

## Atrial fibrillation after open heart surgery: a comprehensive review

Atrial fibrillation is a condition involving an abnormally elevated heart rate and irregular rhythm, and it is a common complication after open heart surgery. While the exact cause is unknown, postoperative atrial fibrillation is associated with an increased risk of death, hospital readmission, and stroke. There are many treatment options available for cardiac patients with atrial fibrillation, but there are no consensus treatment guidelines. This article is a comprehensive review of the pathophysiology, risk factors, diagnosis, and treatment of atrial fibrillation after open heart surgery. Focused nurse education regarding the care of patients with atrial fibrillation is presented. In the USA, there are more than 640,000 cardiac surgeries each year, and almost a third of these are complicated by postoperative atrial fibrillation. Management of patients with atrial fibrillation requires follow-up and continuity after hospital discharge to reduce readmission rates and mortality. Nursing interventions, including nurse teaching, management, and care regulation, have been proven to improve outcomes in cardiac patients with atrial fibrillation. It is important for nurses to be well informed about this common and costly surgical complication and the role nursing plays in its treatment.