

Heart Failure Awareness Day 2015

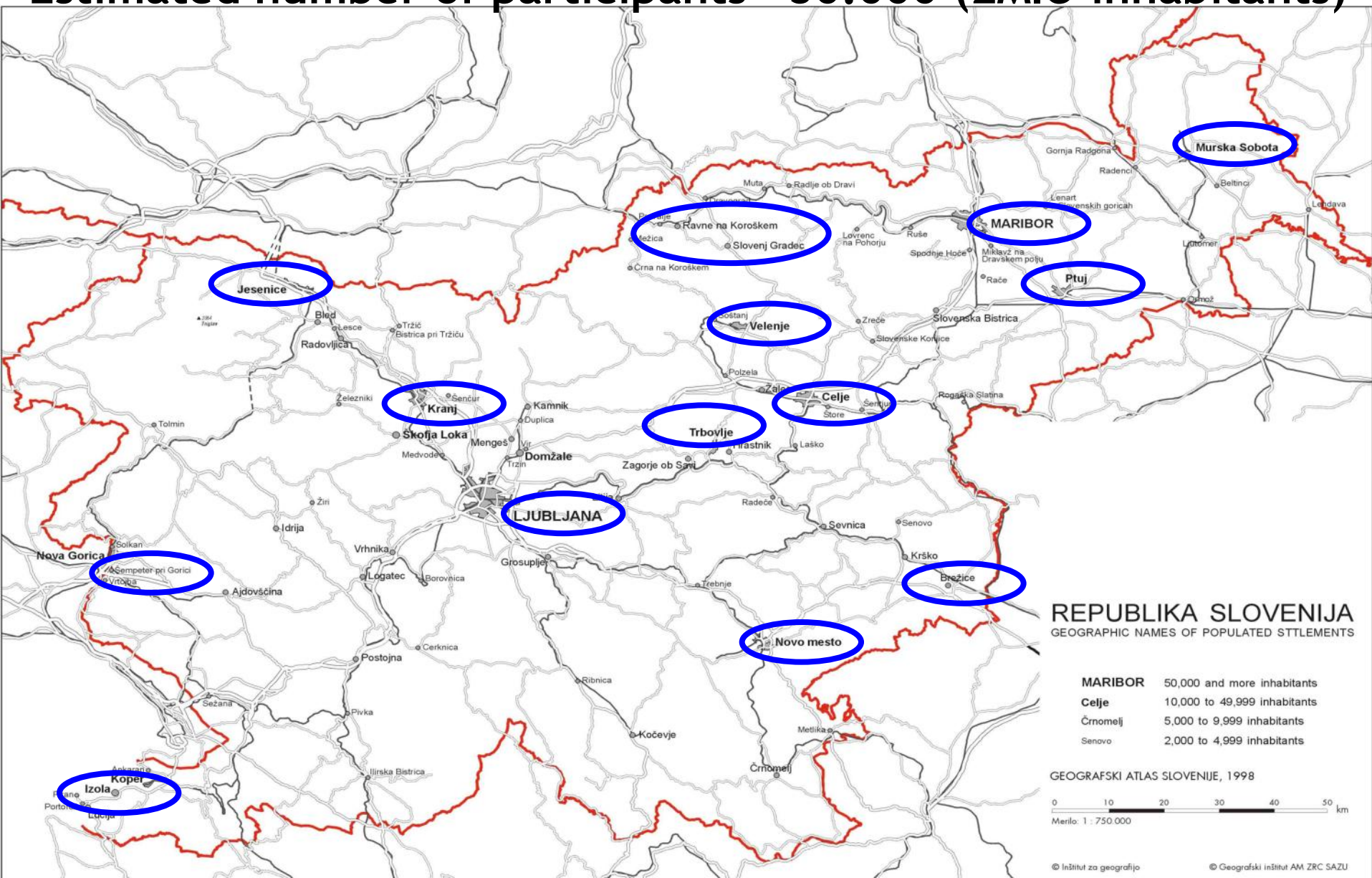
Report from: Slovenia

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Active sites in Slovenia - 14/14 potencial centers = **nationwide**
3 tertiary care centers & 11 regional secondary level hospitals
Estimated number of participants >50.000 (2MIO inhabitants)



