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NEW GLOBAL CONSENSUS STATEMENT ON CATHETER ABLATION OF VENTRICULAR ARRHYTHMIAS PRESENTED AT HEART RHYTHM 2019

Collaboration between international societies provides first updated recommendations since 2009 for the care of patients with ventricular arrhythmias

SAN FRANCISCO, May 10, 2019 — Today, the Heart Rhythm Society (HRS) in partnership with the European Heart Rhythm Association (EHRA), the Asia Pacific Heart Rhythm Society (APHRS), and the Latin American Heart Rhythm Society (LAHRS) issued an international consensus statement reflecting a worldwide updated review of the indications, techniques, and outcomes of catheter ablation of ventricular arrhythmias (VAs). The expert consensus statement will be presented on Friday, May 10 at Heart Rhythm 2019, the HRS's 40th Annual Scientific Sessions.

VAs are abnormal rapid heart rhythms that originate in the lower chambers of the heart, known as the ventricles, and are sometimes associated with heart attacks or scarring of the heart muscle. VAs come in a variety of forms, from single premature ventricular complexes (PVCs) to sustained ventricular tachycardia and fibrillation and are an important cause of morbidity and mortality. Today, catheter ablation has become a more common treatment option for patients whose condition cannot be controlled by medical therapy. In an effort to better understand, diagnose, and treat VAs, the field of catheter ablation has progressed rapidly with the development of new methods and tools, and with the publication of clinical trial outcomes and key learnings.

The *EHRA/HRS Expert Consensus on Catheter Ablation of Ventricular Arrhythmias*, first issued in 2009, outlined recommendations and best practices for the catheter ablation procedure. The 2019 document is a complete and comprehensive update of the 2009 EHRA/HRS statement and is intended to supplement the *2017 AHA/ACC/HRS Guideline for Management of Patients with Ventricular Arrhythmias and the Prevention of Sudden Cardiac Death*.

“Over the last decade, the field of electrophysiology has undergone rapid progress and the number of ablations performed across the globe has grown significantly,” said document chair, Edmond Cronin, MB, BCh, BAO, FHRS, CCDS, CEPS-A, Hartford Hospital. “From new literature and clinical trials to technology innovations and improved understanding of ventricular arrhythmias, our organizations recognized the overdue need for an updated consensus statement to reflect the vast advancements.”

The writing group, comprised of 38 experts from international organizations, addresses the important issue of catheter ablation of VAs. The consensus statement uses a unique systematic review designed specifically for the document as part of HRS's efforts to adopt the rigorous methodology required for guideline development, and was led by an experienced evidenced-based practice committee. Where possible, the recommendations are evidence based with the intention to set reasonable standards that can be applicable worldwide. The group also addresses the need for appropriate physician training and identified patient suitability for the procedure in the clinical setting.

Specifically, the document includes detailed findings within the following topic areas:

- Definitions, Mechanisms, and History of Ventricular Arrhythmia Ablation
- Clinical Evaluation
- Indications for Catheter Ablation
- Procedural Planning
- Intraprocedural Patient Care
- Electrophysiological Testing
- Mapping and Imaging Techniques
- Mapping and Ablation
- Postprocedural Care
- Training and Institutional Requirements and Competencies
- Future Directions

“The purpose of this much-needed document is to serve as an updated resource guide and comprehensive review of the field for clinicians around the world who are working to improve the care of patients undergoing ablation for ventricular arrhythmias,” said document vice-chair, Frank Bogun, MD, University of Michigan. “With knowledge gained from this review, we recognize that moving forward, further research is needed to identify optimal methods of arrhythmia suppression and to understand the influencers of each method on arrhythmia outcomes.”

The expert consensus statement on catheter ablation of VAs was written in collaboration with and endorsed by the American College of Cardiology (ACC), the American Heart Association (AHA), the Japanese Heart Rhythm Society (JHRS), the Pediatric and Congenital Electrophysiology Society (PACES), and the Sociedade Brasileira de Arritmias Cardíacas (SOBRAC). It was also endorsed by the Canadian Heart Rhythm Society (CHRS).

The final decisions regarding patient care should be made by health care providers and their patients. The organizations also strongly encourage additional patient-centered, prospective, and randomized trials to move the field forward to promote patient health and minimize confounding biases.

The full document was published today in the online edition of **HeartRhythm**, the official journal of the Heart Rhythm Society; *EP Europace*, a journal of the European Society of Cardiology; and the *Journal of Arrhythmia*, the official journal of the Japanese Heart Rhythm Society and the Asia Pacific Heart Rhythm Society. To review the full document, please click [here](#).

Session details:

“S-SP30. Presenting the 2019 HRS/EHRA/APHRS/LAHR Expert Consensus Statement on Catheter Ablation of Ventricular Arrhythmias” [May 10, 2019, 4:30 p.m. – 6:00 p.m. PDT, Room 12]

The Heart Rhythm Society’s 40th Annual Heart Rhythm Scientific Sessions convenes the finest clinicians, scientists, researchers, and innovators in the field of cardiac pacing and electrophysiology. More than 700 of the world’s most notable experts in cardiac rhythm management serve as faculty for over 250 educational sessions while more than 150 exhibitors showcase innovative products and services. Attendees can anticipate an enhanced experience with advanced learning formats and new opportunities for networking. For more information, visit www.hrssessions.org.

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About the Heart Rhythm Society

The Heart Rhythm Society is the international leader in science, education, and advocacy for cardiac arrhythmia professionals and patients and is the primary information resource on heart rhythm disorders. Its mission is to improve the care of patients by promoting research, education, and optimal health care policies and standards. Incorporated in 1979 and based in Washington, DC, it has a membership of more than 7,000 heart rhythm professionals in more than 72 countries around the world. For more information, visit www.HRSONline.org.

About the European Heart Rhythm Association

The European Heart Rhythm Association (EHRA) is a branch of the European Society of Cardiology (ESC). Its aim is improving the quality of life and reducing sudden cardiac death by limiting the impact of heart rhythm disturbances. EHRA ensures the dissemination of knowledge and standard setting; provides continuous education, training, and certification to physicians and allied professionals involved in the field of cardiac arrhythmias with a special focus on atrial fibrillation and electrophysiology. EHRA releases international consensus documents and position papers; it is a source of high-quality, unbiased, evidence-based, scientific information that promotes the quality of care for patients with AF. It also has a dedicated website for patients: www.afibmatters.org.

About the Asia Pacific Heart Rhythm Society

The Asia Pacific Heart Rhythm Society is the international organization specializing in science and education for cardiac arrhythmia professionals. For members, the society regularly offers various educational programs at the state-of-the-art laboratories with excellent lectures. For more information, visit www.aphrs.org.

About the Latin American Heart Rhythm Society (LAHRS)

The Latin American Heart Rhythm Society (LAHRS) was founded in 2017 with the aim of continuing the mission started by Sociedad Latinoamericana de Estimulación Cardíaca y Electrofisiología (SOLAECE) more than 20 years ago, promoting the improvement of the quality of life and reducing mortality related to cardiac arrhythmias in the Latin American population. For more information, visit <https://lahrs.org>.