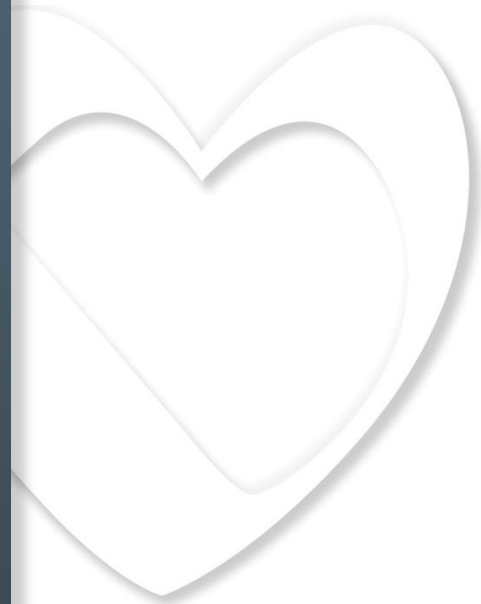


Heart Failure Awareness Day 2016

Report from: (Finland)

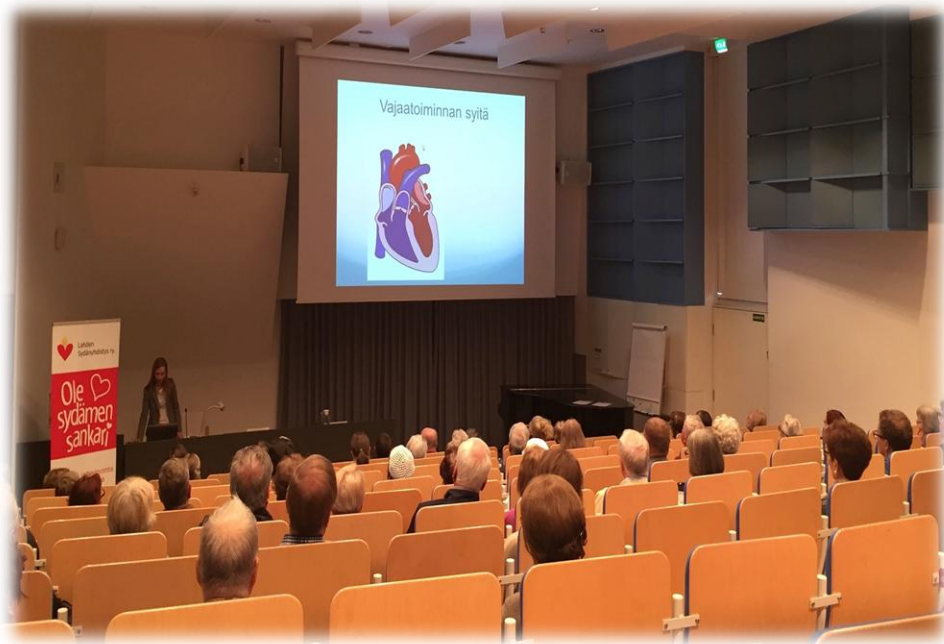
*Name of reporter:
Johan Lassus*



Public event / open clinic

- **Educative evening sessions for patients and their families were held in several cities in Finland in collaboration with national heart association and Novartis**
 - *Local cardiologist (30 min)*
 - *Patient education about heart failure etiology, risk factors, diagnostic tests, comorbidities, and treatment options for HF were explained*
 - *Local dedicated heart failure nurse (30 min)*
 - *Patient education about heart failure symptoms, signs, alarming signs, water and salt restrictions, dietary counselling, and exercise training*

Heart failure awareness days



Newspaper and website coverage

- **An enquiry of the current state of patients' awareness of heart failure was made by Finnish heart association**
 - *Results were published with a cardiologist's comment (from the national heart failure association) in Finnish Heart Association's journal and in local newspapers*

Printed material for patients

- **Educative material produced by the Finnish Heart Association was distributed in the local awareness day sessions**