

Heart Failure Awareness Days 2019

Report from: **Russia**

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GENERAL INFORMATION



40 EVENTS IN
28 CITIES

WERE
CONDUCTED
FOR PATIENTS
WITH HF,
PATIENTS WITH
CV DISEASES
AND FOR THE
GENERAL PUBLIC
ABOUT THE HF
RISK FACTORS
FOR



20 000

BROSURES.
"LIFE WITH
HEART FAILURE"



16 000

LEAFLETS
"PHYSICAL
TRAINING IN
PATIENTS WITH
HEART FAILURE".



20 000

HEARTFAILUREM
ATTERS.ORG
BUSINESS CARDS

This year we received a grant from the **President of Russia** to host Heart Failure Awareness Days. And although the size of the grant was relatively small (about 5,500 euros), the fact of its receipt indicates the public recognition of the importance of the problem of education of patients with heart failure.

MEDIA



- During the campaign there were 16 publications in print and online publications. Including:
- Press conference "CHRONIC HEART FAILURE: FROM PREVENTION TO HIGH-TECH METHODS OF TREATMENT.« held in State Multimedia Center Russia Today. http://pressmia.ru/glass_hall/20190425/952324810.htm
- City News papers
- Web sites of the Regional ministry of health
- Social networks

Public Events



Public events were conducted in Ryazan, Ulianovsk and Pskov. They include:

1. Express check up (BP and Lipids)
2. Antismoking campaign
3. Nordic walking lessons



OPEN CLINICS

Lectures for patients were conducted not only in big cities, but also in rural.



OPEN CLINICS



Patients not only received theoretical knowledge, but also could participate in cardio training



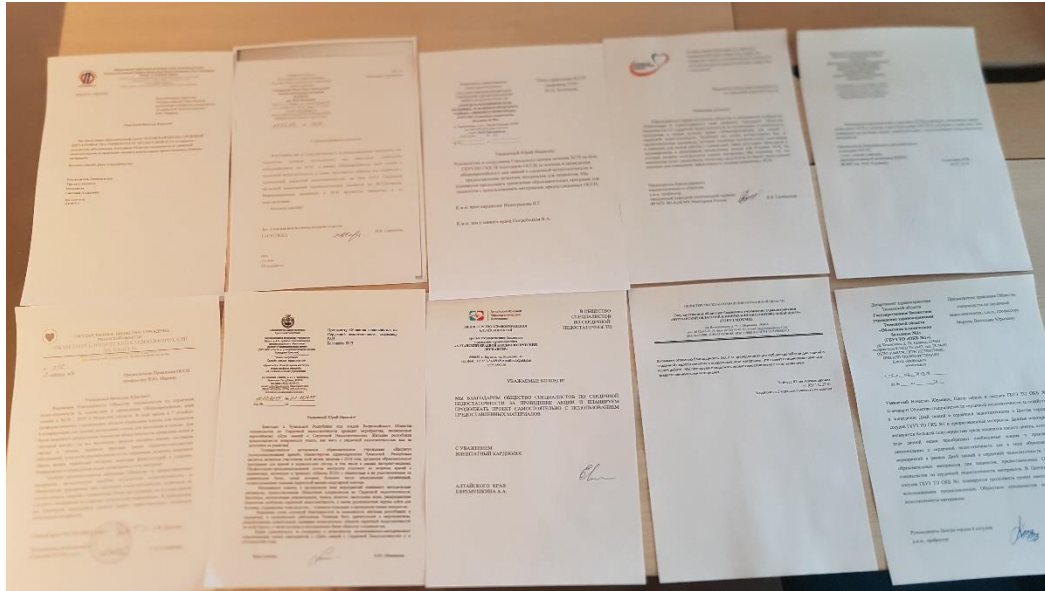
Individual work with patients.



We traditionally do a lot of work with patients individually. This is especially important for patients in nursing homes and gerontological centers.



Recognition.



We received 10 letters of recognition from the regional Ministries of Health, Russian pensioners union and Federal hospitals