Center activities overview

Center	Public event	Open clinic/info point	Local TV, radio	Local newspaper	Patient brochures
Golnik	1 lecture, info point	Yes	Video	Interview, article	Yes
Ljubljana	1 lecture, info point, nordic walking	Yes	Video, TV&radio coverage&interview	Article	Yes
Maribor	2 lectures, info point, 2km walk test	Yes	Video, TV&radio interview	Invitation to info point	Yes
Slovenj Gradec	4 lectures, info point, joint with patient organisations	Yes	Video, TV&radio show	Advertisement, interview	Yes
Murska Sobota	2 lectures, info point	Yes	Video, TV&radio show	Advertisement, article	Yes
Ptuj	7 lectures, walk for health, presentation in primary&secondary school, also resuscitation workshop, for patient organisations	Yes	Video, TV&radio show	Articles about HF and resuscitation	Yes
Celje	1 lecture, nordic walking, info point	Yes	Video	Advertisement	Yes
Trbovlje	1 lecture, info point in hospital	Yes	Video, TV&radio interview	interview	Yes
Topolsica	2 lectures, nordic walking, info point	Yes	Video, TV&radio show	Advertisement, article	Yes
Jesenice	2 lectures, info point	Yes	Video, TV interview	Article	Yes
Nova Gorica	1 lecture, info point	Yes	Video, radio interview		Yes
Izola	2 lectures, info point in hospital, patient organisations involved	Yes	Video, TV&radio show	Interview, article	Yes
Novo Mesto	1 lecture, info point in hospital	No HF clinic	Video, TV interview		Yes
Brezice	2 lectures, patient organisations involved	No HF clinic	Video, TV&radio interview	interview	Yes

Continuous projects from previous years

- **14/14 potential Slovenian centers active**
- **Same T-shirts for all centers involved in activities (272 T-shirts distributed)**
- **Same printed material (posters, brochures, hand-outs; >10.000 copies distributed)**
- **TV and newspaper coverage (>45 times)**
- **Video broadcasted in national&local media**
- **Promotional DVD about heart failure**
- **Website for lay public and patients**
 - www.alivasesrcepopusca.si
- **Collaboration with Faculties for nursing**
- **Questionnaire survey**

New features in 2015

- **Presentations about heart failure in primary and secondary schools**
- **Resuscitation demonstration in primary and secondary schools**
- **Walk for health: walk with several info points where participants could get information about heart failure and cardiovascular disease**
- **Videos posted on youtube**
- **Active involvement of patient organizations**
- **Launch of the Heart failure registry**
- **Free NTproBNP testing**

Heart failure registry

- Launched in all hospitals
- Consecutive admissions for heart failure
- Compatible with Heart Failure Long Term registry
 - Data transfer planned

