

# Heart Failure Awareness Days 2019

Report from: Lebanon

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# Heart Failure Awareness Days 2019-Lebanon

- **This year campaign was organized by the HF Working Group of the Lebanese Society of Cardiology (LSC) in collaboration with:**

**1- The Lebanese Ministry of Health**

**2- Lebanese Nursing Order**

## Heart Failure Awareness Days 2019 -Lebanon

- Since May month coincided with Holy Ramadan fasting month and half of participants were not able to contribute to the activities during May month so decision was to extend activities:
- May 2019  
&
- June 2019

# Lebanese Ministry of Health Activities



- **May 10 Press Conference at the Ministry of health in the presence of :**
  - Minister of Health
  - President and President elect of Lebanese Society of Cardiology
  - President Lebanese Nursing order
  - Representative of Lebanese Hospital Order
  - Representative of the Army Medical section
  - Others



[https://www.moph.gov.lb/ar/DynamicPages/listing/5#/ar/DynamicPages/view\\_page/22316/5/جبق-أطلق-الحملة-الوطنية-للتوعية-من-قصور-عضلة-القلب](https://www.moph.gov.lb/ar/DynamicPages/listing/5#/ar/DynamicPages/view_page/22316/5/جبق-أطلق-الحملة-الوطنية-للتوعية-من-قصور-عضلة-القلب)



# Political Engagement

- Meeting with the minister of health



- Minister of health promised during press Conference:

