

## Using the Fibrichk App

### **1. Should I contact the hospital or my GP if I have an issue with using the APP?**

No. Neither the hospital nor your GP will be able to help with enquiries about this heart rhythm check.

For further information and guidance on using Fibrichk, go to

[Fibrichk - How to measure your heart rhythm - YouTube](#)

For more help and advice using the App please contact Fibrichk directly. You can call the UK Fibrichk support number on 01273 092051 or email [support@fibrichk.com](mailto:support@fibrichk.com)

### **2. Where can I find out more information about AF?**

A range of useful resources and information about AF are available online at:

[www.hearhythmalliance.org/afa/uk/patient-resources](http://www.hearhythmalliance.org/afa/uk/patient-resources)

[Home - AF Association - UK \(hearhythmalliance.org\)](http://Home - AF Association - UK (hearhythmalliance.org))

You can also contact the AF Association for general advice by emailing [info@afa.org.uk](mailto:info@afa.org.uk) or calling 01789 867502.

The British Heart Foundation also run support groups for patients with cardiac problems:

[Support groups - British Heart Foundation \(bhf.org.uk\)](http://Support groups - British Heart Foundation (bhf.org.uk))

### **3. What should I do if I feel unwell?**

If you become unwell you should contact your GP or seek emergency care in the usual way. If you have been prescribed Fibrichk your GP should have discussed the symptoms you need to be aware of and when you might need to seek emergency Help.

Call 999 if:

You have sudden chest pain that:

- spreads to your arms, back, neck or jaw
- makes your chest feel tight or heavy
- also started with shortness of breath, sweating, and feeling or being sick
- lasts more than 15 minutes

You could be having a [heart attack](#). Call 999 immediately as you need immediate treatment in hospital.

#### **4. *What if I don't have a smart mobile phone?***

You can only take part if you have access to a compatible smartphone or smartwatch with mobile data or internet connectivity.

FibriCheck does not support measurements taken by a tablet because it cannot guarantee the quality of these measurements.

If you can find the FibriCheck App in the Apple App Store or Google Play Store on your smartphone, this means the app is compatible with your phone.

If you cannot find the FibriCheck App, your smartphone is not compatible.

You can also ask a relative or friend to download the App on your behalf if they are able to help you take two measurements every day

#### **5. *What happens after my 7- day monitoring has finished?***

At the end of your FibriCheck monitoring, you will be emailed an access-protected link to a comprehensive report detailing your results, along with educational information and measurement statistics. You can find this report in the FibriCheck App within the 'report' section. This report will also be shared with the clinical team at Your GP Practice to help inform any clinical decision making. You will be able to see from your report if your results are normal. If so, no further action or follow up from the GP will be needed. Please contact the GP again if you continue to experience symptoms.

If your report shows that an abnormal heart rhythm has been detected, the nurse or doctor will decide if further investigation is required and will contact you. Your GP should explain their process to you when discussing whether or not to use the App.

Access to your report will be available via the FibriCheck App.

The GP will have access to your seven-day report but may not store a copy on your file if all your results are normal, so you should keep a copy for your own information.

#### **6. *What are the signs and symptoms of AF?***

It is very common that people with AF are asymptomatic, meaning that they notice no symptoms at all.

Some people experience an irregular heart rhythm every now and then, rather than regularly or constantly.

Some people may have a normal heart rhythm and then suddenly get an abnormal one, this is known as paroxysmal atrial fibrillation

Both frequent and infrequent irregular heart rhythms carry the same risks and therefore both require frequent and regular checks.

Palpitations (being aware of your heartbeat) are a common symptom of AF. People with palpitations often say it feels as if their heart is jumping all over the place. Other symptoms you may experience if you have AF include:

- **tiredness and being less able to exercise**
- **breathlessness**
- **feeling faint or lightheaded**
- **chest pain**

**If you notice any of these signs or symptoms, please see your GP as soon as possible.**

Call 999 if:

You have sudden chest pain that:

- spreads to your arms, back, neck or jaw
- makes your chest feel tight or heavy
- also started with shortness of breath, sweating, and feeling or being sick
- lasts more than 15 minutes

You could be having a heart attack. Call 999 immediately as you need immediate treatment in hospital.

## **7. What can I do to reduce my risk?**

You can reduce your risk of AF by maintaining a heart-healthy lifestyle. This includes:

- getting regular physical activity [Get active - Better Health - NHS \(www.nhs.uk\)](#)
- eating a heart-healthy diet which is low in salt, saturated fats, trans fats and cholesterol [The Eatwell Guide - NHS \(www.nhs.uk\)](#)
- managing high blood pressure [High blood pressure \(hypertension\) - NHS \(www.nhs.uk\)](#)
- avoiding excessive amounts of alcohol and caffeine [Drink less - Better Health - NHS \(www.nhs.uk\)](#)
- not smoking [Quit smoking - Better Health - NHS \(www.nhs.uk\)](#)
- controlling your cholesterol [High cholesterol - NHS \(www.nhs.uk\)](#)
- maintaining a healthy weigh [Lose weight - Better Health - NHS \(www.nhs.uk\)](#)