

Finding Atrial Fibrillation In Stroke Patients – A Multicenter Randomised Evaluation Of Enhanced And Prolonged Holter Monitoring (Find-AF randomized- Trial)



Purpose: To evaluate if enhanced (dedicated ECG lab analysis) and prolonged Holter monitoring would detect AF more often than GL standard AF detection (≥ 24 -hour continuous ECG Monitoring) in patients with ischemic stroke.

Trial Design: Randomized 1:1, controlled, multicenter trial. Patients were 60 years of age and older with a history of ischemic stroke and were within 7 days or less of the onset of ischemic stroke symptoms. They were in sinus rhythm at admission and had no AF history. Randomized within a median time of 3 days from stroke symptoms. Repeated 10-day Holter-ECG monitoring (0, 3, 6 months). N= 398.

Primary Endpoint: New A Fib or flutter of ≥ 30 seconds found within 6 months and before the recurrence of stroke. **Secondary:** AF and recurrent stroke after 12 months

Trial Results	6 months	P	AF 12 months	P	Stroke 12 months	P
Intensive Monitoring	13.5%	0.002	13.5%	0.02	2.5%	0.28
Standard-of-care Monitoring	4.5%		6.1%		4.5%	

Conclusions: For this patient population, intensive 10-day Holter-ECG monitoring was better than standard-of-care for AF detection.

