

# Heart Failure Awareness Days 2023

Activities report post HFAD

Country: Portugal

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**HFA**  
Heart Failure  
Association

 European Society of Cardiology

# Programme and events (summary)

Our campaigns were directed to the public and HF patients:

- Illustrative video about HF definition, risk factors, common symptoms, diagnostic tests and hospitalization prevention
- Self-care guide and a handbook with practical recommendations
- Heart Walking Day
- Media coverage of poster and video developed by the association of HF patients

# Video



# Video Messages

- **What is HF?** The inability of the heart to normally pump oxygenated blood to muscles and organs
- **Possible HF causes?** Inadequate blood pressure control, acute myocardial infarction, muscle infection or myocarditis, excessive alcohol consumption, genetic changes, arrhythmias.
- **HF symptoms?** Unexplained tiredness, shortness of breath when exercising or lying down, and swelling in the feet or legs at the end of the day. If you have these complaints, you should contact your attending physician.
- The **diagnosis** of HF is made by your doctor who evaluates the symptoms and listens to the lungs and heart. Additionally, it is necessary to carry out an electrocardiogram and a blood analysis called BNP. Finally, the diagnosis will only be complete with an echocardiogram, which is an exam that uses ultrasound to visualize the inside of the heart.
- Once heart failure is diagnosed, **chronic medication** is started
- Depending on the HF cause, it may be necessary to carry out **further tests**, such as a cardiac catheterization to see the arteries that supply the heart or cardiac magnetic resonance imaging, nuclear medicine tests or even genetic tests.

# Video Messages

- It is imperative to **prevent hospitalizations**. Whenever a patient is hospitalized, the heart is injured, which contributes to the progression of the disease.
- **How to prevent it?** Equilibrated diet, avoiding salt and excessive alcohol consumption; being aware of weight variations (the increase may be due to fluid retention), complying with medication and vaccination for flu and pneumonia, monitoring the symptoms of the disease.
- If symptoms worsen or weight increases, patients should consult their attending physician.

# Hospital Homepage

The information was/is available on the hospital's intranet, accessible to the general public  
(<https://portal-chsj.min-saude.pt>)

The screenshot shows the homepage of the Hospital de São João. At the top, there is a navigation bar with the hospital logo and menu items: São João, A Nossa Saúde, Utentes e Visitas, Media, Inovação, and Comunidade. Below the navigation bar, there is a search bar and a QR code. The main content area features a large banner for a self-care guide titled "Siga o seu coração" (Follow your heart). The banner includes a heart illustration and a paperclip graphic. Below the banner, there is a text block with a red arrow pointing to a link labeled "Guia de Autocuidado". To the left of the banner, there is a sidebar menu with options like "Siga o seu coração", "Notícias", "Agenda", and "Instale a App my São João". To the right of the banner, there is a contact information box for "Serviços Farmacêuticos" and a "COMO CHEGAR" (How to get there) section.

Vídeo  
Access

Patient self-care  
guide pdf

*“...São João Hospital joins the awareness campaign and made available a self-care guide and a video where interested patients can find practical recommendations to better deal with the disease. Adjusting diet, better assessing weight and blood pressure, and adherence to the prescribed medication are some of the objectives of this guide which will help HF patients to be more organized to better comply with the therapeutic and dietary plans, thus avoiding worsening of their clinical status and subsequent hospitalizations.*

*It is estimated that heart failure affects around 400,000 patients in Portugal.”*

# Social networking

The HF awareness days initiative and the video were accessible on social networks.

Facebook, LinkedIn



*Follow your heart*

A screenshot of a LinkedIn post from "Centro Hospitalar São João". The post text is in Portuguese and mentions the European week of heart failure, a self-care guide, and a video. It includes hashtags #somossaojoao and #diadainsuficienciacardiaca, and a link to the video. Below the text is a video player showing a woman in a white lab coat with a stethoscope, standing in front of a wall with a mural of medical professionals. The video player shows a duration of 2:30. Below the video player, the text "Dar a conhecer a insuficiência cardíaca e ajudar a evitar hospitalizaç..." is visible.