DEMOGRAFSKI podatki		ŽIVLJENJSKI SLOG (samoocenjeno), ETIOLOGIJA (lahko več hkrati)					KLINIČNI PODATKI						EKG		UZ srca	LABORATORIJ	ZDRAVILA
Registerska številka 	Kajenje	Alkohol	Telesna dejavnost	Dejavniki ogroženosti in spremljajoče bolezni		ETIOLOGIJA SP	(datum vključitve) (datum kontrol)		Pulz v mirovanju (u/min)	NYHA razred (I, II, III, IV)	SF v mirovanju (u/min)	Atrijska fibrilacija	Kračni blok	QRS (ms)	EF (%)	K: _____ mmol/l Na: _____ mmol/l Urea: _____ mmol/l S-kr: _____ μmol/l BNP: _____ μmol/l Hb: _____ g/dl LDL: _____ mmol/l	ACEi: _____ mg* Diuretik: _____ mg* ARB: _____ mg* Digoxin: _____ mg* BB: _____ mg* Nitrat: _____ mg* MRA: _____ mg* Atitrombotično _____ mg* Ivabradin: _____ mg* Atitrombotično _____ mg*
Datum rojstva Stopnja izobrazbe (I do VII/2) Spol ☐ M ☐ Ž	☐ nikoli ☐ bivši ☐ aktiven	☐ nikoli ☐ občasno ☐ zmerno ☐ pogosto	☐ < 1x tedensko ☐ 1x – 3x tedensko ☐ > 3x tedensko	☐ hipertenzija ☐ debelost ☐ diabetes (tip II) ☐ hiperholesterolemija ☐ družinska obremenjenost ☐ AMI ☐ AP ☐ ICV ☐ TIA ☐ kronična ledvična bol. ☐ astma ☐ KOPB ☐ depresija ☐ PAOB ☐ drugo: _____		☐ ISHEMIČNA ☐ NEISHEMIČNA ☐ Arterijska hipertenzija ☐ Dilatativna kardiomiopat. ☐ Bolezni zaklopka ☐ drugo: _____	VKLJUČITEV po 30 dneh	SKT (mm Hg): _____ DKT: (mm Hg): _____				☐ NE ☐ NE ☐ D ☐ DA A levi ☐ desni			EF A (%) Diastolična disf. ☐ NE ☐ D	K: _____ mmol/l Na: _____ mmol/l Urea: _____ mmol/l S-kr: _____ μmol/l BNP: _____ μmol/l Hb: _____ g/dl LDL: _____ mmol/l	ACEi: _____ mg* Diuretik: _____ mg* ARB: _____ mg* Digoxin: _____ mg* BB: _____ mg* Nitrat: _____ mg* MRA: _____ mg* Atitrombotično _____ mg* Ivabradin: _____ mg* Atitrombotično _____ mg*

* vpišite dnevni odmerek

Free NT-proBNP testing

- **Community health centers**
- **Available to GP's for patients with clinical suspicion of heart failure**
- **Lectures about heart failure screening**
- **176 patients tested**



SRČNO POPUŠČANJE IN NT-proBNP



Dolgotrajna preobremenjenost srca vodi v nabiranje vode v telesu in povečevanje pritiska na srčno mišico. Na to se srce odzove s povečanim izločanjem beljakovine proBNP, ki se cepi na BNP in NT-proBNP (N-terminalni fragment pro B natriuretični peptid). NT-proBNP je v krvi obstojen in zaradi tega zanesljiv laboratorijski parameter za oceno tveganja, diagnostiko in prognozo srčnega popuščanja ter spremljanje zdravljenja.

Potrditev diagnoze srčnega popuščanja z ultrazvokom srca ali rentgenskim slikanjem v vsakodnevni praksi splošnega zdravnika pogosto ni možno. Zato se povečuje število neodkritih bolnikov in tudi bolnikov, napotenih na dodatne preiskave. To po nepotrebnem podaljšuje čakalne vrste, saj se veliko sumov na popuščanje srca ovzrže.

Laboratorijska preiskava NT-proBNP omogoča zanesljivo izključitev ventrikularne disfunkcije pri simptomu dispneje (negativna napovedna vrednost >98%¹). Visoka občutljivost preiskave pa omogoča tudi odkrivanje milejših oblik srčnega popuščanja in srčno popuščanje pri bolnikih z nejasnimi simptomi.



INTERPRETACIJA LABORATORIJSKIH VREDNOSTI NT-proBNP



Interpretacija vrednosti NT-proBNP pri bolnikih z akutno dispnejo brez hude ledvične odpovedi (OGF > 60 ml/min/1.73 m²)¹

< 300 ng/l	➔	Srčno popuščanje je malo verjetno.
Sivo območje	➔	Postavitev diagnoze z ultrazvokom srca.
< 50 let > 450 ng/l 50–75 let > 900 ng/l > 75 let > 1.800 ng/l	➔	Srčno popuščanje je verjetno. Potrditev diagnoze z ultrazvokom srca.

