



## Atrial Fibrillation Action Plan/and Checklist

Keep this Plan/and Checklist handy so you can track your medications, lab work results, upcoming appointments, and more. Bring it with you each time you visit your doctor so you can discuss any concerns or questions you may have. Follow up with your doctor as advised. Contact your doctor if you have any questions or concerns about Atrial Fibrillation.

### Medical Provider Contact Information

#### Primary Care Physician

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

#### Cardiologist

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

#### Atrial Fibrillation can:

- Increase risk of stroke
- Increase risk of heart failure

#### Contact your provider if you experience:

- Palpitations (heart fluttering, skipping or quivering)
- Chest pain, pressure, or tightness
- Dizziness, lightheadedness, confusion
- Increased tiredness when resting or when active
- Increased swelling of feet and ankles
- Anxiety
- Shortness of breath
- Difficulty breathing when lying down
- Sudden weight gain

#### Call 911 immediately if you have any of these signs of a stroke:

- Sudden onset of a severe headache
- Weakness or numbness of face, arm, or leg especially if on one side of the body
- Difficulty speaking, understanding, or being understood
- Sudden onset of confusion or dizziness
- Trouble walking or seeing

#### Lifestyle Changes to incorporate:

- Maintain or lose weight
- Present weight \_\_\_\_\_ Goal Weight \_\_\_\_\_
- Take medications as prescribed and at the designated times
- No smoking
- Avoid alcohol
- Avoid or limit caffeine
- Exercise
- Limit salt
- Eat a heart-healthy diet or diet suggested by physician

Contact your doctor if you have any questions or concerns about Atrial Fibrillation.

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### Medications

Name	Dosage	Reason	Possible side effects

### Goals

Maintain anticoagulant levels with lab work as ordered by healthcare provider.

Prescribed goal \_\_\_\_\_

Lab name and phone number \_\_\_\_\_

Appointment	INR value	Appointment	INR Value

Keep follow-up appointments with both primary care provider and cardiologist.

Primary Care Physician	Appointment	Cardiologist	Appointment

Keep blood pressure <120/80

Date	Value	Date	Value	Date	Value