

# Mobile health technology supported rehabilitation for patients with atrial fibrillation

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<b>Registration date</b> 15/06/2022	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 08/08/2023	<b>Condition category</b> Circulatory System	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Atrial fibrillation (AF) is a heart condition that causes an irregular and often abnormally fast heart rate. It is an increasing global epidemic and public health challenge. Guideline-recommended integrated care based on the ABC (atrial fibrillation better care) pathway for 'general' patients with AF improves clinical outcomes. The ABC pathway refers to the following: Avoid stroke, Better symptom control, and Cardiovascular risk and comorbidity management, and it has been recommended in updated guidelines for the management of AF. The inappropriate prescription of oral anticoagulants (OACs) is common. Many AF patients are not anticoagulated according to their CHA2DS2-VASc risk score. Mobile Health (mHealth) and other innovative technologies are proposed for arrhythmia management. Nonetheless, mHealth-supported guideline-recommended treatment adoption in routine clinical care needs to be further clarified and adapted to the patient's risk profile and specific patient groups (e.g., for patients receiving drug treatment only, AF ablation, or left atrial appendage occlusion [LAAO]). This study aims to investigate whether mHealth technology-supported structured follow-up rehabilitation packages adapted to patient risk profiles and different treatment patterns (e.g., for patients receiving drug treatment only, AF ablation, or LAAO) will improve guideline adherence and reduce the risk of adverse cardiovascular events.

### Who can participate?

Patients aged 18 years and over with AF

### What does the study involve?

Participants will use the mobile Atrial Fibrillation Application (mAFA III) for the management of AF. The follow-up report and recommendation based on the updated patient's profile will be generated by mAFA III and proposed for the patients at 1, 2, 3, 6, 9, and 12 months to facilitate safe drug use, predict AF recurrence, and propose lifestyle modification to decrease the risk for recurrence after ablation. The patients will be followed up for adherence to the guideline-recommended treatment and cardiovascular events at 12 months.

What are the possible benefits and risks of participating?

Possible benefits to participation may include improved disease knowledge, timely communication with doctors, and the improvement of treatment adherence. This study does not involve any known physical risks or harm.

Where is the study run from?

Sixth Medical Center, Chinese PLA General Hospital (China)

When is the study starting and how long is it expected to run for?

July 2020 to May 2024

Who is funding the study?

National Natural Science Foundation of China

Who is the main contact?

Dr Guo Yutao, guoyutao@301hospital.com.cn

## Contact information

### Type(s)

Principal investigator

### Contact name

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## Additional identifiers

### Clinical Trials Information System (CTIS)

Nil known

### ClinicalTrials.gov (NCT)

Nil known

### Protocol serial number

Nil known

## Study information

**Scientific Title**

Structured rehabilitation for patients with atrial fibrillation based on an integrated care approach: a prospective, observational cohort study

**Acronym**

SRAF Registry

**Study objectives**

It is hypothesized that mobile health technology-supported structured follow-up rehabilitation packages adapted to patient risk profiles and different treatment patterns (e.g., for patients receiving drug treatment only, atrial fibrillation [AF] ablation, or left atrial appendage occlusion [LAAO]) will improve guideline adherence and reduce the risk of adverse cardiovascular events.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Approved 16/03/2021, Beijing Central Medical Ethics Committee of Chinese PLA General Hospital (6 Fucheng Road, 100048, Beijing, China; +86(0)10 66937166; Zhangyi@hz.com), ref: HZKY-PJ-2021-13

