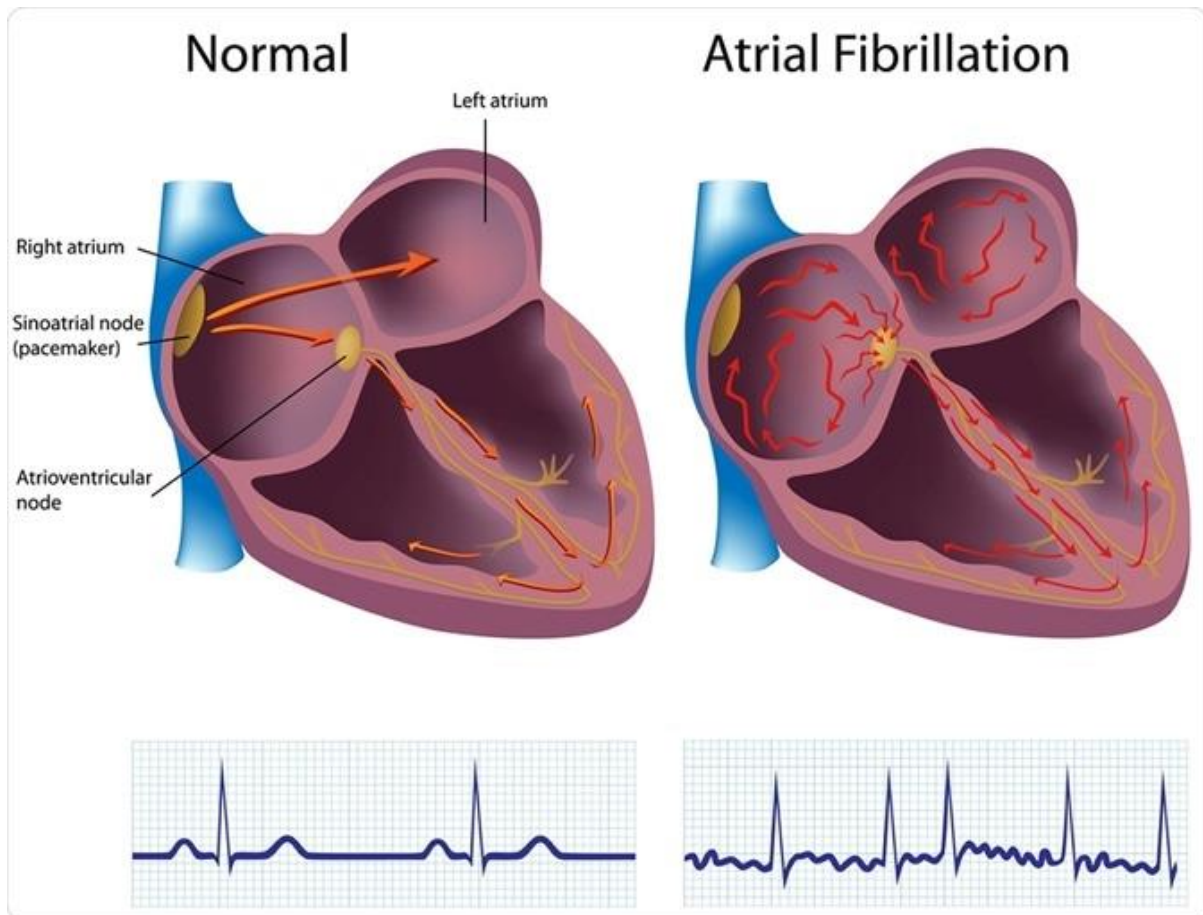


So here we are again with my **12th blog on Medical Emergencies.**

Atrial Fibrillation (A/F)



Atrial fibrillation is a heart condition that causes an irregular and often abnormally fast heart rate.

A normal heart rate should be regular and between 60 and 100 beats a minute when you're resting.

You can measure your heart rate by checking your pulse in your wrist or neck.

Symptoms of atrial fibrillation

In atrial fibrillation, the heart rate is irregular and can sometimes be very fast. In some cases, it can be considerably higher than 100 beats a minute.

This can cause problems including dizziness, shortness of breath and tiredness.

You may be aware of noticeable heart palpitations, where your heart feels like it's pounding, fluttering, or beating irregularly, often for a few seconds or, in some cases, a few minutes.

Sometimes atrial fibrillation does not cause any symptoms and a person who has it is completely unaware that their heart rate is irregular.

When to see a GP

See a GP or call 111 if:

- you have chest pain that comes and goes.
- you have chest pain that goes away quickly but you're still worried.
- you notice a sudden change in your heartbeat.
- your heart rate is consistently lower than 60 or above 100 (particularly if you're experiencing other symptoms of atrial fibrillation, such as dizziness and shortness of breath)

It's important to get medical advice to make sure it's nothing serious.

Source: www.NHS.UK/conditions/atrial-fibrillation

Thank you and stay healthy. Please visit my webpage as I provide the necessary, 1 day emergency First Aid at Work courses, needed for the qualification of Fencing Coaches.

www.evexiatraining.co.uk

