

A REVIEW ON ATRIAL FIBRILLATION AND ITS RELATED ANALYSIS

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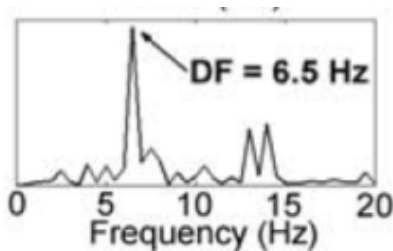
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Graphical abstract



Abstract

Atrial fibrillation (AF) has been widely stated as the most common arrhythmias (irregularities of heart rhythm) which could lead to severe heart problem such as stroke. Many studies have been conducted to understand and explain its mechanism by analyzing its signal, in either time domain or frequency domain. This paper aims to provide basic information on the AF by reviewing relevant papers. Overall, this paper will provide review on the underlying theory of AF, AF mechanism as well as the common relevant signal processing steps and analysis.

Keywords: Arrhythmias, atrial fibrillation, signal processing

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1.0 INTRODUCTION

The heart is one of the main human organs since it plays an important role in the cardiovascular system to pump blood throughout the human body for oxygen supply [1, 2]. For a normal healthy person, the heart could work normally and producing a normal sinus rhythm or heartbeat at the range of 60-100 beats per minute [1, 3]. In reality, irregularities of the heart rhythm occurred on many people, especially those who did not practice healthy lifestyle. The heart rhythm can either be too slow (known as bradycardia, less than 60 beats/minute) or too fast (known as tachycardia, more than 100 beats/minute) [1, 4, 5]. These irregularities of the heart rhythm are known as arrhythmias [1, 4-6].

Atrial fibrillation (AF) has been widely stated as the most common arrhythmias, specifically as a supraventricular tachycardia, in which it often produces fast and irregular heartbeats [1, 7-9]. There are three types of AF, namely paroxysmal, persistent and permanent [1, 5, 10]. Paroxysmal AF is AF which occurs occasionally, i.e. spontaneously terminated

within 7 days, while persistent AF is one that does not stop by itself, i.e. sustained more than 7 days, but will stop if medication or cardioversion is given to help the heart return to its normal rhythm [1, 5, 11-14]. On the other hand, the permanent AF is present all the time and cannot be fixed with either medication or cardioversion [1, 5, 14, 15].

Currently, AF has been paid concern for its major cause of stroke and progressively increasing burden worldwide [1, 16-29]. For instance, a research recently done on US adult population had projected that the prevalence of AF cases will increase from 5.2 million in year 2010 up to 12.1 million in year 2030, showing the seriousness of AF epidemiology [10]. A person with lone AF might have no symptom at all [14]. However, AF patients often will experience similar symptoms as people with other types of heart problems, such as shortness of breath, heart palpitation and fatigue [1, 5]. The risk of getting AF includes factors like age, gender, and influence by other diseases such as hypertension, diabetes and increased BMI [1, 5, 16, 17, 19, 21, 22, 24-26, 28-30].

2.0 AF TREATMENT

There are three main approaches for AF treatment. First, through medication. Since AF is associated with chaotic heart activity [31, 32], antiarrhythmic drugs will be given as medication to regulate the heart rhythm or decrease the fibrillatory waves frequency in the surface ECG so that it could return to normal rhythm [1, 5, 14, 16, 29, 33-35].

Next, through surgical. This is commonly used to implant the pacemaker or implantable defibrillator invasively on the cardiac wall to help replace the function of the malfunction sinus node (the natural pacemaker of the heart) to regulate the heartbeat [16, 29].

Another approach for AF treatment is the non-surgical approach, which includes electrical cardioversion as well as catheter or radiofrequency (RF) ablation. Electrical cardioversion refers to the use of electricity apply on the patient chest using either paddles or patches to help reset the normal electrical conduction system of the heart. Ablation on the other hand is performed using catheter to burn the tissue suspected as the source of activation for AF [1, 36].

Catheter ablation (CA) has been a more preferable method for patients with paroxysmal and persistent AF due to about 40% higher of significant freedom rate when compare to antiarrhythmic drug treatment [1]. Besides that, CA approach could also help decrease the risk of patient getting stroke and heart failure [1]. Ablation at AF activation sites help increase the AF cycle length, means longer period, lower frequency, and help terminate paroxysmal AF [37]. Thus, CA has been widely recognized as either the first or second line treatment option for AF [38-40]. Figure 1 shows the catheter ablation insertion. The site of ablation is usually focused in the left atrium (LA) and pulmonary vein (PV) region as shown [1].

