

Heart Failure Awareness Days 2023

Activities report post HFAD

Country: Malta

Name of reporters: Jeremy Fleri-Soler, Alice Moore, Robert Xuereb



HFA
Heart Failure
Association

 European Society of Cardiology

Programme and events (summary)

➤ Health Awareness & Screening

- Outreach programme, held at the main entrance of the national hospital

➤ “To detect the undetected”

- A morning lecture seminar targeted at patients and their families



We would like to invite you to participate in this years' Heart Failure Awareness Day event: **“To detect the undetected”**.

Date: 2nd May 2023

Time: 10:00am

Place: Lecture room 4/5, Mater Dei Hospital,

Directions: Get lift/ stairs near chapel and go to level 1

The following talks will be delivered:

1. **Introduction** – Dr Robert G. Xueieb.
2. **Detecting Heart Failure** – Dr Jeremy Fleri Soler.
3. **Once detected, how can doctors treat?** – Dr Alice May Moore.
4. **Living with Heart Failure** – Janet Caruana/ Sheldon Attard – Heart Failure Clinic nurses.
5. **Patient testimonial.**

We look forward to seeing you there.

The Heart Failure Clinic Team


Public Event

- **Health Awareness & Screening Programme**
 - A Health Awareness & Screening stand was set-up at the main foyer of our national hospital.
 - Volunteers from the Malta Medical Student Association offered free blood pressure checks, blood glucose testing and body-mass index assessments to people walking by.
 - Following assessment, health advice was discussed and fliers were handed out.
 - There was also the opportunity to fill in heart failure awareness surveys.



Social Media

- The Heart Failure Awareness poster was shared on Facebook through the Maltese Cardiac Society's official page
- Advice on who to contact in the case of symptoms was available



HEART FAILURE AWARENESS 2023

HFA Heart Failure Association
Super Mario in Space
Maltese Cardiac Society

www.heartfailurematters.org
#HeartFailureAwarenessDay

DETECT THE UNDETECTED

If you feel...
Short of breath
Fatigue
Cough
Leg swelling

Heart Failure
Early diagnosis
+
Early treatment
=
BETTER LIFE

ASK YOUR DOCTOR ABOUT:

ECG

- ✓ QUICK
- ✓ EASY
- ✓ USEFUL
- ✓ AVAILABLE AT HEALTH CENTRES

CHEST X-RAY

**NT-PROBNP LEVELS
POINT OF CARE / PIN-PRICK & FORMAL BLOOD TEST**

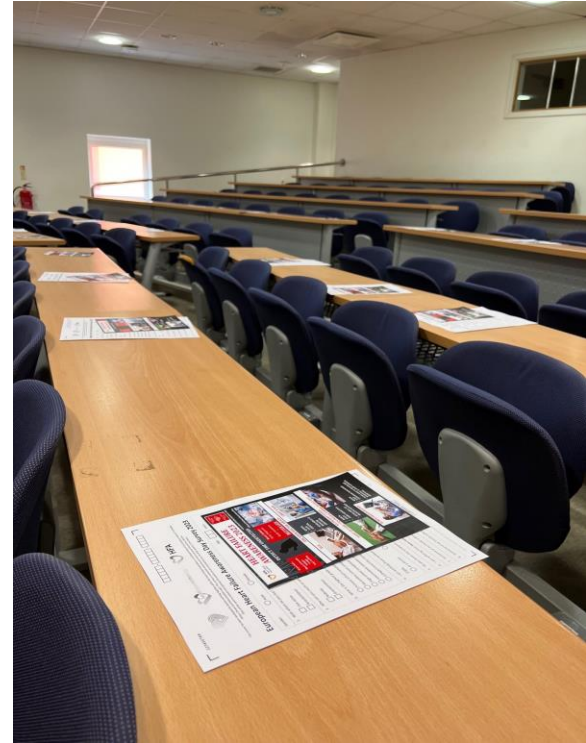
- ✓ QUICK
- ✓ EASY
- ✓ VERY SENSITIVE
- ✓ AVAILABLE AT HEALTH CENTRES

ECHOCARDIOGRAPHY

- ✓ QUICK
- ✓ EASY
- ✓ CONFIRMS DIAGNOSIS
- ✓ AVAILABLE AT MATER DEI HOSPITAL & GOZO GENERAL HOSPITAL

Printed material for patients

- Patients attending the Heart Failure clinic in that week or attending the seminar were handed out A5 copies of the Heart Failure Awareness poster



Patient Engagement

- **“To detect the undetected”**
 - A morning lecture seminar targeted at patients and their families
 - Lectures were delivered by doctors & nurses
 - A patient testimony was also included



Extra pictures / patient testimony

