

Heart Rhythm Week



Maureen Chambers with Julie Gladman

On the 7th June, which is Heart Rhythm Week, Julie Gladman, Senior Sister along with other Cardiac Care Team members have been checking staff, patients and visitors pulses. A simple 15 second pulse check could save your life.

Atrial fibrillation (AF) is an irregular pulse and could be a sign that you have an abnormal heart rhythm. AF is one of the most common forms of abnormal heart rhythm and a major cause of stroke and pulmonary embolism (blood clot on the lung).

Normally, your heart's natural pacemaker sends out regular electrical impulses. AF happens when those impulses fire off from different places in the atria (the top chambers of the

heart) in a disorganised way. People with AF have an irregular and sometimes fast pulse.

What are the symptoms of Atrial Fibrillation? Symptoms can include:

- palpitation (being aware of your heart beat)
- tiredness
- shortness of breath
- dizziness or feeling faint

However, some people only have mild symptoms, while other people have no symptoms at all.

Julie Gladman said "I would encourage everyone, young or old to get checked for AF. The test takes just 15 seconds and if AF is detected patients can then receive timely and effective treatment that could save their life."