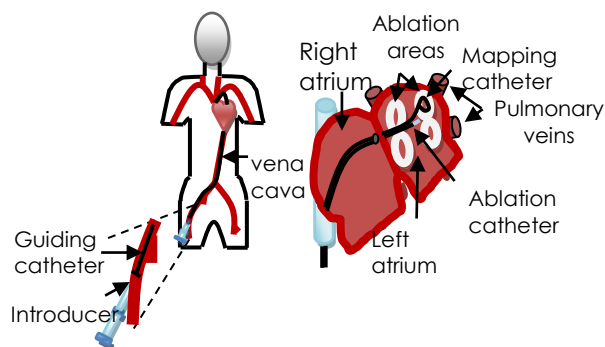


Figure 1 Catheter ablation insertion [1]

Pulmonary vein isolation (PVI) which refers to the electrical isolation of the pulmonary veins (PVs) from the atria guiding CA, has been claimed as a potentially successful treatment for paroxysmal AF [37, 41-48]. This is due to the ability of PVs generating ectopic beats that initiate AF in majority paroxysmal

AF patients [44, 49]. However, PVI is less effective for other types of AF such as persistent AF [48, 50]. Other researchers have presented another type of ablation procedure called the stepwise ablation [51]. J. Zhao *et al.* have applied stepwise linear ablation in their study and reported it as a better ablation approach without PV isolation that could produce higher ablation outcome and decrease PV stenosis risk [52].

In current, anatomical or intracardiac mapping studies have been conducted to visualize the sites of activation of AF in 3D [53]. Real-time AF mapping helps to guide the RF catheter ablation by identifying the suitable ablation target sites [6, 39, 45, 53-55]. There are a few types of left atrium mapping including conventional mapping, simultaneous noncontact mapping and circumferential mapping [45, 56]. The mapping system is feasible at estimating the dominant frequency of AF and complement the conventional ablation procedure [56, 57].

Overall, failure of AF termination using ablation might suggests problems such as wrong determination of critical AF maintenance sites, unrecognized frequency gradient or the different underlying maintenance mechanism of AF for different patients [37]. Nevertheless, the success of an approach is defined differently according to the goals or objectives of the treatment as well as the types of AF. To minimize the risk of the treatment procedure on a patient, the time of catheter insertion should be minimized while the sites for ablation should be determined accurately in a short time [1, 58].

3.0 MECHANISM AND MAINTENANCE

The AF mechanism is concerning the maintenance of AF. J. C. Pachon M *et al.* had classified the atrial muscle into two, namely the compact myocardium (CM) and fibrillary myocardium (FM) [36]. Generally, researchers believed that AF is maintained by an activation source of high frequency sites [1, 4, 32, 36, 55, 59-61], also known as FM sites or AF nest which becomes the driver maintaining AF [36]. The main FM sites include left atrium (LA) roof, LA septum, LA posterior wall and PVs area [36, 62]. These regions usually become the main target of ablation therapy [32].

Research on the AF mechanism concept started in the early 1907 by Winterberg, who hypothesized that multiple rapid firing foci which distributed throughout the atria was the source of AF [62, 63]. Next, Mines introduced the circus movement reentry theory [62, 63]. Thereafter, more researchers had tried to explain the mechanism of AF based on theories on circus movement and ectopic focus [42, 62, 63]. Moe *et al.* later explained the maintenance of AF using multiple wavelet hypothesis [1, 18, 37, 42, 59, 62, 64]. The hypothesis states that AF is sustained by a number of coexisting wavelet which propagate randomly throughout the atria during AF [1, 20, 37, 42,

62]. In other words, they postulated that AF as a turbulent and self-sustaining process which was not dependent on any driver [33, 42, 63]. Haissaguerre *et al.* had also reported that AF was triggered by repetitive rapid discharges from the PVs [33, 42].

Recent research has however claimed that the AF maintenance correlates highly with the rotors theory [62, 63]. The rotor theory was proposed by Jalife *et al.* [1, 42, 63]. They believed that AF was spatio-temporally well organized and maintained by the spiraling wavefronts produced by a rotating engine called the rotor [42, 62, 63]. The rotor was claimed as the DF source which mainly found in the posterior LA wall-PV region [62].

Besides that, cardiac autonomic ganglia which is the nervous tissue found on the heart surface are also thought to play the role in initiation and maintenance of AF [1, 49]. H. Takashima *et al.* had reported that heterogeneous conduction was observed at the roof and inferior region of the posterior LA in most of the AF patients under experiment [65]. They also claimed that the direction of the wavefronts affect the conduction properties of the posterior LA which may play an important role in the initiation and maintenance of AF thus complete isolation of the posterior LA may prevent AF [65].

