

51<sup>st</sup> CARDIOCON 2022: ABSTRACT**ANTICOAGULANT TREATMENT AT A SPECIALIZED OUTPATIENT ANTICOAGULATION SERVICE, A DESCRIPTIVE STUDY**

**Siddra Ahmed Khan<sup>1</sup>, Saeed Ullah Shah<sup>1</sup>, Muhammad Asad Ali Saleem<sup>1</sup>, Yusuf Hassan<sup>1</sup>, Asaad Akbar Khan<sup>1</sup>, Kashif Jan<sup>1</sup>, Muhammad Abdul Azeem<sup>1</sup>, Hira Mahmood<sup>1</sup>**

<sup>1</sup>Cardiology Department, Shifa International, Islamabad, Pakistan

**Objectives:** ACR (Anticoagulation registry aims to record information about the health status of their registered patients and the health care they receive over varying periods for a particular disease requiring anticoagulation. (e.g., Warfarin, Novel Oral Anticoagulants, and Parenteral Heparins). It's the male and female prevalence and the mean age the patients are presenting in. Further, to foresee the development of a nationwide Anticoagulation network which will provide a nidus for developing specific disease-based registries.

**Methodology:** A retrospective observational study of 1695 registered patients in the ACR since 2018. The registered patient's data was analyzed using SPSS version 23.0. Variables so far defined and analyzed were demographic distribution, gender, age, indications for anticoagulation.

**Results:** There were 799 (47.1%) female and 896 (52.86%) male patients requiring anticoagulation with a mean age of (54.37 +/- 17.79 SD) years. The primary indication for anticoagulation in our registry was Thrombosis and Thromboembolism 787/1695 patients (34.90%), Cardiac prosthesis 540/1695 patients (24.06%), Atrial Fibrillation and Atrial Flutter 486 patients (21.50%). 266/1695 (11.81%) are in the registry as they have Rheumatic Heart disease requiring anticoagulation .55/1695 (2.44%) of patients are registered with us due to Intra-cardiac devices implantation requiring anticoagulation—the remaining anticoagulation needed due to other reasons, which were cardiac and non-cardiac as well. The proportion of females with atrial fibrillation was significantly higher than male patients, 33.6% vs. 24.5% (p=0.000). Moreover, in Age distribution, most patients are between 61 years to 70 years of age. Geographically most of the patients are from the Punjab Province.

**Conclusion:** ACR annual report will allow healthcare professionals to see which disease requiring anticoagulation is prevalent in our setup. It illustrates different approaches to anticoagulation therapy. Registry further informs how the patients responded to anticoagulation, the safety with which the anticoagulation was terminated after treatment of the disease in short-duration anticoagulation cases, and the outcome of patients in lifelong anticoagulation cases. Currently, we are working on how to store the data on the disease-specified target range. This will help us establish the importance of ACR in anticoagulation management.

**Keywords:** anticoagulation, atrial fibrillation, Pakistan

**Citation:** Khan SA, Shah SU, Saleem MAA, Hassan Y, Khan AA, Jan K, Azeem MA, Mahmood H. Anticoagulant Treatment at a Specialized Outpatient Anticoagulation Service, a Descriptive Study. Pak Heart J. 2022;55(Supplement1):S7. <https://doi.org/10.47144/phj.v55iSupplement1.2423>

**Corresponding Author:** Siddra Ahmed Khan, Cardiology Department, Shifa International, Islamabad.