

## Joint Working

### Executive Summary

#### Project title

NHS Highland

‘Evaluation of post stroke arrhythmia monitoring technologies (R-TEST) to allow appropriate use of oral anticoagulant therapy’

#### Project partners

NHS Highland  
Daiichi Sankyo UK Ltd

#### Start date

March 2019

#### Project summary

NHS Highland and Daiichi Sankyo UK Ltd have entered into a joint working project entitled ‘Evaluation of post stroke arrhythmia monitoring technologies (R-TEST) to allow appropriate use of oral anticoagulant therapy’.

This project aims to detect paroxysmal atrial fibrillation (PAF) in patients admitted with stroke to reduce the risk of recurrent stroke by the appropriate use of oral anticoagulation. There are two stages to the project. The first stage will be to establish post stroke arrhythmia monitoring protocols at the Highland stroke unit using R-TEST technology (R test is a small unobtrusive automatic ECG (heart tracing) recorder which will be worn for 7 days). This will involve protocol development and dissemination via close working between the stroke unit and the cardiac physiology service. Protocols will comply with relevant national and international guidelines. Second stage will involve reliable routine monitoring of appropriate patients. All patients who meet the inclusion criteria (i.e. patients with cryptogenic stroke with no contraindication to anticoagulation) will be included. Monitoring of the use of technology, any delays to reporting results, and communication with the stroke team will ensure the provision of a responsive clinical service. Patient numbers, clinical outcomes (e.g. AF detected or not, and new prescription of oral anticoagulants) will be reported.

This project will allow NHS Highland to meet the current national guidelines for monitoring patients following a stroke. The expectation is that up to 16% of patients with cryptogenic stroke will have PAF and will be suitable for anticoagulation. These patients will be identified while inpatients and a consultant led decision about oral anticoagulation made before the patient is discharged. This will reduce future stroke risk with an expected associated reduction in readmission to hospital and saving of bed days.

### **Expected benefits to patients, the NHS and NHS Highland**

This project will enable detection of paroxysmal AF in some patients and appropriate initiation of oral anticoagulation therapy. NHS Highland will also benefit from achieving national standards of care (post stroke monitoring) which was highlighted as a deficiency in a recent national review.

The benefit of this project for Daiichi Sankyo is increase in reputational profile, and the opportunity to work in partnership with the NHS, in which the overall aim is to improve the health and well-being of patients with atrial fibrillation through improved detection and management of the condition.

It is anticipated as part of the project that more patients may be treated with a pharmaceutical product. This may include but is not exclusive to products manufactured by Daiichi Sankyo.

### **Project outcomes:**

Reduced secondary care stroke risk and better QOL

Reduction in bed days: a gross reduction of between 143-312 bed days and savings of between £57,200 and £124,800 each year

Reduction of 5–12 secondary strokes/year in NHSH population

Estimated annual net saving of £70,621.57