

Digital Resources for Atrial Fibrillation (AF)

The purpose of this document is to provide an overview of digital resources to support staff for the implementation of the [Proactive Care Frameworks](#). This list has been developed for local systems to access guidance and information on validated resources available.

Living with Atrial Fibrillation:

- [What is AF?](#)
- [Common causes and treatments for AF](#)

Starting anticoagulation:

- [Anticoagulant medications videos](#)
- [Starting anticoagulation with Jack](#)
- [NHS information on anticoagulants](#)

Peer Support

Support and conversations with others living with AF. ([CLICK HERE](#) – then type Atrial Fibrillation (or AF) into search function)

Health and wellbeing resources

Diet:

- [NHS Advice on eating well](#)
- [Advice and guidance on losing weight](#)
- [NHS advice on lowering cholesterol levels](#)

Exercise:

- [Getting active around the home](#)
- [Dance to health](#)
- [Tips to get active](#)

Smoking cessation:

- [NHS support for smoking cessation](#)

Alcohol:

- [Heart UK alcohol guidance](#) & [NHS Drink Less guidance](#)

Wellbeing and Mental Health:

- [Every Mind Matters](#)