**1-To improve HF among the Primary care clinics, program under the Ministry (in the coming year)**

**2-Continuous collaboration to improve HF care in Lebanon**

**Ministry of health Press Conference:**

<https://www.facebook.com/roula.abouzeid.9/videos/2915305618494698/>

<https://www.facebook.com/roula.abouzeid.9/videos/2915271955164731/>



# Lebanese Ministry of Health Activities

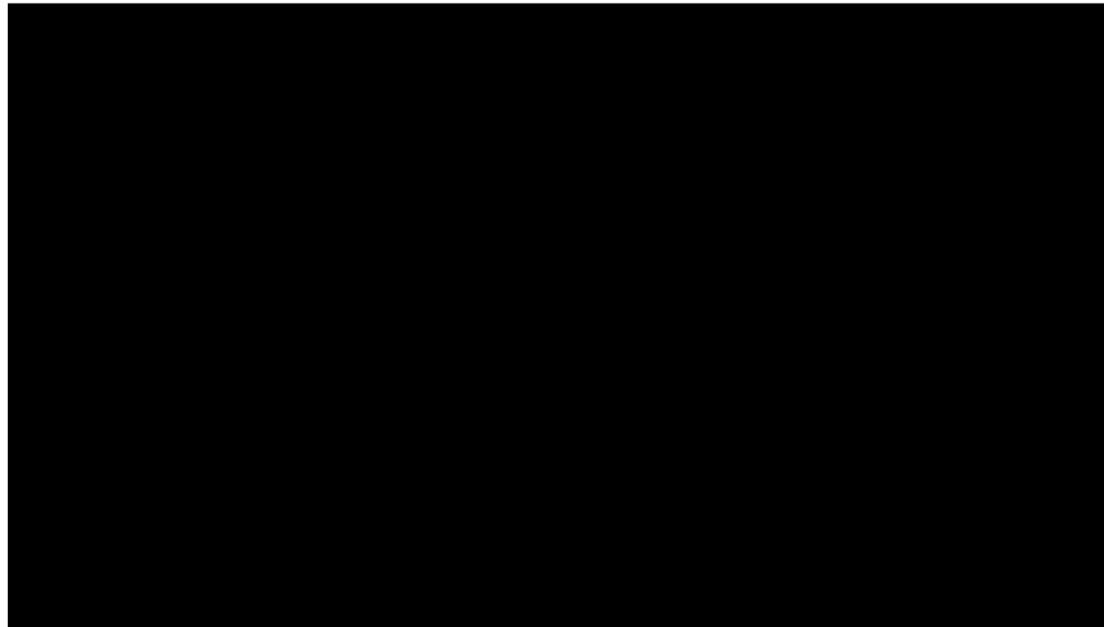


- **Supported a “30 second Video Clip” about HF Awareness to be broadcasted among all Lebanese Media(TV and Radio stations and Social Media) starting May 10 for 1 month.**
- **Complete support at the official Facebook page of the Ministry of health:**
  - Videos by Cardiologists, Nurses and HF specialists on HF (See Tips Slides 12 & 13)
  - HF Information and Tips (See links slides 12 & 13)
- **Supported Outreach clinics and lectures**
  - Lectures on HF were presented in different regions of Lebanon
  - Outreach Clinics were organized in different regions in Lebanon
    - Municipalities
    - Local hospitals
- **News about the Campaign on the Website of the ministry of health**

[https://www.moph.gov.lb/ar/DynamicPages/listing/5#/ar/DynamicPages/view\\_page/22316/5/-جبق-أطلق-الحملة-الوطنية-للتوعية-من-قصور-عضلة-القاب](https://www.moph.gov.lb/ar/DynamicPages/listing/5#/ar/DynamicPages/view_page/22316/5/-جبق-أطلق-الحملة-الوطنية-للتوعية-من-قصور-عضلة-القاب)



## Video Clip Broadcasted on Lebanese TVs and Radio Stations (In Arabic): May 10- June 10



*The clip describes a man who in his youth was strong and after he became early 60s  
He developed heart failure mentioning the signs and symptoms and how he improved  
Himself through medications intake and lifestyle modifications*



# Heart Failure Presentations (Over a period from May 15 to June 30)



**HFA**  
Heart Failure  
Association

- A Unified Heart Failure Presentation was distributed by the Heart Failure Working group – LSC in collaboration with the Ministry of Health (See Attached PPT presentation-Arabic language in the file sent):
- By this the same message will reach all.
- It was presented by different physicians in 16 villages(Municipalities-Hospitals) –See photos in slides 9-11
- At the same time a free exam , blood sugar, vital signs and in some (2) a NP level was obtained on the patients attended the activities.
- The number of attendees varied (See table)

	Speaker	Venue	Number of attendees
1	Dr. Renee Khoury	Dar Al Sakafe-Jeij Jebil	45
2	Dr. Samir Arnaout	Harriri Dispensary Saida	70
3	Dr. Elias Eid	Mawkadie House- Hamra Beirut	40
4	Dr. Zouheir Chaaban	Nour Foundation - Marjeyoun	35
5	Dr.Tarek Handous	Lala Municipality -West Bekaa	50
6	Dr. Imad Bou Yassine	Manara Municipality - West Bekaa	35
7	Dr. Imad Yassin	Qaraoun Municipality - West Bekaa	20
8	Dr. Carlos Khoury	Al Markaz al sohie al ijtimai - Zahle	20
9	Dr. Charbel Massad	Mijdlaya-South Lebanon	50
	Dr. Said Chaaban		60
10	Dr. Samia Zaatari	Hammoud Hospital	
11	Dr. Patrick Lahoud	Caritas - Zahle	25
12	Dr. Nada Saliba	Zahrie-Tripoli	25
13	Dr. Abdalla Moreebi	Markaz Iman Bebnin	30
14	Dr. Walid Mouawad	Zgharta Municipality	20
15	Dr. Hisham Hojeij	ToTango Nabatieh	30
16	Rita Akiki	Army Hospital	100

- Total number of attendees reached: **655 patients/caregivers.**





# Heart Failure Presentations: Photos from Different regions.



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# Heart Failure Presentations: Photos from Different regions.



