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数据“说”心房颤动

心房颤动是临床最常见的心律失常,预防心房颤动患者发生卒中是心血管领域的重中之重。而全面了解心房颤动的流行病学现状及治疗情况可以为其预防和控制提供决策支持。

◆ 总体情况

2020—2021年,一项对中国22个省、自治区直辖市114 039名居民的分层多阶段抽样调查结果显示,中国>18岁的居民心房颤动患病率为1.6%,其中男性(1.7%)高于女性(1.4%),农村(1.7%)高于城市(1.6%),中部地区(2.5%)高于西部地区(1.5%)和东部地区(1.1%)。

◆ 脑卒中发生情况

中国心房颤动患者总体脑卒中患病率为24.8%,其中瓣膜性心房颤动患者总体脑卒中患病率为26.9%、非瓣膜性心房颤动患者为24.2%。

◆ 抗凝药物治疗情况

中国心房颤动注册研究结果显示,CHA₂DS₂-VASc评分≥2分、1分、0分的心房颤动患者口服抗凝药物治疗比例分别为36.5%、28.5%、21.4%;三甲医院抗凝药物治疗率为9.6%~68.4%,非三甲医院为4.0%~28.2%;调查就诊于三家三甲医院的患者发现,入院后诊断为心房颤动的患者中仅24.41%接受符合指南规范的抗凝药物治疗。

◆ 射频导管消融手术情况

国家心律失常介入质量控制中心资料显示,2009—2021年,全国射频导管消融手术量从45 363例增加到210 609例,呈持续迅猛增长态势,年增长率为13.2%~17.5%。目前,心房颤动患者射频导管消融仍以环肺静脉电隔离为主,占射频导管消融手术总量的60.2%。

(来源:《中国心血管健康与疾病报告2022》)



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