

FICHE-CONSEILS

Préparation à une investigation - Clinique AOC

Centre intégré
de santé
et de services sociaux
de l'Outaouais

Québec

NURSING BRANCH

CA-5 De Novo AF

Subject

Atrial fibrillation (AF) is a heart rhythm disorder caused by the electrical activity of the small upper chambers of the heart, called atria. This dysfunction causes irregular atrial contractions – a phenomenon called atrial fibrillation – and makes the contractions of ventricles, the lower parts of the heart, more frequent and irregular. It is therefore not surprising that the heart pumps less efficiently in the presence of AF. As a result, blood flow is slow or stagnant in some parts of the heart. This can lead to the formation of blood clots in these areas, increasing the risk of stroke associated with AF.



Description

Following your medical consultation, you were referred to the Clinique AOC (Accueil et Orientation Clinique) for a quick cardiology examination in accordance with the predetermined medical protocol. The examination includes blood tests, an electrocardiogram and possibly a Holter monitor. The clinical nurse will conduct a health assessment and an analysis of your test results. If atrial fibrillation is present, you will then be referred to a cardiologist, on the same day of your appointment if necessary or you will be given a later appointment within a set timeframe.

Instructions for users

The Clinique AOC administrative officer will contact you within the time prescribed by your doctor for initial care: A (1-4 business days). Your exams will be scheduled in the hospital centre in your region – Hull, Gatineau, Buckingham, Maniwaki or Shawville where the exams are available. The administrative officer will inform you of the steps you need to take, the date of your appointment and the necessary preparation for your exams. Make sure you are available within the quick timeframe prescribed by your doctor. The Clinique AOC can be reached at 819-966-6127 Monday to Friday from 7:30 a.m. to 3:30 p.m. during business days.

Additional information

If you experience palpitations that last longer than a few minutes and that occur frequently, a loss of consciousness or a feeling of dizziness, a marked and persistent difficulty breathing, or chest pain, you should seek help at an emergency department.

Inspired from Passeport santé at www.passeportsante.net, edited by Dr. Ian Barrette, AOC Medical Coordinator