

# Afib Ablation: Pre and Post Procedure Management

## ● Role of the Nurse Educator

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NO CONFLICT OF INTEREST  
TO DECLARE

# Afib Nurse Educator

- The role of the Atrial Fibrillation Nurse Educator is to provide patients and their families detailed information about the ablation procedure- this allows them to make an informed decision about pursuing this plan of care.

# Overview

- Assist physician in establishing that patient is an appropriate candidate for AF ablation
- Pre-Procedure Education
- Post-Procedure Education
- Follow-up/ Management of Patient

# Evaluation of a New Patient

- Afib Nurses assist in obtaining health and medication history on new patients
- Discuss with patient their motivation for pursuing ablation

# Frequent Reasons for Pursuing Ablation

- Symptoms- can be debilitating
  1. Fatigue
  2. Shortness of breath with mild exertion
  3. Lightheadedness/ Dizziness
  4. Palpitations or elevated heart rate

# Frequent Reasons for Pursuing Ablation

- Desire to discontinue medications used to treat atrial fibrillation
  1. Oral Anti-Coagulants
  2. Antiarrhythmic Medications
  3. Rate-Controlling Medications

# Frequent Reasons for Pursuing Ablation

- Quality of life- overall improvement in lifestyle without fear of arrhythmia





# Pre-Procedure Education

- ⦿ Medication instructions
- ⦿ Anesthesia
- ⦿ Length of procedure
- ⦿ Bed Rest
- ⦿ Length of stay in hospital
- ⦿ Restrictions following discharge

# During the Procedure

- Patients placed under general anesthesia and closely monitored by an anesthesiologist
- Catheter insertion into large veins in both sides of groin
- When ablation is finished, catheters removed and pressure applied to prevent post-op bleeding

# After the Procedure

- Close monitoring in recovery room
- Approximately 6 hours of bedrest to prevent bleeding from groin sites
- At least one overnight stay in hospital

# Post-Procedure Education

- Medication instructions
  1. OAC for minimum of 3 months
  2. Possible continuation of AAD
- Lasix + Potassium as needed
- Carafate + Protonix

# Post-Procedure Education

- Activity

1. No strenuous activity or lifting >10 lbs for the first 7 days

- Symptoms

1. Chest discomfort or soreness
2. Fluid retention- swelling of extremities or abdomen, SOB, weight gain
3. Fatigue
4. Possible palpitations or arrhythmia during inflammatory phase

# Post- Procedure Education

- Follow Up

1. Instruct patient on use of event monitor
2. To be used weekly and as needed if patient is experiencing symptoms
3. First follow-up appointment encouraged 6-8 weeks after ablation

# Follow Up

- The Afib Nurse follows patients closely for the first year post-ablation
- Encourage frequent phone/email contact
- Act as a liaison between patient and EP physician

Thank you!