Heart Failure Awareness Days 2019

Report from: Kosovo

Name of reporter: Professor Gani Bajraktari
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
Heart Failure Awareness Week – 2019
- Agenda of the Activities

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
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.
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.
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.
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.
Heart Failure Awareness Week – 8th of May 2019
“Know your heart”: Talking for Heart & Painting Heart

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
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.
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!
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…
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.
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
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
Heart Failure Awareness Week 2019

“Do your part, Know you Heart”!