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Heart Failure  
Association





# Heart Failure Presentations: Photos from Different regions.



**HFA**  
Heart Failure  
Association



# Ministry of Health Facebook Page



- Video Clip of the 2019 Campaign: <https://www.facebook.com/mophleb/videos/302347687376124/>
- Symptoms of HF: Chronic fatigue: <https://www.facebook.com/mophleb/photos/a.1531722977137368/2048934098749584/?type=3&theater>
- Heart Failure Symptoms Video: <https://www.facebook.com/mophleb/videos/1125530747630882/>
- Life Style Modification HF video: <https://www.facebook.com/mophleb/videos/414885555763962/>
- Symptoms of HF –Weight gain: <https://www.facebook.com/mophleb/photos/a.1531722977137368/2049199255389735/?type=3&theater>
- Symptoms of HF –Cough: <https://www.facebook.com/mophleb/photos/a.1531722977137368/2049769181999409/?type=3&theater>
- Fasting and HF Video: <https://www.facebook.com/mophleb/videos/2291100571150748/>
- Symptoms of HF- Sleep disorders orthopnea and PNDs: <https://www.facebook.com/mophleb/photos/a.1531722977137368/2050595065250154/?type=3&theater>
- How to take care of yourself video: <https://www.facebook.com/mophleb/videos/469677823784088/>
- What is Heart Failure video: <https://www.facebook.com/mophleb/videos/298804000999153/>



# Ministry of Health Facebook Page

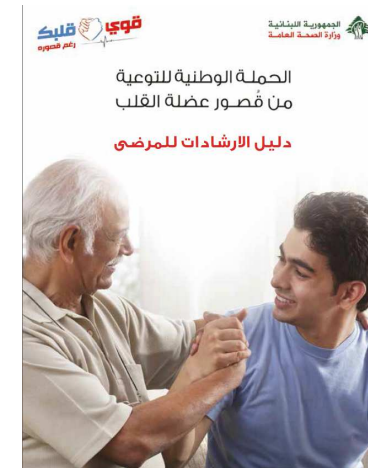


- **Symptoms of HF: Shortness of breath:**  
<https://www.facebook.com/mophleb/photos/a.1531722977137368/2052025908440403/?type=3&theater>
- **How to deal with HF:**  
<https://www.facebook.com/mophleb/photos/a.1531722977137368/2052027105106950/?type=3&theater>
- **Fluid restriction:**  
<https://www.facebook.com/mophleb/photos/a.1531722977137368/2052027761773551/?type=3&theater>
- **Diet recommendations:**  
<https://www.facebook.com/mophleb/photos/a.1531722977137368/2052029241773403/?type=3&theater>
- **Medications intake:**  
<https://www.facebook.com/mophleb/photos/a.1531722977137368/2052029605106700/?type=3&theater>
- **Daily weight:**  
<https://www.facebook.com/mophleb/photos/a.1531722977137368/2052030581773269/?type=3&theater>
- **Blood pressure monitoring:**  
<https://www.facebook.com/mophleb/photos/a.1531722977137368/2052031065106554/?type=3&theater>
- **Smoking Cessation:**  
<https://www.facebook.com/mophleb/photos/a.1531722977137368/2052031725106488/?type=3&theater>
- **Alcohol restriction in HF:**  
<https://www.facebook.com/mophleb/photos/a.1531722977137368/2052032141773113/?type=3&theater>
- **Physical activity:**  
<https://www.facebook.com/mophleb/photos/a.1531722977137368/2052032811773046/?type=3&theater>
- **Tips on time to rest:**  
<https://www.facebook.com/mophleb/photos/a.1531722977137368/2052033881772939/?type=3&theater>



# Educational Material Distributed

- **HF Educational Booklet was distributed**
- **Different sections includes:**
  - Epidemiology,
  - definition,
  - warning signs ,
  - therapy,
  - life style modification
- **This year added the Symptom tracker (see Next Slide 15)**
- **Distributed to hospitals and physicians' clinics as well as to patients and caregivers**
- **PDF version of the booklet will be attached separately in the file submitted**





على أساس مقياس من صفر إلى ٣، حيث صفر هي "لا شيء" و ٣ هي "شديد"، يرجى إبلاغنا بتأثير الأعراض التالية عليك على مدار الأسبوعين الماضيين.

