

Atrial fibrillation webinar Resources

How to detect & manage atrial fibrillation (AF):

'Lifestyle changes to help treat AF'

– Patient Information Leaflet – <https://www.digihealthwell.co.uk/wp-content/uploads/2021/02/AF-PIL.pdf>

Alivecor – <https://heartrhythmalliance.org/afa/uk/shop-online/#alivecor-kardia>

NHS apps library <https://www.nhs.uk/apps-library>

Couch to 5k – <https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k>

AF Association – <https://www.heartrhythmalliance.org/afa/uk>

Arrhythmia Alliance – <http://www.heartrhythmalliance.org>

STARS (Syncope Trust And Reflex anoxic Seizures) – <https://www.heartrhythmalliance.org/stars/uk>

Digital opportunities for your care - what are they?

Know My Beat app – <https://www.virtualhealthshed.com/know-my-beat>

Know My Heart app – <https://www.virtualhealthshed.com/know-my-heart>

Manage your health app

Apple App Store – <https://apps.apple.com/gb/app/manage-your-health/id1039817165>

Google Play Store – https://play.google.com/store/apps/details?id=com.keele.vpil&hl=en_GB&gl=US

NHS app – <https://www.nhs.uk/apps-library/nhs-app>