Heart Failure Awareness Day 2015

Report from: Russia

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Public event

- **Pskov.** Action "Walk with a cardiologist." Attended by about 20 people. Classes were held at the Great River waterfront. These included the six-minute walking test with, assessment of functional class of heart failure, training in self-control, including the counting of the pulse and respiration, answers to questions.

- **Barnaul.** Measurement of blood pressure, determining the level of lipids (cholesterol), glucose in the population of the city. Distributing leaflets to promote healthy lifestyles. A total of 385 people.

- **Krasnodar Region (Krasnodar, Novorossiysk, Anapa, Gelendzhik, Slavyansk-on-Kuban.)** Total: 4 lectures in Krasnodar and 5 lectures - in the cities of Krasnodar region. Lectures for patients with chronic heart failure (within the framework of weekly school hours for patients in the cardiology department of the bases of number 2 SCC MBUZ Hospitals Ambulance) - 13 and 20 May 2015. "The life of a patient with chronic heart failure: diet, physical activity"

- **Ryazan.** Phone Hot-line with patients. [http://minzdrav.ryazangov.ru/news/126917/04/11/2015](http://minzdrav.ryazangov.ru/news/126917/04/11/2015) at the mall "5-MALL" Doctors Regional Clinical Cardiology Clinic in conjunction with the Department of Hospital Therapy Pavlova, Russian Ministry of Health and Regional Health Center Regional Hospital conducted medical and preventive action "Day of knowledge about heart failure." All wishing conducted rapid diagnosis of lung and cardio-vascular system, check the level of glucose and cholesterol levels, blood oxygen saturation determined. After the examination, EDO Health Center specialists and cardio consulted each participant shares and give necessary recommendations.
Public event

• **Ulyanovsk.** The campaign conducted in school for patients and their relatives, the corners of health for the general public, scientific-practical conference for doctors, meeting with reporters. Volunteers Medical College held events devoted to heart failure and healthy lifestyles. In Ulyanovsk, action began with the opening of corners for the health of the population - "Take care of your heart," where everyone could pass a comprehensive examination and get information on their existing risk factors for heart and vascular diseases. Study of the presence of carbon dioxide in exhaled air using a special device - smokelayzera, volunteers conducted among active and passive smokers. Smokers had clearly demonstrated the ravages of tobacco, and offered to exchange cigarettes for candy. Educational events for the public schools also included the prevention of heart failure at the enterprises of Ulyanovsk.

• **Bashkortostan.** The lectures and discussions for cardiac patients in the hospital and out-patient department of the Republican Cardiology Center (7, 12, 13 May 2015), in clinics GKB number 21, 22, 18, 1, 33, 46, 52, at the cinema "Rodina".
Public event

www.escardio.org/HFA
Public event Ulianovsk
Open clinic

**Astrakhan.** Federal Center of heart & angio surgery, 05/12/15 at the conference hall of the Open Doors for patients with heart failure. Doctors held explanatory lecture on the principles of self-help and the management of diet and physical activity for patients with HF.

**Barnaul.** Lectures and discussions for cardiac patients in hospitals Altai Regional Cardiology Clinic, Regional Hospital of Barnaul, Polyclinic Hospital Railway (13,14,15 2015)

**Republic of Bashkortostan.** Consultation and examination of 96 patients CHF clinics in Ufa and the Republican Cardiology Center with the participation of employees of the Department of Clinical Cardiology of the Bashkir State Medical University.

**Krasnodar.** Lectures for patients with chronic heart failure (within the framework of weekly school hours for patients in the cardiology department) - 13 and 20 May 2015.

**Tomsk.** Open Clinic for HF patients through April and May at Tomsk State Cardiology Institute (300 patients)

**Rostov and Rostov region** (Azov, Zernograd and Taganrog) were held schools for patients with cardiovascular diseases, dedicated to topical issues of prevention, diagnosis and treatment of heart failure. The event was attended approximately 90-100 people in each city. In Rostov-on-Don were conducted Schools for patients with cardiovascular diseases in cardiology departments №1 and №2 Regional Clinical Hospital №1, in the cardiology department of the Regional Hospital №2. Patients and their relatives have received educational materials prepared by the Russian Heart Failure Society
Open clinic

www.escardio.org/HFA
Open clinic
TV and radio coverage

- **Ryasan.** [https://youtu.be/KMUL7mSnu4s](https://youtu.be/KMUL7mSnu4s)
Newspaper and website coverage


http://minzdrav.ryazangov.ru/news/126917/
Printed material for patients

<image representations of printed material with medical information>
Comments:

- It is impossible in one presentation cover all the events which were conducted in 25 cities during almost 2 months of action. From mid-April to late May doctors, nurses and medical students - volunteers held meetings with the patients and their families, schools for patients, educational events on healthy lifestyle for patients at-risk groups and the general public. For doctors were organized scientific conferences and seminars. In many cities, our coordinators are actively working with the media.

- On May 12th Russian Heart Failure Society board members conducted online educational marathon for doctors. Marathon brought together Heart Failure Experts of 3 big cities: Moscow, St. Petersburg and Samara and lasts on-line more than 12 hours.

- During the Heart Failure Awareness days a lot of doctors educational events were held. Heart Failsre workshops, conferences and lectures were held in Krasnoyarsk, Tomsk, Sergiev Posad, Barnaul, Rostov-on Don, Novosibirsk, N-Novgorod, Novgorod, Astrakhan, Several cities of Moscow region, S-Petersburg, Voronezh.