الرقم	الوصف	0	1	2	3
1	ضيق التنفس	لا شيء	بسيط	متوسط	شديد
2	ضيق التنفس عند الاستلقاء	لا شيء	بسيط	متوسط	شديد
3	التعب	لا شيء	بسيط	متوسط	شديد
4	تورم الكاحلين، والساقين، والبطن	لا شيء	بسيط	متوسط	شديد
5	سرعة ضربات القلب	لا شيء	بسيط	متوسط	شديد



زيادة مقلجة في الوزن

هل لاحظت زيادة في وزنك أكثر من 2 كجم (حوالي 6 رطل) خلال الأسبوع الماضي؟

نعم لا



فقدان الشهية

هل فقدت شهيتك خلال الأسبوع عين الماسحين؟

نعم لا



كثرة التبول

هل لاحظت زيادة في عدد مرات ذهابك للتبول؟

نعم لا

غير شبيه أكثر



الحالة المزاجية

هل تزداد إسلانك بظهور القاب على حالك المزاجية؟

نعم لا

غير شبيه أكثر



التأثير على أسلوب الحياة

هل يمكنك إسلانك بظهور القاب من ممارسة الأنشطة التي كانت لديك لفترة في الماضي على ممارستها أو الإستماع بها؟

نعم لا

غير شبيه أكثر

تاريخ النشر: 2016 May 20  
 Published online: 2016 May 20  
 First published online: 2016 May 20  
 DOI: 10.1093/ehw/etw128

# Lebanese Nursing Orders



- **Organized two activities as well as supported all others through nursing staff participation.**

**1-Workshop on Heart Failure for Lebanese Nurses (June 11,2019: Nurses were invited from all Lebanese regions. (Total number attended: 50 )**

- Special focus on ESC HF Guidelines**
- Heart Failure pharmacology**
- HF signs and Symptoms**
- Symptom Science**
- Patient Education**
- Dietary Modifications**

**Speakers: Drs. Hadi Skouri and Angela Massouh and Ms Dyana Chaar (Nutritional Therapist)**





## Nursing Activities (May 11)



### At the Lebanese Nursing Order Venue



# Lebanese Nursing Orders (Cont'd)

**2- Supported a Heart Failure Workshop dedicated to Heart Failure Clinics and Nurses involved in these clinics to improve patient care and education (June 13,2019 ).**

## Heart Failure Nursing Workshop

**Date:** Thursday June 13<sup>th</sup>

**Venue:** Hilton Metropolitan Hotel

### Agenda

time	Topic
09:20 – 09:30	Welcome and Introduction
09:30 – 10:10	Heart Failure: Disease Overview and current management options <i>Angela Massouh</i>
10:10 - 10:20	Q&A
10:20 – 11:00	Education and care of the HF patient: nurse's perspective <i>Angela Massouh</i>
11:00 – 11:10	Q&A
11:10 – 11:20	Coffee Break
11:20 – 12:00	Refresher on HF clinics in Lebanon <i>Rana Bader</i>
12:00 – 12:10	Q&A
12:10 – 12:40	Experience sharing about current situation in different centers <i>Rana Bader</i>
12:40 – 13:40	Lunch



# Lebanese Society of Cardiology-Heart Failure Working Group Other Activities

- **Organized two outreach Clinic activities:**
  - In two different villages in Lebanon (mountains and North Lebanon)
  - Cardiology Fellows from HOT actively participated
  - Nurses from Lebanese Nursing Order actively participated
  - Students and Residents from two Major Lebanese Hospitals (AUBMC and HDF)
  - First Activity in “Dhour Shweir Mount Lebanon” included : (May 4 ,2019)
    - 1-Examining patients
    - 2-ECGs, Blood sugar; lipid profile ;BP; Heart rate and Oxygen saturation
    - 3-Echocardiography for most patients
    - 4-Supporting needy patients with Medications
    - 5-Educating patients and caregivers on HF and life style modifications



# "Dhour Shweir Activity"

## May 4 -2019



# “Dhour shweir Activity”



# Lebanese Society of Cardiology-Heart Failure Working Group Activities



- **Second outreach Clinic activity:**

- Second Activity on June 15 , 2019 in **Quobayat Village-North Lebanon** at their local hospital
- Activities included:
  - 1-Examining patients
  - 2-ECGs, Blood sugar; lipid profile ;BP; Heart rate and Oxygen saturation
  - 3-Echocardiography for most patients
  - 4-Supporting needy patients with Medications
  - 5-Educating patients and caregivers on HF and life style modifications
  - 6-CPR education for patient
  - 7-Heart Failure presentation for all patients and caregivers



