



ORAL PRESENTATION

Monitoring of anticoagulation in a Family Health Unit: time in therapeutic target in atrial fibrillation

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Abstract

Introduction: Atrial fibrillation (AF) increases the relative risk of stroke five times. It is estimated that in the Portuguese population above the age of 40, the prevalence of AF is 2.5%, reaching values of 10% from 80 years and older. This study aims to characterize anticoagulated patients due to AF and their time in therapeutic range in Salvador Machado Family Health Unit.

Methods: A survey requesting sociodemographic information and INR values was applied to all participants. Time in therapeutic range was calculated by the Rosendaal method. Time in therapeutic range was compared to values reported in previous studies. Statistical tests were used to test the relation between time in therapeutic range and sociodemographic and clinical variables.

Results: 72 patients were included in the analysis, with median age of 78 years; 68.1% were male. Average time in therapeutic range was 58%. It was even lower in the group with less than one year of treatment (although the difference did not meet statistical significance). We found no significant statistical association between time in therapeutic range and studied variables (AF duration, anticoagulation length, age, gender, level of education, existence of caregiver support). Time in therapeutic range in this study is inferior to the one found in study APOLO I (65.3%), but not different from the 55.2% reported in ROCKET-AF study ($p=0.014$ and $p=0.332$, respectively).

Conclusion: These results reflect the need to focus on improving the monitoring of patients anticoagulated with vitamin K antagonists, both at the patient and at the health care service level.

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