

## Perioperative use of $\beta$ -blockers reduce the risk of developing postoperative AF in patients undergoing CABG

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Atrial fibrillation is the most common heart rhythm disorder. Postoperative Atrial Fibrillation (POAF) is often self-limiting, but it may require anticoagulation therapy and either a rate or rhythm control strategy. AF has been reported in up to 15 to 40% of patients in the early postoperative period after CABG. In patients undergoing CABG, the consistent use of  $\beta$ -blockers was associated with a lower risk of long-term mortality and composite cardiac and cerebrovascular events.  $\beta$ -blockers administration reduces the incidence of POAF from 30-40% to 12-16% after CABG. In the European Society of Cardiothoracic Surgery 2006 guidelines the perioperative use of  $\beta$ -blockers is recommended as the first choice in all patients undergoing CABG, unless otherwise contraindicated. Retrospective data were collected for consecutive 400 patients treated with isolated CABG between August 2017 and October 2017. According to the standard guidelines all patient undergoing CABG should receive  $\beta$ -blockers on immediate postoperative period that is within 24 hours. So, those patients who received  $\beta$ -blockers on the day of surgery or the following morning met the standard guidelines. Thus, according to the data 32% of the patients met the standard guideline. The rate of AF was significantly higher in those who were without  $\beta$ -blockers in their postoperative period. In patients undergoing CABG, the consistent use of  $\beta$ -blockers is associated with a lower risk of long-term mortality.  $\beta$ -blockers significantly reduce the incidence of AF after CABG. Considerable attention must also be focused on understanding and improving  $\beta$ -blocker use at perioperative period.

### Biography

Mohammad M R Miah has completed his MRCS in 2016 from Royal College of Surgeons of England. He is working in Surgery as a middle grade Surgeon under NHS England. He has completed multiple audits and quality improvement project as a lead Auditor and presented in many national and international conferences.