# “Quobayat Village Activity”



# “Quobayat Village Activity”

- **CPR Activity:**

<https://www.facebook.com/jacqueline.chehwan/videos/10219234676678981/>





# “Quobayat Village Activity: Media Coverage



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- Interview Quobayat:
- <https://www.facebook.com/jacqueline.chehwan/videos/10219234661918612/>
- <https://www.facebook.com/jacqueline.chehwan/videos/10219234650438325/>
- <https://www.facebook.com/jacqueline.chehwan/videos/10219226502994644/>
- <https://www.facebook.com/jacqueline.chehwan/videos/10219226283709162/>

- Also there was Instagram Coverage by some media individuals.



# Lebanese Society of Cardiology-Heart Failure Working Group Activities (Cont'd)



- **"Hike for Heart Failure" activity organized by the HF working group at one of the Cedar reserves in Lebanon (Cedars of Shouf) with the participation of Mr. Maxime Chaaya . Date May 19,2019**
- **Mr. Maxime Chaaya is a public figure in Lebanon : He is a Lebanese sportsman,mountaineer and explorer and he is known for climbing and finishing 7 summits, three poles, one ocean and one desert.**
- **By This will spread the word on Heart Failure and can reach a greater number of the Lebanese population**



# “Hike for Heart Failure”



- **Participants: 170 (Physicians, media, healthcare and patients,Actors)**
  - One Heart Transplant patient
  - One LVAD patient
- **Trajectory: Intermediate**
- **Time: 3 hours**
- **Distance : 8 km**
- **There was a significant media coverage**
- **Several interviews on HF were broadcasted**
- **Mr. Chaaya broadcasted on his facebook page about the activity as well a 1 minute video talking about sports in HF.**



# “Hike for Heart Failure” May 19, 2019





# “Hike for Heart Failure” May 19, 2019

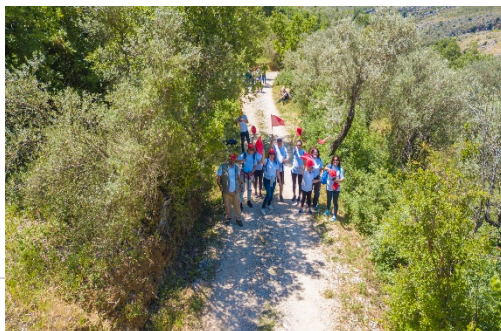




# “Hike for HF” May 19, 2019



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# Patient Participation in the Hike



**Heart Transplant Patient**

**LVAD Patient**





## Coverage by The Sportsman Maxime Chaaya

- **Maxime Chaaya Video Clip:**  
<https://www.facebook.com/660880794/posts/10157050794685795/>
- **In addition to Photos and posts on his official website**



