Accuracy of Indoneisan National Program Self Pulse Palpation (MENARI) For Detecting Atrial Fibrillation in General Population

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Introduction: Early detection of atrial fibrillation (AF) is important because AF is often asymptomatic and its first manifestation may be a disabling stroke. MENARI (Self Pulses Assessment) is national program to detect atrial fibrillation, but as far as we know, there was no study in Indonesia to measure its accuracy.

Methods: A total of 176 subject’s (≥50 Yo) were collected from high risk patient’s in Yayasan Jantung Indonesia Malang raya, after brief information by Resident of cardiology and vascular medicine, All participants were individually interviewed with a structured questionnaire for collecting baseline characteristic and Mini-Mental State Examination (MMSE) score. Each participant underwent 2 methods of screening: a 60-second radial pulse-check; 12-lead electrocardiogram (AF diagnosed by cardiologist). Subjects unable to find the pulse were excluded (7,9%). We compared self pulse palpation with ECG for it’s accuracy for detecting atrial fibrillation.

Result: The mean age of this subjects were 53,8±10,9 Yo. We found 26,7% patient’s with AF and 74,4% subject’s were female. AF commonly found among lower MMSE score than sinus rhythm (Mean 28,2,23±0,42 vs 28,7±0,75 respectively, p<0,000). We found that participant’s were unable to find their pulse had significant lower MMSE score than participant’s were able to find their pulse (27,68±0,25 vs 28,45±0,48 respectively, p<0.000). Sensitivity of MENARI was 66,7% (95% confidence interval [CI], 64%-72%). It’s specificity was 69% (95% CI, 66%-72%). The positive likelihood ratio was 2.16, while the negative likelihood ratio was 0,48.

Conclusion: In this study, we suggest that pulse palpation has relatively lower sensitivity and specificity for detecting atrial fibrillation. We need added some clinical scoring to increase their accuracy.