AFib?**
- **What diagnostic tests do I need?**
- **What treatment or treatments are best for me?**
- **Do I need to make changes to my diet? Are there any foods I should avoid?**
- **How much physical activity should I get? What kinds of activity would be right for me?**
- **What are my risks for AFib complications? Do I need to be screened for these, and if so, how often?**
- **Do I need to make changes to my treatment plans for other conditions I have?**
- **Are there any generic alternatives to the medications you're prescribing for me?**
- **Are prescription assistance programs available to me?**
- **Do I need to see a specialist? If so, will my insurance cover the cost? (Keep in mind that you may need to ask your insurance company directly about this.)**
- **How can I learn more about AFib? Are there any printed materials I can read, or websites that offer reliable information on my condition?**

Additional Resources

Mended Hearts
www.mendedhearts.org

National Stroke Association
www.stroke.org

Shared Decision Making Videos
www.va.gov/GERIATRICS/videos/video_medical_shared_decision_making_animation.asp
www.va.gov/GERIATRICS/videos/video_medical_shared_decision_making_for_clinicians.asp

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