



HFA
Heart Failure
Association

Heart Failure Awareness Days 2019

Report from: **Kosovo**

Name of reporter: **Professor Gani Bajraktari**



ESC
European Society
of Cardiology

Heart Failure Awareness Week - 2019



- Agenda of the Activities

Kosovo Society of Cardiology organized for the 3rd time **Heart Failure Awareness Week**, from **6th to 11th of May 2019**

The main objective were the activities to promote a healthy heart, with the theme "Do your part, know your heart!", with engagement of people from:

- different age groups; from young children to old people,
- different ethnic groups that live in Kosovo,
- different social status,
- different health care status, and
- different professions.

... to break the barriers between people and doctors through activities in the field

... to create certain reports for easier access to health care for general population and for marginalized groups and specific groups that live in Kosovo



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Heart Failure Awareness Week – 2019

- Agenda of the Activities



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HEART FAILURE AWARENESS WEEK 6TH MAY-12TH MAY- KOSOVO

Kosovo Society of Cardiology

AGENDA OF ACTIVITIES

6TH of May

11:00- Opening Ceremony in the
Telemedicine Centre of Kosovo
14:00- Visit to the Retirement
House to promote a healthy
heart to old people living there

7th of May

10:00- SOS-Kinderdorf,
promoting a healthy heart to SOS
families.
Closing the activity together with
children by releasing red
balloons in the air.

8th of May

10:00- Lectures about heart in the
elementary school “ Faik Konica” and
paintings with the theme “Love your
Heart!”
14:00- Visiting communities Roma,
Ashkali, Egyptians in the center of The
Ideas Partnership in Fushe Kosova

9th of May

11:30- Climbing of Via Ferrata in
Peja

10th of May

10:00- Activities in the filed in
the “Zahir Pajaziti” square of
Prishtina- near people and
people’s needs

11th of May

10:00- Cycling for a
healthier heart
Closing the activities



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Heart Failure Awareness Week – 6th of May 2019

- Teleconference Lectures



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The Opening ceremony of HF awareness week, was held in the Telemedicine Center of Kosovo.

Lectures: **Professor Gani Bajraktari**, President of KSC

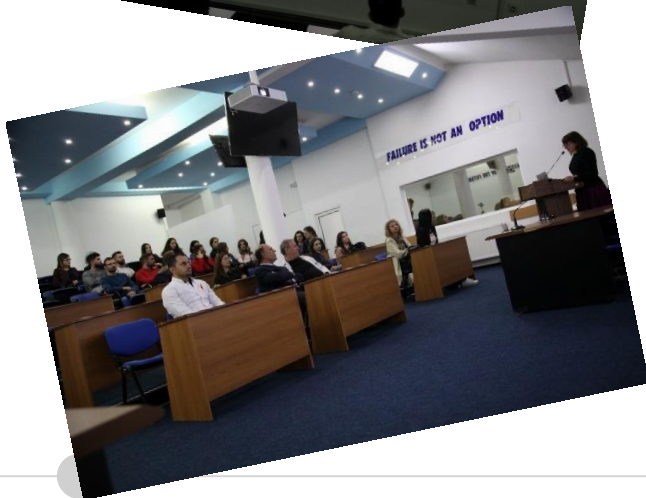
- Introduction and epidemiology of heart failure

Dr. Artan Ahmeti, PhD, lecturer at Medical Faculty,

- Update in the treatment of heart failure

Dr. Merita Shehu, MD, representative of Accessible Quality Healthcare

- The importance of quality control in heart failure.



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Heart Failure Awareness Week – 6th of May 2019

- Retirement House in Prishtina



KSC shared the knowledge and listened their concerns regarding Heart Failure with one of the groups that deserve the utmost respect from society, the elderly in the Retirement House.

Activity performed the group of young doctors, medical students. A tote bag with messages for healthy heart and apples inside.



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Heart Failure Awareness Week – 7th of May 2019

- SOS Kinderdorf in Prishtina



Our activities continued with the youngest generation, the youth of our nation, the children of SOS Kinderdorf.

Firstly, we held a meeting with SOS mothers and SOS aunts who are responsible for providing a family to SOS children. We shared our advices and performed basic medical measurements as blood pressure and glycaemia.



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Heart Failure Awareness Week – 7th of May 2019

- SOS Kinderdorf in Prishtina



We met children of SOS, shared knowledge for Heart, and after that together we released in the air Red Balloons as a symbol for HF awareness week.

NOTE: Because of the policy that ought to be respected, we are not allowed to take pictures of the faces of the children



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Heart Failure Awareness Week – 8th of May 2019

“Know your heart”: Talking for Heart & Painting Heart



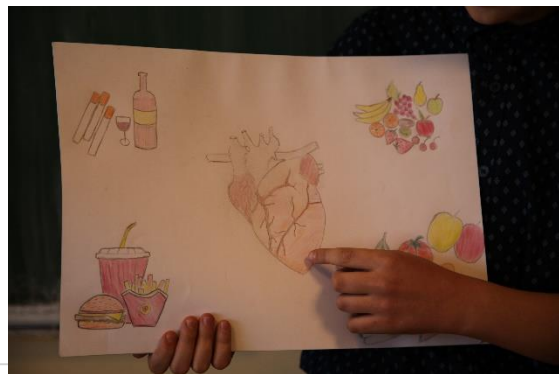
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**Discussion for healthy heart:
Elementary school “Faik Konica” , in Prishtina**

