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## Perioperative nursing care of 259 patients with atrial fibrillation undergoing percutaneous left atrial appendage occlusion

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**Background:** Percutaneous left atrial appendage closure (PLAAC) recommended to atrial fibrillation patients who is at high risk of bleeding or inconvenience while treating with long-term oral anticoagulation.

**Aims:** To summarize the observation and nursing measures of 259 patients with non-valvular atrial fibrillation undergoing PLAAC.

**Methods:** In order to achieve the best therapeutic effect, preoperative and postoperative care of the treatment technology is particularly important. We set up the norms and the nursing manual of observation and complications: (1) fully preoperative evaluation, discussion and psychological nursing and preoperative preparation, especially atrial thrombosis screening; (2) well formulated for strict post-operative observation and electrocardiograph (ECG) monitoring, prevention and nursing of complications and anticoagulation therapy; (3) set up post-operative education, detailed discharge guidance and regular follow-up.

**Results:** Through careful treatment and care, 259 patients were discharged after 5-10 days hospitalization. Peri operational period, 4 cases (1.5%) developed serious complications, among them, 3 cases (1.2%) were delayed cardiac tamponade which were cured by pericardial drainage, and the other 1 considered as air embolism who recovered later with no treatment. During a mean follow-up of  $(25.9 \pm 7.9)$  months, all patients adhere to medical order well and had no occluder displacement shedding, thromboembolism and severe bleeding complications.

**Conclusion:** The best therapeutic effect of PLAAC is strongly associated with preoperative and postoperative training of nursing staff and the development of standard nursing procedures, as well as the establishment of observation and nursing manuals for complications. This study may provide nursing practice information for this new type of interventional therapy.

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