

# Is Your Finger On The Pulse?

## Be Part of AAWW 2010: June 7th -13th

**Hold a Pulse Check Clinic** - Pulse Check Your Friends and Family – using the A-A Pulse Check sheets, help those close to you to become more 'pulse aware' and monitor their pulse during AAWW. Email or send your results with us, sharing any previously undetected arrhythmias discovered that week.

**Write to your MP** asking them to promote the importance of procedural pulse checks and encourage local constituents to download the Pulse Check Card.

**Share your story** - Patient stories are an important way of getting the message out there. And this is where we really need your help. If you were diagnosed with an arrhythmia by having your pulse checked, your story could help to reinforce the importance of this simple health check procedure.

**Fundraise** with a coffee morning, raffle, sponsored event, cake sale, quiz, ball or dinner.



**Send a letter to your health authorities** to find out what they are doing about pulse checks in their area.

**Hold a display** with a Display Pack at a hospital, clinic, GP surgery or community centre with a selection of information and promotional items.

**Find Out More at:**

[www.knowyourpulse.org](http://www.knowyourpulse.org)

or contact

[jo@atrialfibrillation.org.uk](mailto:jo@atrialfibrillation.org.uk)

**Post Posters and leave leaflets with a GP Pack** - Distribute booklets and promotional items to local medical centres, schools, libraries, GP surgeries, leisure and community centres.

## Did You Know?



The Atrial Fibrillation Association (AFA) and Arrhythmia Alliance (A-A) provide Department of Health endorsed resources including Pulse Check Cards. You can access these either via the web site through contacting Jo Jerrome: +44 (0) 1789 451837 for free paper copies or download them from our web site: [www.knowyourpulse.org](http://www.knowyourpulse.org)

The AFA web site at [www.atrialfibrillation.org.uk](http://www.atrialfibrillation.org.uk), also offers medically approved booklets, toolkits and fact sheets.

Published January 2010

[www.atrialfibrillation.org.uk](http://www.atrialfibrillation.org.uk)

[info@atrialfibrillation.org.uk](mailto:info@atrialfibrillation.org.uk)