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Using Mobile-Based Technology to Screen for Atrial Fibrillation in India

Apurv Soni
University of Massachusetts Medical School

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Using Mobile-Based Technology to Screen for Atrial Fibrillation in India

Apurv Soni
MD-PhD Candidate
Clinical and Population Health Research
University of Massachusetts Medical School
Disclosure

I have no actual or potential conflict of interest in relation to this presentation
Pathophysiology of Atrial Fibrillation

1) The sinus node, the heart's natural pacemaker, triggers every heartbeat by sending an electrical signal.

2) ...to both atria (top chambers of the heart). The atria contract and pump blood into the ventricles (bottom chambers of the heart).

3) The atrioventricular node is the "gateway" between the atria and ventricles. It controls the flow of electrical signals to the ventricles and can slow down these electrical signals if necessary.

4) The two branches of the bundle of His (special heart muscle cells) help to conduct the electrical signals to the walls of the ventricles.

5) Ventricles contract.

When the heart beats in a normal rhythm (known as 'sinus rhythm'), blood flows freely through its chambers.
Pathophysiology of Atrial Fibrillation

Risk Factors:
- Increasing age
- Hypertension
- Diabetes
- Valvular disease
- Previous MI
- Heart surgery
- Thyroid problems
- Sleep apnea
- Alcohol use
- Genetic disposition

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Progression of Atrial Fibrillation

“Lone” AF

Development of AF risk factors

SR

paroxysmal

persistent

permanent

AF

ECV

ECV

remodeling

Progression of AF risk factors

Clinical detection level of AF risk factors

Years

+5

+10

+15

+20

Wyse, 2014, JACC

May 20, 2016  Atrial Fibrillation in Rural India
Atrial Fibrillation: Why do we care?

In the US, the prevalence is projected to be more than doubled by 2050.

Today 5.1m

2050 12.1m

In Europe:

People with AF

5.1 million in US

4.5 million in Europe

One in four adults aged over 40 develops AF in their lifetime.

Atrial fibrillation and the risk of stroke

Normal Heart

Atrial Fibrillation

Stroke

x5

WWW.FCMCME.ORG || HEARTOFSTROKE.ORG || Friberg, Stroke, 2014 || Camm, Eur Heart J, 2012
Atrial Fibrillation: Why do we care?

- Accounts for one-third of all strokes
- Stroke is often the first “symptom”
- Stroke caused by atrial fibrillation is more debilitating and lethal
Atrial Fibrillation: Why do we care?

- Accounts for one-third of all strokes
- Stroke is often the first “symptom”
- Stroke caused by atrial fibrillation is more debilitating and lethal

Anticoagulation treatment among people with atrial fibrillation can reduce stroke risk by 2/3 and mortality risk by 1/3
Conventional Wisdom about Global Epidemiology of Atrial Fibrillation

Results from “The Lancet Global Burden of Disease Study 2010” – A Systematic Review

Percent deaths attributable to atrial fibrillation and flutter by region, 2010

Chugh, 2014, Circulation
Conventional Wisdom about Global Epidemiology of Atrial Fibrillation

Results from “The Lancet Global Burden of Disease study 2010” – A Systematic Review

Requires EKG

- Lack of resources
- Lack of routine EKG testing
- Out of pocket healthcare costs

Chugh, 2014, Circulation
India: A Perfect Storm for Atrial Fibrillation

Risk Factors:
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Leading causes of death in India and the number of lives lost

<table>
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<th>RANKING</th>
<th>1990</th>
<th>2013</th>
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<td>10</td>
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<table>
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<tr>
<th>Death (in lakh)</th>
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<td>7.58</td>
</tr>
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<tr>
<td>2.62</td>
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<tr>
<td>2.38</td>
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</tbody>
</table>

India staring at killer lifestyle epidemic

Warning Bells: More people dying of lifestyle diseases than infections; experts for policies to promote healthy living

Source: Global Burden of Disease Study 2013
India: A Perfect Storm for Atrial Fibrillation

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Disability Adjusted Life Years for Rheumatic Heart Disease (WHO 2004)
Burden of Stroke in India

3 Indians suffer a stroke every minute, don’t know it

Size of each country is proportional to number of deaths due to stroke
The Known Unknown: Atrial Fibrillation Epidemiology in India

“The paucity of data was particularly striking for India: only one relatively small-scale study qualified for inclusion in this review.”

