



The SAFER Trial – Screening for Atrial Fibrillation with ECG to Reduce stroke

Belford Medical Practice took part in the SAFER Trial, a research trial about screening for atrial fibrillation (irregular heartbeat) to reduce

the risk of stroke.

Researchers at the University of Cambridge want to find out if a national screening programme for atrial fibrillation:

- is possible
- will prevent strokes
- is good value for money

Eligible patients aged 70 years and over received an invitation letter from us in the post. A total of 296 patients from the practice consented to take part in the trial.

Participants were randomly allocated into one of two groups: control or screening. Those in the screening group were invited to screen for atrial fibrillation at home using a hand-held ECG monitor, 4 times a day over 3 weeks (see ECG device below).



The trial has now completed recruitment and is in the long-term follow-up phase, collecting outcome data via relevant electronic health records until 2028.

A word from the SAFER research team:

“Thank you to everyone who consented to join the SAFER trial – we are very grateful for your valuable contribution in helping us to answer our research question.

Final trial results will be available in late 2028. In the meantime, updates on the SAFER trial will be posted to our website www.safer.phpc.cam.ac.uk.”