4.0 AF SIGNAL PREPROCESSING

Electrocardiogram (ECG) signal is the recorded representation signal of the electrical activity of the heart [2, 3, 28, 66-69]. It has become one of the important diagnose tools for a person heart condition [2, 22, 68, 70-74]. AF ECG signal is always irregular [22]. Figure 2 shows the different pattern of a normal heartbeat signal and some abnormal signals, i.e. fast, slow and irregular. Fast heartbeat means shorter period and thus higher frequency and vice versa for a slow heartbeat.

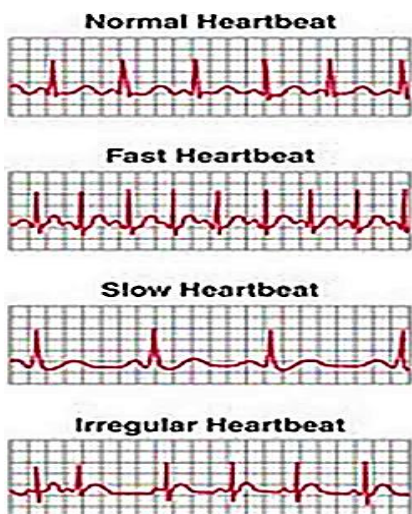


Figure 2 Normal and abnormal heartbeat patterns

Jason *et al.* mentioned that not all signals (for DF analysis) require preprocessing steps especially if the waveform of the signals are readily sinusoidal like [32]. These signals include monophasic action potential or the action potential-like signal obtained from optical mapping, as well as surface ECG fibrillatory wave (except QRS-T subtraction) [32]. However, the common local recording of atrial electrograms, either using unipolar or bipolar electrode will require signal preprocessing steps due to its typically sharp biphasic waveform [19, 32, 60]. The electrogram signal preprocessing steps include low pass filtering, QRS or QRS-T subtraction and rectification [32, 60].

4.1 Low Pass Filter

The atrial rate is in the range of (4 ± 1) to (10 ± 1) Hz [4, 22, 32, 35, 54, 75]. Hence, the signal greater than the frequency range should be filtered.

4.2 Ventricular Activity

Surface ECG frequency is said to be highly correlated with the intracardiac signals or atrial electrogram [23, 76-78]. In ECG signal, the QRS complex and T wave are due to the ventricular activity [1-3, 23, 54, 66-69, 73, 74, 79-84]. The ventricular activity rate might range between 10-30 Hz, which is overlapped with the AF signal [2, 19, 54]. Hence, the noise due to ventricular activity should be removed by subtracting QRS or QRS-T components of AF to avoid false determination of DF of AF [23, 54, 80, 83-85]. Surface ECG usually is used as the reference to identify the ventricular wave to be removed [2, 71, 75, 86].

4.3 QRS or QRS-T Subtraction

QRS or QRS-T subtraction is one of the important step in the signal pre-processing [41, 87]. A. Ahmad *et al.* had presented comparison on three types of QRS subtraction for atrial electrograms, namely flat, linear and spline interpolations [1, 54]. According to the result, all the three types of interpolations only show significant different in the power of the signals but not the dominant frequency [1, 54]. J. L. Salinet Jr *et al.* had proposed QRS-T subtraction approach and comparing it with average beat subtraction (ABS) and flat interpolation QRS subtraction methods [75]. The results show that QRS-T subtraction was better than QRS subtraction and almost similarly do well as the ABS method [75].

4.4 Rectification

The necessary of signal rectification for AF signal preprocessing has not been discussed by researchers. Rectification generally transform biphasic waveform into monophasic waveform using absolute value function [32]. J. Ng *et al.* had highlighted that rectification step causes the peak and troughs of signal become correspond with a sinusoid signal [32],

as shown in Figure 3. However, whether this rectification step should be applied on either surface ECG signal (as reference) or atrial electrogram signal is also an issue. The similarity of a signal pattern with the sinusoid signal (in time domain) is important to reduce error when using Fourier transform method for analysis [32].

