



HFA
Heart Failure
Association

Heart Failure Awareness Days 2019

Report from: **Uzbekistan**

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ESC
European Society
of Cardiology

- On July 17-19, 2019 under the auspices of the European Association for Heart Failure and the Association of Cardiologists of Uzbekistan the “Days of Knowledge of Heart Failure” were held in Uzbekistan for the first time. This event was held in Tashkent Consultative Polyclinic of the Cardiology center and local hospitals in the cities of Chirchik, Pskent and Yangibazar



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Public event/Open clinic

- **An open clinic was organized in the spacious halls of medical institutions, where visitors and patients had the opportunity not only to receive information about heart diseases, but also to measure the level of blood pressure, cholesterol, creatinine and hemoglobin. The issues of prevention measures were covered in detail, the importance of a healthy lifestyle and adherence to treatment were promoted**



- **Within 3 days, more than 200 patients were examined. Scientific-practical seminars for general practitioners, cardiologists and internists were held in an interactive form. Apart from it, a seminar was held with nurses involved in the patronage of the population. Skills for managing patients with chronic heart failure were demonstrated...**



Printed material for patients

- In the course of the campaign, special brochures on heart failure, self-monitoring diaries and guidelines were printed out and distributed



Website coverage

- This event was covered on the website of the Republican Cardiology Center:
<https://cardiocenter.uz/2019/07/26/dni-znaniy-o-serdechnoy-nedostatochnosti/>

- All doctors, students and residents who were involved in the process of the event received an unforgettable experience and positive emotions, inspired and looking forward to the next call on the day of knowledge of heart failure 2020



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- **The Association of Cardiologists of Uzbekistan actively promotes the implementation of modern standards and guidelines for the diagnosis and treatment of cardiac diseases, organizes schools for doctors and patients, conferences, Internet sessions, and speeches in the press, popularizing methods of preventing heart disease**

