

Heart Failure Awareness Days 2019

Report from: Kazakhstan

Name of reporter: Amina Rakhisheva

- **Heart Failure is a chronic disorder in which a heart can't pump as it should. And patients who suffer from Heart failure know that everything will be different. Despite the abrupt and unexpected changes in life due to Heart Failure we should try our best to support our patients to be strong, to do things that can improve their quality of life.**

- This year is unique for our working group (WG). First, one year since our WG was organized. Secondly, we decided to make the Awareness days interesting, useful and fruitful for adults and for kids as well.
- For this initiative, our Program was divided into three different parts:

Part I: Our young cardiologists had a lesson for kids of the primary schools about the heart and its importance in the beginning of May. Afterwards, kids were asked to draw their understanding about “Heart and its functions for a human being”.



PartII

- The second step of Awareness days happened at a primary care clinic. We organized an Exhibition of kids' drawings "The heart through kids' eyes". Visitors could not only enjoy drawings but also vote for the best one. The artists among kids whose paintings had the greatest number of votes were awarded with a certificate
- There was an installation of the Heart where visitors could express and write their fillings about the Heart and possible issues with it
- Our young cardiologists met all the participants at the Exhibition to explain all the symptoms and signs of Heart failure as well what patients should do in different situations and how to prevent its progression
- Patients were measured blood pressure (BP), heart rate, weight. That kind of action was very efficient and interesting for patients and cardiologists

heart through the eyes of children





Part III

The third step of our Awareness days was not only to tell about Heart Failure, but also to show how we can prevent major cardiovascular diseases that could lead to Heart Failure. For such idea we decided to be part of physical activities that are organized in Almaty city. This time, our young community took part in Almaty Marathon, a tremendous event with number of participants more than 17 000. There were lots of communication and all participants could measure their BP and ask questions.