# Hiking News: Newspapers

- <http://l.facebook.com/l.php?u=http%3A%2F%2Fallaroundmagazine.com%2F2019%2F05%2F31%2Fhike-for-heart-failure-with-lsc-at-cedar-reserve-al-chouf%2F&h=AT2QIvMixUW9ZaF500dpCdingELs8I8cmH2fq4sGIdeN6nBvHXjsd9AwPrWvNI9najascS7z4nH7lfuPReTFTQZNNNavERJSiyyN5h>
- <http://l.facebook.com/l.php?u=http%3A%2F%2Fwww.newsme.me%2F2019%2F06%2F06%2Fhike-for-heart-failure-%25d9%2585%25d8%25b9-lsc-%25d9%2581%25d9%258a-%25d9%2585%25d8%25ad%25d9%2585%25d9%258a%25d8%25a9-%25d9%2585%25d8%25b9%25d8%25a7%25d8%25b5%25d8%25b1-h>
- [http://l.facebook.com/l.php?u=http%3A%2F%2Fbeiruting.com%2FHike for Heart Failure with LSC at Cedar Reserve Al Chouf%2F28091&h=AT3i9\\_UjOz5TdyCEaU29ca0l7aRPgg8fEAqmyPOS4tc9OcwMy7m-EQNMJ24r\\_BVfexf6PbDqnfTbXO0dD5e4QSDOX05FCMgqMUykXGL5dPG14cEj9r3TnRtrht](http://l.facebook.com/l.php?u=http%3A%2F%2Fbeiruting.com%2FHike%20for%20Heart%20Failure%20with%20LSC%20at%20Cedar%20Reserve%20Al%20Chouf%2F28091&h=AT3i9_UjOz5TdyCEaU29ca0l7aRPgg8fEAqmyPOS4tc9OcwMy7m-EQNMJ24r_BVfexf6PbDqnfTbXO0dD5e4QSDOX05FCMgqMUykXGL5dPG14cEj9r3TnRtrht)
- <http://l.facebook.com/l.php?u=http%3A%2F%2Fwww.alhasnaa.com%2Fnews%2Fsubjects%2FMondanite%2F2019%2F05%2F21%2Fhike-for-heart-failure-%25d9%2585%25d8%25b9-lsc-%25d9%2581%25d9%258a-%25d9%2585%25d8%25ad%25d9%2585%25d9%258a%25d8%25a9-%25d9%2585%25d8%25b9%25d8%25a7%25d8%25b5%25d8%25b1-%25d8%25a7%25d9%2584%25d8%25b4%25d9%2588%25d9%2581&h=AT0Bm0NE3WswxogfOCLrvnXPBKczF1TyKHUdAO2T5KJ4VKk0Sr-ZKfZv53kRpM2zy8USW27WaZKBj9NFZInoVOaIAMeW9wSOHYPdvGfDJxV3M4INZB7AHOM9t4IM&s=1>

# Hiking News: Newspapers

- [http://l.facebook.com/l.php?u=http%3A%2F%2Fwww.alkalimaonline.com%2Fnewsdet.aspx%3Fid=390488%26p=422&h=AT2qMi1SwijGN5RCq1fIEFk7INJiWU5n61I2\\_U0VLN9y3W3e0cdi6SGLsO9TkD38GZLUHuty6hWUpZiMxnoRAuL8c5\\_Pk86W5QCi6pknhEmPAOe9ksNo\\_iC8xGEO&s=1](http://l.facebook.com/l.php?u=http%3A%2F%2Fwww.alkalimaonline.com%2Fnewsdet.aspx%3Fid=390488%26p=422&h=AT2qMi1SwijGN5RCq1fIEFk7INJiWU5n61I2_U0VLN9y3W3e0cdi6SGLsO9TkD38GZLUHuty6hWUpZiMxnoRAuL8c5_Pk86W5QCi6pknhEmPAOe9ksNo_iC8xGEO&s=1)
- <http://l.facebook.com/l.php?u=http%3A%2F%2Fwww.radioliban.gov.lb%2Far%2Fprograms%2Fعلمي-علمك&h=AT22GnDJ-0v6EMpeUqwDzqip4xykdq45MSmEYvvTsu0qmaU5i9m9luhUnlxXeIcOqavJmGD3v7LSQle16dPHAN5MxwMmn6zdH6F6JY19A9ZhYzUhh>
- [http://l.facebook.com/l.php?u=http%3A%2F%2Fwww.snobarabia.net%2Fpage.php%3Fid=6554&h=AT3MHob4Obxmf9b6yqjOss1bUy0ecEaeJcNuzPqdPAYriLEynpCTtnEat-xk0jxIzZfHNFzhYbgzAmynv485056h\\_sPJODB1gzuW42dnG01W8X\\_BAb64ftLwxshE&s=1](http://l.facebook.com/l.php?u=http%3A%2F%2Fwww.snobarabia.net%2Fpage.php%3Fid=6554&h=AT3MHob4Obxmf9b6yqjOss1bUy0ecEaeJcNuzPqdPAYriLEynpCTtnEat-xk0jxIzZfHNFzhYbgzAmynv485056h_sPJODB1gzuW42dnG01W8X_BAb64ftLwxshE&s=1)
- <http://l.facebook.com/l.php?u=http%3A%2F%2Fwww.pressespartout.com%2F%3Fp=12089%26lang=ar&h=AT3-D6ue-UYs6hgRabQQx8ub4-IYXrv7dXGft3axBeBS39b0mqiVBtdkQZiAdLWq5Ufad-2ddPJ5ML-u9hTkG1H9vl2vsJE5eYUuEVMsyzgJlanJ9WYqcgQzDnof&s=1>