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- 1995 study in a tribal Himalayan village
- Found 0.1% prevalence
  - Single-point screening
  - 94% of participants < 65 years old
The Known Unknown: Atrial Fibrillation Epidemiology in India

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Barriers:
- Out of pocket healthcare costs
- Lack of routine EKG tests

Overcoming Barriers with Mobile Technology

iPhone ECG application for community screening to detect silent atrial fibrillation: A novel technology to prevent stroke

Jerrett K. Lau 4, Nicole Lowres 2,3, Lis Neubeck a,b,c, David B. Brieger a,c, Raymond W. Sy a, Connor D. Galloway a, David E. Albert a, Saul B. Freedman a,b,c

May 20, 2016

Atrial Fibrillation in Rural India

PULSE-SMART: Pulse-Based Arrhythmia Discrimination Using a Novel Smartphone Application

DAVID D. MCMAHON M.D., B.S.M., F.H.R.S. 1,2,3, JO WOON CHONG PH.D. 2, APURVA SONI B.S. 2, JANE S. SACZYNSKI PH.D. 1,2, NADA ESA M.D. 1, CRAIG NAPOLITANO M.D. 1, CHAD E. DARLING M.D., S.C.M. 4, EDWARD BOYER M.D., PH.D. 4, ROCHELLE K. ROSEN PH.D. 5, KEVIN C. FLOYD M.D., M.S., F.H.R.S. 1 and KI H. CHON PH.D. 8

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Overcoming Barriers with Mobile Technology

Letters to the Editor

iPhone ECG application for community screening to detect silent atrial fibrillation: A novel technology to prevent stroke

Jerrett K. Lau, Nicole Lowres, Lisa Neubeck, David B. Brieger, Raymond W. Sy, Connor D. Galloway, David E. Albert, Saul B. Freedman, Atrial Fibrillation in Rural India

Device | N  | Sensitivity | Specificity |
---|---|---|---|
PULSE-SMART | 104 | .97 | .94 |
ALIVECOR | 204 | .98 | .97 |

May 20, 2016
SMART-India Feasibility Study
Smartphone Monitoring for Atrial fibrillation in Real-Time - India

RAHI (pathfinder) - SATHI (partnership): UMMS-CAM collaboration

Randomly recruited 353 participants for the screening study

Soni, NIH-IEEE, 2015 || Soni, Lancet-Global Health (Review)
SMART-India Feasibility Study
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Screened participants for five consecutive days using Alivecor and PULSES

- 118 participants did not receive Alivecor screening (device malfunction)

Of the 235 remaining participants
- 85% completed four or more screenings

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- 85% completed four or more screenings

12 participants screened positive for atrial fibrillation (based on gold-standard of 1-lead EKG reading by a Cardiologist)

- Prevalence: 5.1% (2.7 – 8.7%)

PULSESsmart app was less accurate in this setting in comparison to our US clinical study (AUC = 0.67 vs 0.90)

RAHI (pathfinder) - SATHI (partnership): UMMS-CAM collaboration
SMART-India: Ongoing Activities

Smartphone Monitoring for Atrial fibrillation in Real-Time - India

Recipient of 2016 Office of Global Health Pilot Project Grant

AIM 1: Evaluate the epidemiology of atrial fibrillation in Gujarat, India

• Screen 2,000 people from rural and urban regions three times in 1 week
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AIM 3: Determine the performance of two mobile technologies for community-based atrial fibrillation screening
• Leverage existing workforce of community health workers
• Modify PULSE-SMART to develop Automated Novel AF Non-invasive Detection (ANAND) App for community-based screening in India*
• Compare performance with gold-standard 12-lead EKG tests

* NIH-R03 and Indian Dept. of Biotechnology Grant in Review
Challenges conventional wisdom that atrial fibrillation is a condition disproportionately affecting individuals in North America, Europe, and other high-income countries.
SMART-India: Implications

Challenges conventional wisdom that atrial fibrillation is a condition disproportionately affecting individuals in North America, Europe, and other high-income countries

Highlights the need for improved surveillance in low and middle-income countries
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Highlights the need for improved surveillance in low and middle-income countries.
SMART-India: Future Steps

- Implementation of community-based atrial fibrillation screening program using mobile technology
SMART-India: Future Steps

- Implementation of community-based atrial fibrillation screening program using mobile technology
- Guidelines for initiation and monitoring of anticoagulation treatment
Parting Thought

“What efforts can we take to ensure that some of these very interesting and practical solutions that we make do not remain inaccessible to the people who need it the most...

Because nothing can be more shameful than to have a solution available in 2016, but only accessible to the people who need it in 2076.”

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Because nothing can be more shameful than to have a solution available in 2016, but only accessible to the people who need it in 2076.”