

- The **AF Manager** and **My AF** apps were developed by the CATCH ME consortium of which the ESC is a partner



**C**haracterising  
**A**Fib by  
**T**ranslating its  
**C**auses into  
**H**ealth  
**M**odifiers in the  
**E**lderly

- **CATCH ME** brings together the expertise of leading academic institutes and professional societies to improve the care of patients with Atrial Fibrillation.



CATCH ME is funded by the European Union's Horizon 2020 research and innovation programme under grant agreement No 633196  
<http://www.catch-me.info>

## NEW Apps for Atrial Fibrillation

**FREE**  
Apps

Revolutionise your clinical decision-making and patient management



For healthcare professionals



For patients

- Connect to your patients' data
- Improve face-to-face time
- Remotely monitor symptoms



# Apps that will improve continuity of care, documentation of treatment and empower patients



## For Professionals...

who treat patients with Atrial Fibrillation, including cardiologists, general practitioners, hospital doctors, nursing and allied health staff

### What does it do?

- > Provides an interactive educational platform to help characterise patients
- > Evaluates risk of stroke and bleeding
- > Catalogues symptoms and quality of life over time
- > Suggests guideline-recommended treatment options from the ESC Clinical Practice Guidelines on Atrial Fibrillation 2016

### Why use it?

- > Includes a Treatment Manager education tool that **integrates patient data**
- > Patients update and share data through their "My AF" app before consultation, **optimising face to face time**
- > Option to consult patient data between patient appointments



## For Patients...

with Atrial Fibrillation

### What does it do?

- > Provides an educational resource for patients with AF, including information about the condition, stroke risk, common treatments and lifestyle improvements
- > Records symptoms and quality of life over time
- > Allows patients to record their individual characteristics and share this information with a nominated healthcare professional

### Why recommend it?

- > Patient education can **improve self-care**, long-term outcomes and adherence to therapy
- > The educational material in the patient app was **written by patients and the ESC AF Guidelines Task Force**, supported by the British Heart Foundation

Tell your patients to **download it!**



Download  
**FREE** of charge



More information, including education tools at  
[www.escardio.org/AF-apps](http://www.escardio.org/AF-apps)