**In honor of this week, 7 little artists painted
pictures with the theme: “Know your Heart”**

**Lecturers:
Dr. Ibadete Bytyci & Dr. Jehona Krasniqi**



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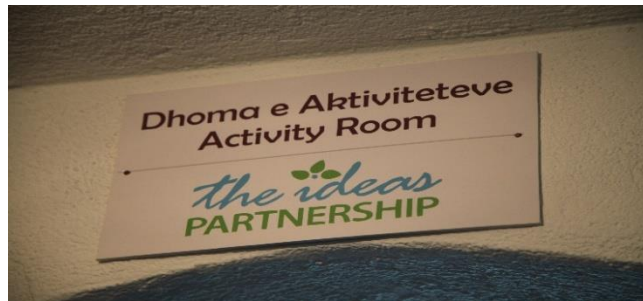
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Heart Failure Awareness Week – 8th of May 2019

Talking with Ethnic Minority Communities: RAE



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Visit to “The Ideas Partnership” Center in Fushë Kosovë, which deal with Ethnic Minority Communities who live in Kosovo; Roma, Ashkali and Egyptians (RAE).

We met with people from these communities and provided for them basic measurements and consulting, as well as heard their concerns.

NOTE: Because of the policies that NGO has, we are not allowed to take pictures of the people of communities.



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Heart Failure Awareness Week – 9th of May 2019

Climbing in Via Ferrata, Rugova Mountains in Peja



Climbing of Cardiologists in Via Ferrata.

Adrenaline, amazement and promotion for physical activities and a beautiful view of Rugova Mountains in Peja.

**Do your part, know your heart!
With physical activities for a healthy heart!**



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Heart Failure Awareness Week – 10th of May 2019

Advices & Check-Up in the city Centre...



Near people, near to those in need...

Heart Sculpture of KSC with messages for Heart...



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Heart Failure Awareness Week – 11th of May 2019

Cycling in G rmia National Park



Closing HF Awareness Week with cycling.

“For every kilometer cycling, you lower the risk for HF”.

On two wheels for a healthy heart!



Heart Failure Awareness Week 2019

Media Coverage



The HF awareness week was also promoted through RadioKosova 1 & RadioKosova 2, the largest radio channels in the country, in their morning programs.

Professor Gani Bajraktari and Dr. Jehona Krasniqi for one hour described every activity that would take place during the week and gave advices for heart failure prevention to general population



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Heart Failure Awareness Week 2019

Social Media Coverage



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Page · 1.5K like this · Community

May 7 · ...Failure Awareness Week, organized by Kosovo Society of Cardiology, supported by AQH and KPSR and sponsored by NOVARTIS. ...



SOS Fshatrat e Fëmijëve Kosovë
added 5 new photos.
May 7 at 18:21 ·

Shoqata e Kardiologëve në Kosovë me një grup mjekësh vizitoi fëmijët dhe stafin që kujdesen drejtpërsëdrejti për fëmijët. Prof. Dr. Gani Bajraktari ka mbajtur një trajnim mbi "Ushqyerjen dhe Çrregullimet Ushqimore dhe Shëndetin e Zemrës". SOS Nenat, SOS Tezet dhe fëmijet ishin pjesë e leksioneve të ofruara nga shoqata. Si simbol i rëndësishëm dhe nev...

See More



AQH Project
Page · 1.9K like this · Non-Governmental Org...

May 8 · ...e Kardiologëve të Kosovës vizituan SOS Fshatrat e Fëmijëve Kosovë si pjesë e aktiviteteve të Javës së Ndërgjegjës...



The Ideas Partnership
4.1K like this · Pristina · Community Service

May 10 · ...të Kosovës vizitoi qendrën e The Ideas Partnership në Fushë Kosovë duke u takuar nga afër me pjesëtarë të komuniteteve Rom, ...



AQH Project added 11 new photos. ***
May 13 at 13:02 ·

Në Ditën e 5-të të Javës së Ndërgjegjësimit për Pamjaftueshërinë e Zemrës, mjekët vullnetarë ishin afër njerëzve për ti informuar ata se cilat janë shprehjet që duhet të krijojnë që të kenë një zemër të shëndoshë.

Këto janë 7 shprehjet nga më të rëndësishmet që duhet ti ndjekin njerëzit në mënyrë që të kujdesen për sëmundjet kardiovaskulare:

Ushq... See More



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The activities were promoted in Social Media: Facebook, Twitter and LinkedIn by KSC, AQH, SOS-Kinderdorf, The Ideas Partnership, young Doctors followed by messages to deliver to the population virtually.

Heart Failure Awareness Week 2019

Printed Materials and more...



Materials:

- Printed leaflets with advices for heart failure prevention
- Tote bags with messages for healthy heart
- Posters
- T-shirts
- Flag
- Heart Sculpture



Heart Failure Awareness Week 2019

Acknowledgments



We thank for the support and cooperation to:

- NOVARTIS Pharmaceuticals
- Accessible Quality Healthcare
- Telemedicine Center of Kosovo
- SOS-Kinderdorf
- House of the Elderly
- The Ideas Partnership
- Elementary School “Faik Konica”
- Cycling Club of Prishtina
- Adventure Trips Kosova
- Young Doctors, Nurses and Medical Students



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Heart Failure Awareness Week 2019



**“Do your part,
Know you Heart”!**



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