# Lebanese HOT activity

- **Lecture on Heart Failure for Lebanese Cardiology fellows that was organized on May 16, 2019.**
- **Topic: Review and Discuss : ESC HFA Position Statement on Diuretic Therapy in Heart Failure**
- **Moderated by two heart failure specialists**
- **Fellows actively participated**
- **Presenter: Dr. Mike Asmar (HOT)**



# General Practitioners Workshop



- **HF WG Organized in collaboration with the Lebanese Society of General Practice a workshop on Heart Failure discussing: (June 11,2019)**
    - 1-ESC HF Guidelines**
    - 2-Emphasized on HF Diagnosis /Signs and Symptoms**
    - 3-Role of Biomarkers and Imaging modalities**
    - 4-Red Flags in Heart Failure**
    - 5-When to refer to Cardiologist/HF Specialist**
    - 6-Symptom Management**
- Speakers: Drs. Hadi Skouri and Angela Massouh**



# General Practitioners Activities



## Red Heart Challenge: May 5- May 31



- **HFWG participated in the “Raise The flag” Campaign Initiated by the Global Heart Hub in several countries around the world.**
- **The Aim of this Campaign is to raise awareness on Heart Failure to the General Public**
- **In Lebanon, patients and healthcare professionals raised the flag in several areas across Lebanon. Mainly touristic areas and main squares. Awareness messages were shared on site as well as on all social media platforms.**

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 **See Photos Next Slide**







## Red Heart Challenge

# Heart Failure Interviews series on a social Media Program



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- **Program Name: “So7tak ma3 Jaqueline”**
- **Weekly “Live” interview- Each 45 minutes discussing HOT Topics in Heart Failure (See Below) :**
- **Topics:**
  - Advanced Heart Failure:**  
<https://www.facebook.com/sohtakma3jaqueline/videos/460285814779594/>
  - Valvular disease in HF and new therapies:**  
<https://www.facebook.com/sohtakma3jaqueline/videos/424602128321750/>
  - Diabetes and Heart Failure:**  
<https://www.facebook.com/sohtakma3jaqueline/videos/2487930654606155/>
  - Devices in Heart Failure:**  
<https://www.facebook.com/sohtakma3jaqueline/videos/329410304366887/>



## Social Media at AUBMC Facebook page



- **Live session on Heart Failure (45 minutes discussing Heart Failure):**
- <https://www.facebook.com/AUBMC/videos/209256896624124>  
(By Dr. Hadi Skouri)

- **Post on Heart Failure:**

- [https://www.instagram.com/p/By22l10jvGk/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/By22l10jvGk/?utm_source=ig_web_copy_link)

# Patient Engagement



- **Hike for Heart Failure (see section)**
- **“Quobayat” CPR sessions ( see Section)**
- **Red Heart Challenge (Patients raised the Flag)**
- **Nutrition Education and life style modifications “Quobayat ”**



## TV Coverage:

- OTV Interview –HF Dr. Hadi Skouri:  
<https://youtu.be/xGnbmA10DZ0?t=1352>
- MTV Interview-Dr. Omar Hamwi: <https://youtu.be/ZBy9sHHPf9k>
- Future TV- Dr. Hadi Skouri : <https://mgml.co/fKBZQX2m>
- WATANIN.ORG- Dr. Tony AbdelMassih:  
<https://www.facebook.com/watanon.org/videos/2173274196120732/>
- MTV: Local well viewed TV station: Program “Rogghom Kil Shi” Discusses Lebanese initiatives. Daily program during prime time; Discussed Heart Failure awareness initiatives by LSC
  - <https://youtu.be/WuYpqyTVeBU>

# Radio Coverage

- **Sawt El Mada June 6,2019: Dr. Hadi Skouri**
- **Radio Liban June 28,2019 : Dr. Angela Massouh**





## Other Activities



- **Still working to register “Systole” Patient Heart Failure Organization at the government- Collaboration with Ministry helped to progress.**
- **Multiple Instagram coverage by different Media groups**



## Looking Forward: Heart Failure Awareness Days 2020