

Quality of life of patients with atrial fibrillation

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ABSTRACT

Introduction: Atrial fibrillation (AF) is one of the most frequent arrhythmias. In Poland, there is a risk of developing AF in about 400,000 people. Atrial fibrillation occurs most frequently as a result of disorders of physiological automatism and afterdepolarization and triggered activity. The treatment strategy of AF is based on pharmacological treatment and procedures such as ablation or cardioversion. The quality of life as defined by the WHO is an individual perception of one's well-being. On the other hand, the assessment of the quality of life in illness is modified regarding health problems.

Purpose: The main goal of the study was to get to know the quality of life of people with atrial fibrillation.

Materials and methods: The research was carried out using a diagnostic survey, based on a survey

among 100 patients diagnosed with AF. The place of the research was the Regional Specialist Hospital in Biała Podlaska, in the Emergency Department.

Results: Increased morbidity was observed among women and people over the age of 60. The majority of patients with AF declared the quality of life at the medium level. The respondents most often followed medical recommendations. The majority of respondents did not follow healthy lifestyle rules, because as many as 68% of respondents did not do any physical activity and a significant part of the respondents smoked cigarettes and had an inflated BMI.

Conclusion: AF affects the quality life by causing sadness, irritation and insomnia.

Keywords: Patient, quality of life, atrial fibrillation, treatment.
