

Waitematā – Te Toka Tumai Auckland AAA/AF SCREENING RESEARCH PROJECT

(Abdominal Aortic Aneurysm/Atrial Fibrillation)

PARTICIPANT INFORMATION SHEET ABDOMINAL AORTIC ANEURYSM SCREENING

This free scan for Abdominal Aortic Aneurysm (you say “*ann you rizz em*”; often shortened to AAA or ‘triple-A’) is being offered along with other tests as part of a research study looking at the benefits of screening for AAA in Pacific women.

You have been invited as you are a Pacific woman in the age range we are interested in.

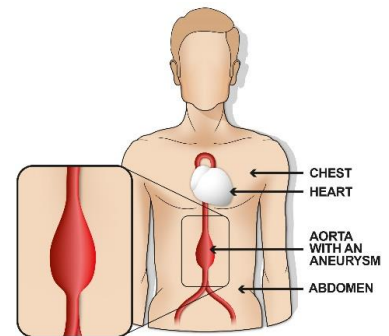
The aorta is the main blood vessel running from your heart to your tummy button. It is normally about as wide as your thumb. In older people, particularly smokers, part of it can enlarge and balloon out. This is an ‘abdominal aortic aneurysm’.

Why should I have a test for AAA?

Most people who have an AAA don’t feel unwell and it is very difficult for your doctor to detect an AAA. Recently in New Zealand we found that Māori men and women and Pacific men have high rates of AAA. We are now investigating to see if this is also true for Pacific women.

The test for an AAA is an ultrasound scan that you will only have to do once in your life. This is similar to the ultrasound scans for women in pregnancy. The scan measures the size of your aorta. The scan is painless, safe and reliable and the scan itself takes about 10 minutes. At the end of your scan the technician will tell you your result.

We will also send your results to your doctor.



(Image courtesy of NHS UK)

Possible Results

	<p>Normal Aorta</p> <p>Most people are reassured that they have a normal aorta and do not need any more tests.</p>
	<p>Small Aneurysm</p> <p>If your aorta is slightly enlarged, you will be referred to Vascular Services at Auckland City Hospital. This free appointment will be <u>within 12 weeks</u>.* You may be offered regular follow up scans.</p>
	<p>Large Aneurysm</p> <p>If your aorta is very large it may need surgery to repair it. You will be referred to an appointment at Vascular Services at Auckland City Hospital <u>as soon as possible</u>.*</p>

About 20- 40 out of every 1,000 people have an aneurysm detected and are either sent on for regular checks (if the AAA is small) or given an appointment with a doctor to discuss treatment – usually an operation (if the AAA is large).

* All follow up treatment is free

***You must be eligible for New Zealand publicly funded health services**

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PARTICIPANT INFORMATION SHEET ATRIAL FIBRILLATION (AF) SCREENING

What is Atrial Fibrillation?

Atrial fibrillation (AF) is a common irregular heart rhythm; more than 80,000 New Zealanders have it. Sometimes people can feel it when their heart beat goes 'funny' and can feel sick or dizzy. Other people have no idea that their heart beats irregularly. Not all unusual heart rhythms are AF.

Why screen for AF?

Having AF increases your chance of having a stroke. Taking medication to control the AF will reduce this risk. This part of the research project is to see how many Pacific women have undiagnosed AF.

How do you screen for AF?

The test itself takes one minute using just your fingertips! AF can be quickly and reliably detected through a simple screening device attached to an app on a mobile phone. The chance of having AF increases as we get older; a normal result today is great news though your doctor may test you again in future.

What other tests will we do?

We will also take your blood pressure and check your height and weight. Your smoking history is also of interest to our research, so we will ask how long people have been smoking for or if you are an ex-smoker. If you want to quit smoking we can help with that.

General information about the Pacific AAA Screening Project

Screening is a choice; you do not have to give a reason if you don't want to join. This will not change any future health care treatment from your doctor or anyone else. You can choose to have the AAA scan only.

What happens to the information and my screening results?

Your screening results will be sent to your usual doctor. Summarised results from all participants will be used in presentations about the study but no information that identifies you will be used.

What information will we be collecting?

Your consent form will be kept in a locked cupboard and destroyed after 10 years. No information that could personally identify you will be seen by anyone except the people involved in this study and your GP clinic.

Who is doing this study?

Waitematā DHB and Auckland DHB are working with local GP clinics on this study. This study has received ethical approval from Northern B Health and Disability Ethics Committee (Ref 19/NTB/227).

Where can I get advice or support?

Research team contacts

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If you want to talk to someone about this research who is not involved in the study (and not your doctor), you can contact an independent health and disability advocate. Phone: 0800 555 050 advocacy@advocacy.org.nz

* All follow up treatment is free

***You must be eligible for New Zealand publicly funded health services**