¹ Thygesen K et al., Eur Heart J, 2012; 33: 2001-6

Ministry of health

- Continuous collaboration
- Help with public relations and hospital managements
- Media promotion
- Participation at “Pohod ob zici”

Team participating at “Pohod ob Zici”
Dejan Majc (General Hospital Murska Sobota)
Nina Pirnat (Slovenian Vice-minister of Health)
Mitja Lainscak (HF WG President)



Questionnaire survey



European Heart Failure Awareness Day 2015

Dear visitor,

with this survey the competence network heart failure and participating partner clinics want to gain insights how well heart failure and kidney diseases are known among the general population.

The results will be used for further improvements regarding the information of the general public about heart failure, kidney diseases, and their prevention. With your participation in this survey you provide an important contribution. This survey is carried out nationally and in other European countries a regular initiative of the European Heart Failure Association.

The participation in this survey is anonymous and voluntary. The results of the survey will be published on our website: www.knhi.de.

Many thanks for your support!

Gender:	☐ male	☐ female	Age:			years
1. What is the highest grade of regular school you have completed?						
☐ 4 years of school or less						
☐ 4-8 years of school						
☐ >= 8 years of school with permission to visit university or similar						
☐ Study at a university or similar						
2. I am working (have worked) in a medical field.						
☐ yes ☐ no						
3. Do you know the symptoms of heart failure?						
☐ yes ☐ no						
4. Do you know what the function of your kidney is?						
☐ yes ☐ no						
5. Do you or someone of your relatives or friends suffer from ... (multiple answers possible)						
Heart failure	☐ yes	☐ no	☐ I don't know			
Stroke	☐ yes	☐ no	☐ I don't know			
Heart attack	☐ yes	☐ no	☐ I don't know			
Diabetes (raised blood sugar)	☐ yes	☐ no	☐ I don't know			
High blood pressure	☐ yes	☐ no	☐ I don't know			
Elevated blood lipids	☐ yes	☐ no	☐ I don't know			

- Presentations at**

- HFA 2015
- ESC 2015

- Paper accepted in Eur J Heart Fail**

Joint workshop with Patient Care Committee

- **Teams (cardiologist, GP, 2 nurses) from whole Slovenia**
- **One day event**
- **Same structure as HFA Patient care committee workshop**
- **TTT model**
- **HFA speakers**
 - Theresa Mcdonagh
 - Jillian Riley
 - Mitja Lainscak



Speaker

HF nurses seminar

- **1 day event**
- **HF nurses from all hospitals**
- **2015 focus: aspects of nurse therapy titration**
- **Guest speaker: Jillian Riley**
- **Workshops how-to titrate drugs**

T-shirt 2015



Public events (1)



Public events (2)



TV and radio coverage – national&local level

- Interviews for national TV, radio
- In all local media
- See summary table for details
- Few links
- www.gorenjskiglas.si/article/20150513/C/150519929/1039/ali-vase-srce-popusca--
- <http://4d.rtv slo.si/arhiv/slovenska-kronika/174335452>
- <http://youtu.be/Ov70qCU1yEA>
- **hRp://www.petv.tv/video/pogovorne-°©-oddaje/povabilo-°©-na-°©-kavo-°©-z-°©-gostom-°©-dr-°©-mitjem-°©-letonjo/**

Newspaper and website coverage

- www.alivasesrcepopusca.si
- Hospital websites

Printed material for patients



Printed material for all centers (>10.000 copies)

- **Poster**

- Free space to enter information about activities in local centers
- Logos of all hospitals and Slovenian Society of Cardiology

- **Brochure**

- Information about heart failure, also some self-care guidance

- **Hand-out**

- Basic HF information
- For lay public