

HAS-BLED Risk Assessment Pocket Guide

A simple bleeding risk assessment tool for real-world patients with atrial fibrillation (AF).

The information provided here, including the CHADS₂, CHA₂DS₂-VASc, ATRIA and HAS-BLED models for stroke and bleeding risk assessment, is not intended to provide medical advice or medical diagnosis. There are limitations to these models, including that the risk calculation and output of the models are based on the data that are input into the models and not on other factors. Only a trained medical professional can assess the potential benefits and risks of any course of treatment for an individual patient.

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Add up the score of major risk factors in the table to determine your patient's risk level.

Major risk factors and assigned score

HAS-BLED risk	Score
Hypertension	1
Abnormal Renal function	1
Liver function	1
Stroke	1
Bleeding	1
Labile INRs	1
Elderly: Age >65	1
Drugs Alcohol	1

Hypertension: systolic blood pressure >160 mm Hg; Abnormal renal function: presence of chronic dialysis or renal transplantation or serum creatinine ≥ 200 $\mu\text{mol/L}$; abnormal hepatic function: chronic hepatic disease or biochemical evidence of significant hepatic derangement (e.g., bilirubin $>2x$ upper limit of normal, in association with aspartate aminotransferase/alanine aminotransferase/alkaline phosphatase $>3x$ upper limit of normal, etc.); "Bleeding" refers to previous bleeding history and/or predisposition to bleeding (e.g., bleeding diathesis, anemia); "Labile INRs" refers to unstable/high INRs or poor time in therapeutic range (e.g., $<60\%$); Drugs/alcohol use refers to concomitant use of drugs, such as antiplatelet agents, nonsteroidal anti-inflammatory drugs, alcohol abuse, etc.

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Score	Bleeding risk classification (% bleeds per 100 patient-years)
0-1	Low risk (1.1%)
2	Intermediate risk (1.9%)
≥ 3	High risk (4.9%)

References: 1. Camm AJ, Kirchhof P, Lip GYH, et al. Guidelines for the management of atrial fibrillation. The task force for the management of atrial fibrillation of the European Society of Cardiology (ESC). Developed with the special contribution of the European Heart Rhythm Association (EHRA). Endorsed by the European Association for Cardio-Thoracic Surgery (EACTS). *Eur Heart J.* 2010;31(19):2369-2429. 2. Pisters R, Lane DA, Nieuwlaat R, de Vos CB, Crijns HJGM, Lip GYH. A novel user-friendly score (HAS-BLED) to assess 1-year risk of major bleeding in patients with atrial fibrillation: The Euro Heart Survey. *Chest.* 2010;138:1093-1100. 3. Lip GYH, Andreotti F, Fauchier L, et al. Bleeding risk assessment and management in atrial fibrillation patients: a position document from the European Heart Rhythm Association, endorsed by the European Society of Cardiology Working Group on Thrombosis. *Europace.* 2011;13:723-746.