**Centro Hospitalar São João**  
47,885 followers  
3d · 🌐

Na semana europeia da insuficiência cardíaca, o Centro Hospitalar Universitário São João adere à campanha de sensibilização para esta questão e lança um guia de autocuidado e um vídeo onde os interessados poderão encontrar recomendações práticas para melhor lidar com a patologia. ❤️  
#somossaojoao #diadainsuficienciacardiaca  
Mais info 📄 <https://lnkd.in/dXzVAFxu>

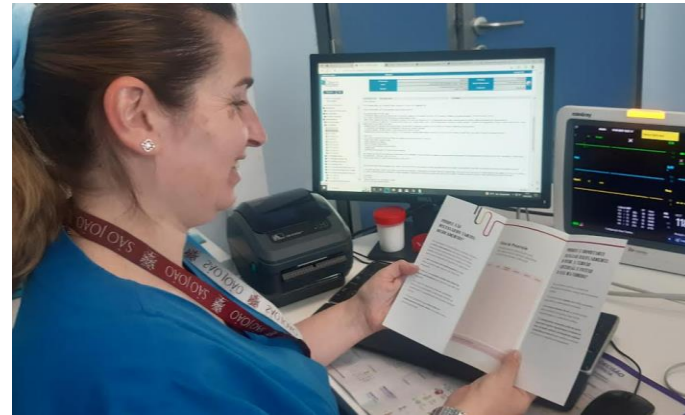
Rate this translation · 🌐

In the European week of heart failure, the University Hospital Center São João joins the awareness campaign for this issue and launches a self-care guide and a video where those interested can find practical recommendations to better deal with the pathology. ❤️  
#somossaojoao #diadainsuficienciacardiaca  
More info 📄 <https://lnkd.in/dXzVAFxu>

Dar a conhecer a insuficiência cardíaca e ajudar a evitar hospitalizaç...

# Printed material for patients

- In order to promote the self-care of HF patients, a guide was created with some important practical messages about therapy, monitoring and prevention of hospitalizations.
- The guide was delivered and completed at the outpatient HF clinic.





# Self-care guide for patient engagement

## PORQUE SÃO NECESSÁRIOS TANTOS MEDICAMENTOS?

- No tratamento da Insuficiência Cardíaca utilizam-se vários **medicamentos**, uns para controlar os fatores de risco cardiovascular, outros com efeito benéfico na função do músculo cardíaco, e outros para aliviar a retenção de líquidos no organismo.
- O **tipo** e as **doses dos medicamentos** podem variar de doente para doente e ao longo do tratamento.
- É habitual um **aumento gradual das doses de alguns medicamentos** para garantir que são bem tolerados.
- Ao longo do tratamento pode ser necessário diminuir ou interromper a medicação devido ao aparecimento ou agravamento de alguma condição clínica.
- É muito importante que **tome todos os medicamentos às horas certas**, de acordo com o guia de prescrição.

## Guia de Prescrição

REGISTE AQUI A MEDICAÇÃO QUE FAZ PARA A INSUFICIÊNCIA CARDÍACA E A DATA DA ÚLTIMA CONSULTA

MEDIC.	DOSE	PEQUENO ALMOÇO	ALMOÇO	LANCHE	JANTAR

DATA DA ÚLTIMA CONSULTA: \_\_\_\_\_

## PORQUE É IMPORTANTE AVALIAR REGULARMENTE O PESO, A TENSÃO ARTERIAL E EVITAR O SAL NA COMIDA?

- Na insuficiência cardíaca o coração tem dificuldade em bombear o sangue para os músculos e órgãos.
- É importante que o **ajude** nesta tarefa, mantendo o peso ideal e a tensão arterial controlada.
- Deve **evitar o excesso de sal** na comida porque reduz a retenção de líquidos, a qual ocorre frequentemente na insuficiência cardíaca.
- Em determinados momentos, **pode ser muito importante registar regularmente os valores do peso, da tensão arterial e da frequência cardíaca (pulsações por minuto)** para verificar a evolução da doença ou a resposta aos tratamentos.

# Self-care guide for patient engagement

## REGISTOS

TENSÃO ARTERIAL, FREQUÊNCIA CARDÍACA E PESO

DATA	TENSÃO ARTERIAL	FREQUÊNCIA CARDÍACA	PESO

## POSSO EVITAR AS HOSPITALIZAÇÕES POR INSUFICIÊNCIA CARDÍACA?

- As razões para ser hospitalizado podem ser variadas.
- Sempre que é hospitalizado, o coração sofre uma agressão que contribui para a progressão da doença. É por isso **importante evitar as hospitalizações**.
- Para tal é fundamental que colabore na **prevenção das hospitalizações**:
  - *Cumprindo a medicação.*
  - *Fazendo as vacinas da gripe e da pneumonia.*
  - *Mantendo a alimentação regrada, evitando o sal e o consumo exagerado de álcool.*
  - *Estando atento aos sintomas da doença e às variações do peso (o aumento pode dever-se à retenção de líquidos).*
  - *Em caso de agravamento, deve entrar em contacto com o seu médico/equipa assistente.*

CONTACTO(S): \_\_\_\_\_

DATAS DO(S) INTERNAMENTO(S) OU RECURSO(S) AO SERVIÇO DE URGÊNCIA NO ÚLTIMO ANO: \_\_\_\_\_

## Guia de Autocuidado

**Siga o seu coração**

### Recomendações práticas para doentes com insuficiência cardíaca

  
SÃO JOÃO

Centro Hospitalar Universitário de São João - Registo nº 150/2020 - Serviço de Cirurgia e Clínica Médica 2023