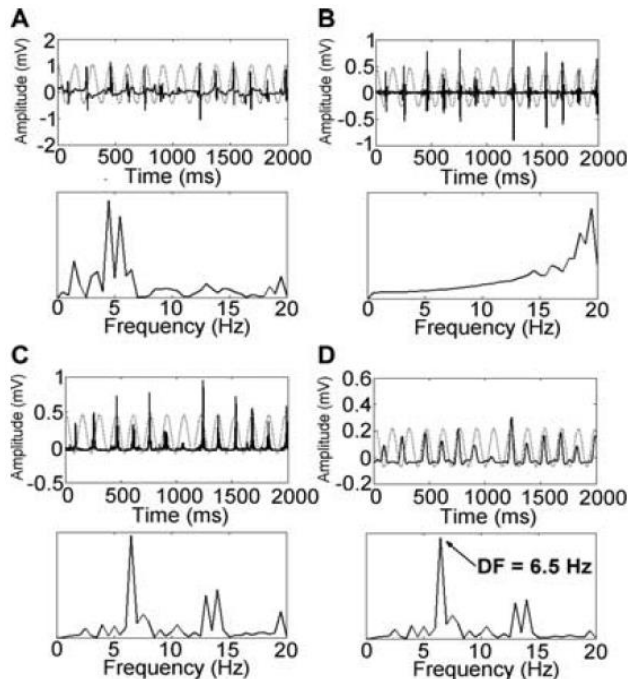


Figure 3 Common preprocessing steps that are used prior to Fast Fourier Transformation of bipolar electrograms of AF. (A) Original bipolar electrogram recording. (B) Signal after bandpass filtering from 40 to 250 Hz. (C) Signal after rectification. (D) Signal after lowpass filtering with a 20 Hz cutoff frequency [32]

5.0 TIME-FREQUENCY DOMAIN ANALYSIS

Generally, signal analysis will be either in time or frequency domain, depending on the suitability of the signal under analysis [30].

Signal interpretation in time domain is simple and showing the changes of parameters with time which is known as temporal change [23, 32, 59]. Time domain analysis usually used to determine the cycle length (CL) for the atrial electrogram [31, 59]. CL is defined as the length or period between QRS complexes or a cycle of signal [59]. According to S. Ammar *et al.*, a shorter AFCL is associated with a longer duration of AF, longer procedural time and larger left atrium diameter [88, 89]. Yet, the irregular characteristic of AF making time domain analysis becomes difficult and often being an obstacle for measurement of accurate CL [32, 59, 61].

Another approach using time domain is CFAE. CFAE was first proposed by Nademanee *et al.* as a new ablation approach in 2004 [31, 90]. CFAE was defined as fractionated atrial electrograms with at

least two deflections and atrial electrograms with cycle length less than 120ms (averaged over 10s) [33]. CFAE sites was proposed as one of the important regions in the atria maintaining AF, thus also becomes the ablation target area by some researchers [13, 40, 91, 92]. However, a research done by Grzeda *et al.* in 2006 has shown that the use of CFAE method for AF sites for ablation prediction is prone to degradation [31, 92]. F. Atienza *et al.* had also concluded that CFAE ablation should not be used as a stand-alone treatment option [46].

In contrast, frequency domain analysis is more preferable for interpreting AF signal which is random and often chaotic [1, 4, 5, 31, 32, 54, 59]. The strength of different frequencies in a time interval will be represented in frequency domain so that signal will be analyzed in terms of the change in parameters such as power versus frequency [32]. Using frequency domain analysis, dominant frequency (DF) is the common parameter determined for AF activation rate estimation [18, 30-32, 41, 43, 58, 60, 91-95]. DF is defined as the frequency at which the power or magnitude of the spectrum is maximum [1, 4, 18, 31, 32, 43, 50, 59-61, 92, 95, 96]. The better the atrial electrogram signal being approximated to a sinusoidal function, with its dominant frequency equal to the activation rate, the better the DF analysis could reflect the activation rate for treatment target [60].

The FFT method is commonly applied to determine DF of AF because it is more preferable than other methods, such as the Blackman Tukey (BT), autoregressive (AR) and multiple signal classification (MUSIC) due to its fast and accurate determination [1, 4, 58]. I. Romero *et al.* had also stated that Fourier analysis was more preferable in estimating the DF based on surface ECG when compare to ensemble average method, but similarly good with the wavelet analysis [41]. FFT studies on AF had shown a leftward shift in the dominant frequency [36].

C. Tobón *et al.* had conducted study in localizing continuous ectopic sources of high frequency during AF episodes in remodeled atria, and they claimed that the organization index mapping was better than dominant frequency mapping in the case [97]. Organization index (OI) is defined as ratio of area under the DF peak and its harmonic to the total area under the spectrum [78, 94, 96]. One of the weaknesses of OI measurement is that it involves only the fundamental and the first harmonic while ignoring the higher harmonics and thus did not contribute significantly to the overall power [78].

Nevertheless, researchers have attempted to analyze AF signal using both time domain and frequency domain [15, 23, 35, 93, 98]. Researchers claimed that time domain analysis and frequency domain analysis might have unequal robustness [99]. A. Elvan *et al.* suggested that DF should be determined from intervals instead of spectral analysis because they found out that there were poor correlation between mean, median and mode of AF

cycle length and DF when using spectral analysis [100].

6.0 CONCLUSION

This paper has generally provide a review on the basic underlying theory of AF, including different types of AF, symptoms, risk factors, treatment options, mechanism and maintenance as well as signal preprocessing and analysis.

More researches are expected in future to identify the true mechanism of AF and to determine the right activation factors for AF maintenance, in order to improve the clinical treatment procedure.

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