

SNAPPS WRITTEN ASSIGNMENT TEMPLATE

What is the self-directed learning issue that was identified in your oral presentation?

Correlation between COPD and a-fib

Research the self-directed learning issue and provide a summary of your findings fully supported by appropriate, scholarly, EBM references.

During clinical, I worked with young and adult populations. They visit for annual wellness visits, acute or chronic illness, surgical clearance, weight management, and long-term care. These populations have different diagnoses. Several patients come with DM, HTN, HDL, cardiac dysrhythmia (A-fib), urine infection, weight management, anxiety, and depression. Researching the relationship between COPD and a-fib is interesting. Many studies show that people with COPD develop cardiac arrhythmias, especially a-fib (Chen, W. et al., 2015).

It is very challenging to motivate and encourage the patient to change their lifestyle, especially to quit smoking if needed, exercise, and healthy eating.

As per another study, COPD is the third leading cause of death by 2030. A-fib is another high mortality risk factor that causes stroke, CHF, and death. These two high-risk disorders in combination cause serious causes of mortality. COPD patients are at higher risk of developing cardiac dysrhythmias, especially a-fib (Rodriguez, M. et al., 2019).

Several observational studies show that the use of aspirin in COPD patients reduces mortality and exacerbation of COPD. Aspirin's mechanism of action shows local and systemic pulmonary effects by suppressing circulatory inflammatory marker IL-6 and C-reactive protein (Bakshi, A. et al., 2021).

A patient who has COPD frequently reported atrial fibrillation. A-fib is the most reported arrhythmia with COPD. Sympathetic activity alters cardiac structure, immune dysfunction, inflammation, and oxidative stress causing A-fib in COPD patients. Drugs