factors in AF would allow for rapid clinical assessment and appropriate patient education and referral.

**Objective:** This study aimed to develop a risk factor score to assess health behaviors among AF patients from physician and patient perspectives. The differences among physician and patient reported risk were evaluated to determine potential gaps in patient and provider communication.

**Methods:** At the East Carolina Heart Institute and University of Arkansas for Medical Sciences, patients completed the East Carolina University AF Behavioral Risk Factor Assessment System. This comprehensive battery assessed for AF symptoms, American Heart Association’s Life’s Simple 7, and associated AF specific behavioral risk factors as reported by patient and clinical cardiologist.

**Results:** 110 patients were enrolled in the study. Mean (SD) age of patients was 69 (10.18) years, 38.2% of the sample was female (n = 42), and most patients identified as White (71.8%) or Black (26.4%). Of all patients enrolled, no patients received a risk factor score of “0,” indicating that all patients had at least one potentially manageable AF risk factor. The total risk factor scores from both the patient (M = 9.39, SD = 3.82, range = 2-19) and the provider (M = 9.94, SD = 3.37, range = 2-18) were calculated. The patient and provider scores were found to be statistically different, p = .04. Approximately half of our sample had a BMI greater than 30 kg/m², two-thirds of the sample maintaining a poor diet, and only one-fourth of the sample reported engaging in weekly physical activity recommendations.

**Conclusion:** AF patients in two university clinics demonstrated high rates of lifestyle burden potential for risk factor management. The AF behavioral risk score can provide a “behavioral CHA₂DS₂-VASc” that proved successful at providing an efficient risk score. Behavioral risk assessment should be integrated into routine cardiac care for a patient-centric approach to AF management.

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**ABSTRACT CA-536:**

**Acute and Long-Term Outcomes after Pulsed Field Ablation for the Treatment of Atrial Fibrillation**

Sunday, May 1, 2022

1:00 PM - 2:00 PM

**CA-536-01**

**PULSED-FIELD ABLATION BASED PULMONARY VEIN ISOLATION: ACUTE SAFETY AND EFFICACY IN A MULTI-CENTER REAL WORLD SCENARIO**

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**Background:** Pulsed-field ablation (PFA) is a new energy source to perform pulmonary vein isolation (PVI) by targeted electroporation of cardiomyocytes. Integrated into a single-shot device, PFA has the potential to increase efficacy and safety of PVI compared to thermal energy sources.

**Objective:** To assess feasibility, efficacy and safety of PFA for index PVI in a multi-center real world setting.

**Methods:** Consecutive patients with symptomatic paroxysmal or persistent atrial fibrillation (AF) underwent PVI using the PFA ablation catheter (Farawave®, Farapulse Inc, Menlo Park, CA, USA) at two high-volume ablation centers. The left atrium was accessed by a single transseptal puncture and PVs were located by selective PV mapping. 3D voltage mapping of the left atrium was performed before and after PVI.

**Results:** A total of 110 patients (mean age 67±12 years, 62% male, 61% persistent AF) were included. PVI was achieved in all patients by deploying 3567 applications in 435 PVs (8.4±3.1 per vein). Disappearance of PV signals after the first of eight applications was demonstrated in 433/435 PVs (99%). More than eight PFA applications were applied in 23/435 PVs (0.5%) due to difficulties in positioning (3x left superior PV, 7x right superior PV, 7x right inferior PV) or due to reconnection after remapping (2x LIPV, 3x RSPV, 1x RIPV). Mean procedure time was 81±23 minutes including pre- and post PVI high-density voltage mapping. PF catheter left atrial dwell-time was 27±10 min. Left atrial dwell-time reduced from 40 to 24 min during the first 50 procedures at UHZ. Total fluoroscopy time was 16.6±9.2 minutes with a dose area product of 749±79 cGy·cm². One periocardial tamponade occurred independent of PFA applications and two minor groin complications. No other complications occurred, especially no phrenic nerve palsy, stroke, hemoptysis, atrio-oesophageal fistula or acute symptomatic PV stenosis.

**Conclusion:** In this multi-center real world setting, pulsed field ablation achieves effective pulmonary vein isolation with low complication rates.

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**CA-536-02**

**PULSED FIELD ABLATION FOR PAROXYSMAL AND PERSISTENT ATRIAL FIBRILLATION USING AN OPTIMIZED BIPHASIC WAVEFORM: REAL CLINICAL DATA FROM SINGLE CENTER**

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**Background:** Catheter ablation of atrial fibrillation (AF) using thermal energies such as radiofrequency or cryotherapy is associated with indiscriminate tissue destruction. Pulsed field ablation (PFA) with adapted sub-second electric - fields create pores in cell membranes - caused irreversible electroporation. Analysis contained Farawave™ catheter PFA in single center high-volume center.

**Objective:** To evaluate a novel, focal PFA catheter in real clinical practice for catheter ablation paroxysmal and persistent AF.

**Methods:** Ablation was performed using proprietary biphasic bipolar PFA waveform with in two different configurations: basket and flower for PV isolation (in 2+2 after rotating strategy) and flower for posterior wall ablation. In the case of posterior wall ablation we navigate the catheter by integration of CT and fluoroscopy system. The index procedure was performed in deep sedation, intravenous atropin was administered prior PFA application.

**Results:** 179 patients (118 M/ 61 F), average age was 63.2±10.9 years; BMI 28.9±4.4 underwent procedure for paroxysmal AF (145 pts) and for persistent AF (34 pts). All PVs were acutely isolated with PFA ≤4.2 min elapsed delivery/ patient, skin-to-skin procedure time for paroxysmal AF was 26.8±8.9 min and fluoroscopy time of 7.11±5.4 min. For persistent AF skin-to-skin procedure time was 53.3±17.2 min and fluoroscopy time was 7.4±4.9 min. There were no significant adverse event: including phrenic nerve and esophageal injury, PV stenosis. During mean 3.6 months follow-up the freedom from arrhythmia was 98.1 + 4.8 % by repeated Holters and ECGs.

**Conclusion:** In these very first real clinical series of patients when PFA was used for the patients out of clinical studies, Farawave™ catheter proved very high effectivity allowing to facilitate ultra-rapid ablation procedure with excellent durability and safety.