REPÚBLICA PORTUGUESA SNS 2023 SAÚDE

# Key messages in the patient guide

## WHY SO MANY MEDICATIONS?

- In the treatment of heart failure, several medications are used, some to control cardiovascular risk factors, others with a beneficial effect on the function of the heart muscle, and others to relieve fluid retention in the body.
- The type and doses of medication may vary from patient to patient and throughout treatment.
- It is common to gradually increase some medications' doses to ensure they are well tolerated.
- During treatment, reducing or interrupting the medication may be necessary due to the appearance or worsening of any clinical condition.
- It is very important that you take all medications on time, according to the prescribing guide.



# Key messages in the patient guide

## WHY IS IT IMPORTANT TO REGULARLY EVALUATE WEIGHT, BLOOD PRESSURE AND AVOID SALT IN FOOD?

- In heart failure, the heart has difficulty pumping blood to muscles and organs.
- Your help is important in this task, maintaining the ideal weight and controlling blood pressure.
- You should avoid excess salt in food because it reduces fluid retention, which often occurs in heart failure.
- At certain times, it may be very important to regularly record weight, blood pressure and heart rate values (beats per minute) to check the evolution of the disease or the response to treatments.



# Key messages in the patient guide

## CAN I AVOID HOSPITALIZATION DUE TO HEART FAILURE?

- The reasons for being hospitalized can be varied.
- Whenever you are hospitalized, the heart suffers aggression that contributes to the progression of the disease. It is therefore very important to avoid hospitalizations.
- It is essential that you collaborate in the prevention of hospitalizations:
  - Adhesion to medication
  - Flu and pneumonia vaccines
  - Maintaining a balanced diet, avoiding salt and excessive alcohol consumption
  - Paying attention to the symptoms of the disease and weight changes (an increase may be due to fluid retention).
  - In case of aggravation, contact your doctor/team.

# Personalized patient education

An educational manual with  
helpful resources for heart  
failure patients



# A handbook designed for heart failure patients



**CONHEÇA**  
o seu coração

*Know your heart*



**O QUE É**  
a Insuficiência Cardíaca

*What is heart failure*



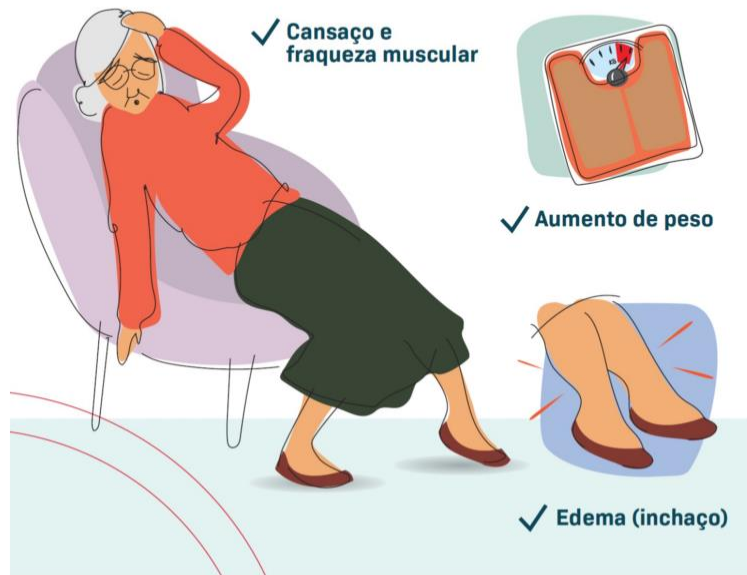
**QUAIS AS CAUSAS  
MAIS COMUNS**  
da Insuficiência Cardíaca?

*Heart failure main causes*

# A handbook designed for heart failure patients

## QUAIS OS PRINCIPAIS SINAIS E SINTOMAS da Insuficiência Cardíaca?

*Heart failure main signs and symptoms*





# A handbook designed for heart failure patients

**O QUE FAZER  
PARA CONTROLAR**  
a Insuficiência Cardíaca?

*How to self-manage  
heart failure*

**O PAPEL FUNDAMENTAL  
DO DOENTE NO CONTROLO**  
da Insuficiência Cardíaca

*The importance of self-care in  
heart failure patients*



Semáforo dos Sintomas

# A handbook designed for heart failure patients

## Personalized patient education

Specific recommendations regarding healthy lifestyle and other important topics (sexual activity, alcohol consumption, tobacco, sleep habits, vaccination, mental health, travelling ...)

