

最新心房顫動治療指引及 ABC 治療路徑

New AF guidelines and ABC pathways in AF management

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Since patients with atrial fibrillation (AF) usually had multiple comorbidities, a more holistic and integrated approach to AF management has been proposed to improve clinical outcomes in patients with AF.

This integrated approach is directed at stroke prevention, better symptom management, and to tackle other cardiovascular risk factors/comorbidities (eg. hypertension) aiming to reduce AF-related mortality, morbidity and hospitalizations. This can streamline decision-making for a holistic approach to AF management in an integrated manner, proposed as the ABC (Atrial fibrillation Better Care) Pathway:

- **'A' Avoid stroke** with Anticoagulation, i.e. well-managed warfarin (time in therapeutical range [TTR] >65-70%) or non-Vitamin K antagonist oral anticoagulant (NOAC);
- **'B' Better symptom management** with patient-centred symptom-directed decisions for rate or rhythm control;
- **'C' Cardiovascular risk and comorbidity management** (blood pressure control, heart failure, cardiac ischaemia, sleep apnoea, etc.) as well as lifestyle changes (obesity reduction, regular exercise, reducing alcohol/stimulants, psychological morbidity, etc.).

With the focus on patient-centred management, explanation using the simple ABC concept can also lead to improved understanding and disease awareness among patients, better knowledge about their conditions and the priorities of management. Different healthcare professionals managing the AF patient can also discuss the management based on the A, B and C pillars of the ABC pathway.

The beneficial effect on clinical outcomes of ABC pathway adherent management, against non-ABC adherent care, have been consistently shown in different settings. The ABC pathway is now included within guidelines from American College of Chest Physicians, the Korean national AF guidelines, the 2020 European AF guidelines, and 2021 Asia Pacific Heart Rhythm Society.