

What is Atrial Fibrillation ?

Atrial fibrillation is a heart condition that causes an irregular and often abnormally fast heart rate. A normal heart rate should be regular and between 60 and 100 beats a minute when you're resting.

Date: _____

My heart rate (pulse) is: _____ **BPM**

	Possible Atrial Fibrillation	Who to see?	How soon?
Yes		GP or Practice Nurse	Within 2 days
No		If your pulse is in the normal range, no action is needed.	If your pulse is in the normal range, no action is needed.

Notes:

Other

Your pulse in four steps

1

To assess your resting pulse rate in your wrist, sit down for 5 minutes beforehand. You will need a watch or clock with a second hand. Remember that any stimulants (such as caffeine or nicotine) taken before the reading will affect the rate.

2

Hold your left or right hand out with your palm facing up and your elbow slightly bent. (make sure to take your watch off!)

3

With your other hand, place your index and middle finger on your wrist, at the base of your thumb. Your fingers should sit between the bone on the edge of your wrist and the stringy tendon attached to your thumb. You may need to move your fingers around a little to find the pulse. Keep firm pressure on your wrist with your fingers to feel your pulse.

4

Count your pulse for 30 seconds, and multiply by 2 to get your heart rate in beats per minute. If your heart rhythm is irregular, you should count for 1 minute and do not multiply.



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