### ALGUMAS DICAS/ RECOMENDAÇÕES

na adaptação de hábitos  
e estilos de vida saudáveis



# A handbook designed for heart failure patients

Pode procurar outras informações úteis em:

*Heart Failure Matters*

<https://www.heartfailurematters.org>

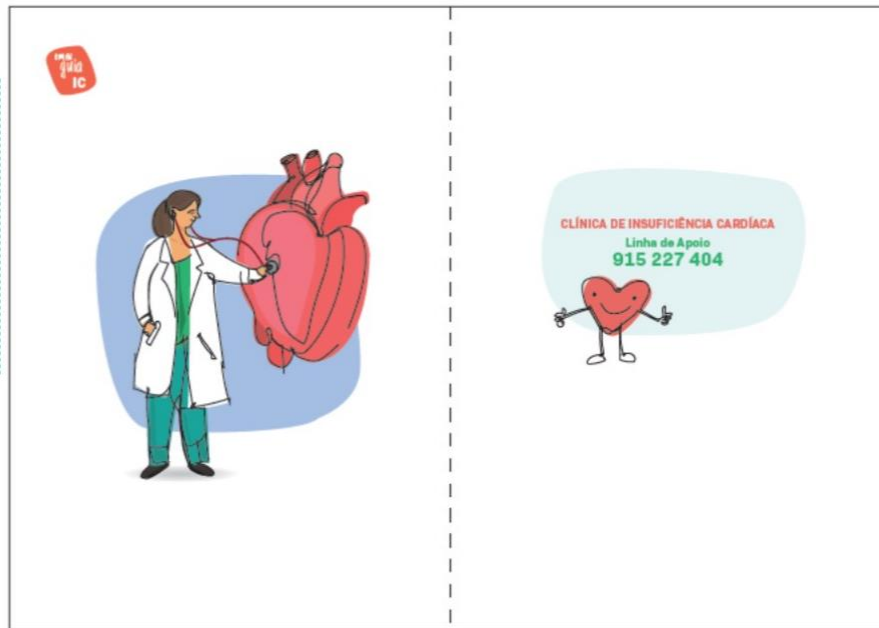
Associação de Apoio aos Doentes com Insuficiência Cardíaca

<https://aadac.pt>

<https://insuficiencia-cardiaca.pt>

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# Public Event/Open clinic

## III Heart Walking Day

A morning dedicated to heart failure patients and their families with a walk, relaxing exercises and a fresh snack to promote healthy lifestyle awareness (the 3<sup>rd</sup> event in May since 2000 – Heart Month).

In a casual environment, health care professionals in collaboration with AADIC members\* reinforce patient education and empowerment.

\* Portuguese heart failure patient support group

## III CAMINHADA DO CORAÇÃO

**2023**  
**13 MAIO**  
**10h00**

Corredor Verde  
do Rio Leça



**Caminhada**  
**Relaxamento**  
**Lanche Saudável**  
e Outras  
Atividades



# Highlights from Heart Walking Day (I and II)



**May 2021**



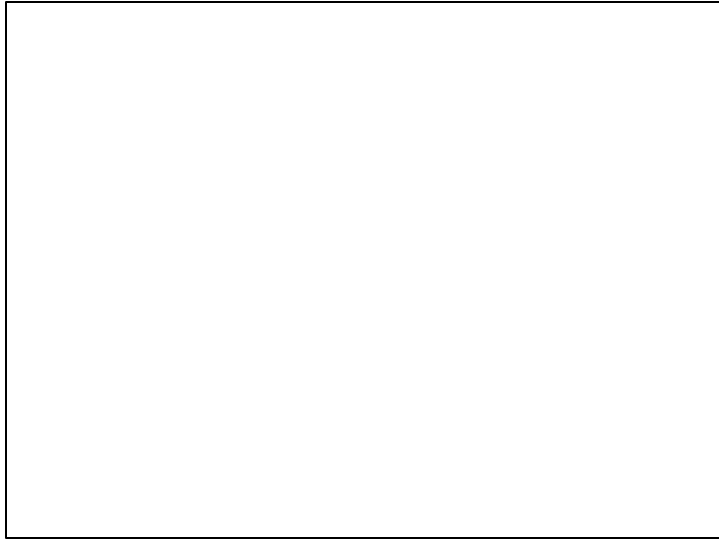
**May 2022**



**May 2022**

# Social media coverage

A campaign developed by Heart Failure Patient Association (AADIC), accessible on the website (<https://aadict.pt>)



**Vigie os sinais  
de insuficiência cardíaca.**  
Saiba tudo em [aadict.pt](https://aadict.pt)



**AADIC**  
ASSOCIAÇÃO DE APOIO AOS DOENTES  
COM INSUFICIÊNCIA CARDÍACA