



## Activities Report

The study group on heart failure of the Portuguese Society of Cardiology celebrated with enthusiasm the **Heart Failure Awareness Days** 2022 with several activities that involved healthcare professionals, patients and their families, hospital administrators, and even the city mayor.

We chose the city of Penafiel as this year's stage, in collaboration with the Heart Failure Clinic of Hospital Padre Américo, Centro Hospitalar de Tâmega e Sousa (CHTS), and the Portuguese Association of Patients with Heart Failure (AADIC).

- During the first week of May, a video with an enormous beating heart was projected in the hospital exterior wall, with the words "Heart Failure Awareness Days", that could be seen from several miles away, even from the A4 highway.
- Simultaneously, in the main entrance of Hospital Padre Américo, there was an exhibition of posters with key messages to the population about heart failure.
- In the morning of the 4th day of May we gathered at the heliport of Hospital Padre Américo with different Healthcare professionals equipped with heart-shaped balloons, and built up a huge human chord with the shape of a heart, that was filmed and photographed from above, yielding beautiful pictures.
- In the afternoon of the same day, we had an educative session devoted to the heart failure patients, families and general population of Penafiel in the centre of the city, at Largo da Ajuda, both with the exhibition of educational posters on heart failure and an adapted gymnastic class by the Physiatrist Department of CHTS. The AADIC distributed t-shirts pointing out Heart Failure.

These activities were covered by the news (both radio and television).

We believe that these initiatives allowed not only a step further in the general population's awareness on heart failure but also an extra will of all the involved patients in keeping up with the recommendations.

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