**Study design**

Prospective observational cohort study

**Primary study design**

Observational

**Study type(s)**

Other

**Health condition(s) or problem(s) studied**

Atrial fibrillation

**Interventions**

In this prospective, observational cohort study, patients with atrial fibrillation aged  $\geq 18$  years will be enrolled using the mobile Atrial Fibrillation Application III for self-management. Assuming an annual rate of composite outcome of "ischemic stroke or systemic embolism, all-cause death and cardiovascular hospitalization" of 29.3% for non-ABC pathway compliance compared with 20.8% for ABC pathway compliance, at least 1475 patients would be needed to detect the outcome of the A, B and C components of the ABC pathway, assuming a withdrawal rate of 20% in the first year. The primary endpoint is adherence to guidelines regarding the A, B and C components of the ABC pathway. Ancillary analyses will be performed to determine the impact of the ABC pathway using smart technologies on the outcomes among the 'high-risk' population (e.g.,  $\geq 75$  years old, with multimorbidities, with polypharmacy) and the application of artificial intelligence machine-learning AF risk prediction management in assessing AF recurrence. Patients with an AF burden who are taking anticoagulants will be monitored by photoplethysmography (PPG) and ECG technologies. Whether patients had compatible smart devices or experienced cardiovascular events, as well as the influence of mAFA III system support in reducing the heterogeneity of guideline adherence among primary care and Class I, Class II and III hospitals, is also assessed.

## **Intervention Type**

Other

## **Primary outcome(s)**

Adherence to guidelines based on the ABC pathway and its individual components, measured with questionnaire or telephone or clinic visit at 1 year

## **Key secondary outcome(s)**

Measured with questionnaire or telephone or clinic visit at 1 year:

1. The composite of stroke/thromboembolism, allcause death and rehospitalization:
  - 1.1. The thromboembolism endpoint includes ischaemic stroke, transient ischaemic attack (TIA), pulmonary embolism, deep vein thromboembolism (DVT), and other thromboembolisms (e.g., peripheral embolism, atrial thrombus and left atrial appendage thrombus)
  - 1.2. Allcause death will include cardiac death, vascular death and noncardiovascular death
  - 1.3. Cardiac death includes death caused by STsegment elevation myocardial infarction/nonST segment elevation myocardial infarction (STEMI/NSTEMI), heart failure (HF), arrhythmia, cardiac perforation/tamponade and other deaths of cardiac origin
  - 1.4. Vascular death will include death ascribed to ischaemic stroke, haemorrhagic stroke, systemic haemorrhage, peripheral embolism and pulmonary embolism
  - 1.5. Rehospitalization for cardiovascular events will include stroke, systemic thromboembolism, angina, STEMI/NSTEMI, HF, and arrhythmia
2. AF recurrence after 3 months following AF ablation
3. Compliance with guideline-recommended antithrombotic management for patients undergoing LAAO or ablation plus LAAO
4. Event rates: event rate for the composite of ischaemic stroke/TIA and systemic thromboembolism, HF, cardiovascular death or rehospitalization for any cardiac cause
5. Quality of life

## **Completion date**

01/05/2025

## **Eligibility**

### **Key inclusion criteria**

1. Patients aged  $\geq 18$  years old
2. Patients had  $>30$ -s AF on a 12-lead resting electrocardiogram or Holter
3. Patient informed consent form is signed

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Lower age limit**

18 years

**Sex**

All

**Key exclusion criteria**

1. No ECG of AF is recorded
2. No informed consent is provided

**Date of first enrolment**

01/05/2021

**Date of final enrolment**

31/05/2023

**Locations****Countries of recruitment**

China

**Study participating centre**

Sixth Medical Center of Chinese PLA General Hospital

6 Fucheng Road

Haidian District

Beijing

China

100048

**Sponsor information****Organisation**

Sixth Medical Center, Chinese PLA General Hospital

**Funder(s)****Funder type**

Government

**Funder Name**

National Natural Science Foundation of China

**Alternative Name(s)**

Chinese National Science Foundation, Natural Science Foundation of China, National Science Foundation of China, NNSF of China, NSF of China, National Nature Science Foundation of China, Guójiā Zìrán Kēxué Jījīn Wěiyuánhùi, , NSFC, NNSF, NNSFC

### Funding Body Type

Government organisation

### Funding Body Subtype

National government

### Location

China

## Results and Publications

### Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are not expected to be made available due to the ethics.

### IPD sharing plan summary

Not expected to be made available

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Protocol article</a>		31/07/2023	08/08/2023	Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes