Heart Failure Awareness Day 2017
Belarus
Alena Kurlianskaya
akurlianskaya@gmail.com
In 2017 the HF Working Group of Belarus:

- held conference with the head of the Belarusian Heart Failure Association and the leading specialists in this field;
- organized special cooking master class with the Minister of Health of the Republic of Belarus, HF specialists and patients suffering from HF;
- performed the week of children's creativity and workshops, including lectures on the structure of the human body and talking about and the healthy lifestyle;
- held a joint yoga class for patients with CHF NYHA II-III and HF specialists with talking about an importance of physical activity;
- developed a mobile application for patients with CHF;
- arranged a display in the form of the Heart Failure Awareness Days logo with the help of little patients after cardiac surgery;
- organized promotion in local TV, radio, and newspapers

www.escardio.org/HFA
Conference with the head of the Belarusian Heart Failure Association and the leading specialists
HF Awareness Day 2017 was also covered in newspapers and websites
HF Awareness Day 2017 was widely covered in TV, especially in news releases. Alena Kurlianskaya was also invited to a TV show covered public health problems.
HF Awareness Day 2017 was also covered in radio

Alena Kurlianskaya – the Head of the Belarusian Heart Failure Association - in live radio broadcast
Mobile application for patients with CHF is developed
Mobile application for patients with CHF

Mobile application includes:

- arterial pressure, heart beats, liquid balance and diuresis day data with an opportunity to save it during the month
- weight data, body mass index calculator and a following diet
- list of medicines and the Morisky Medication Adherence Scale
- physical activity and advices to improve a healthy lifestyle
- reminder to take medicines
- opportunity to share the following information
Valery Malashko – the Minister of Health of the Republic of Belarus – has taken part in the cooking master class in collaboration with patients and HF specialists.

www.escardio.org/HFA
Special cooking master class with the Minister of Health, HF specialists and patients suffering from HF
Yoga class for patients with CHF NYHA II-III and HF specialists in the Victory Park
The week of children's creativity and workshops on the structure of a human body
Belarusian Children's Fund and our little patients after cardiac surgery have helped us to arrange a display in the form of the Heart Failure Awareness Days logo.
20-21 May 2017 in the Republic of Belarus was organized Heart Failure Awareness Day. About 200 people including the Minister of Health of the Republic of Belarus, President of the Belarusian Heart Failure Association, leading cardiologists and cardio surgeons of our country and patients with CHF NYHA II-III took part in this event, including patients after heart transplantation, cardiac resynchronization therapy and implantation of mesenchymal stem cells. It was widely covered in TV, radio and newspapers and gained public resonance. We didn’t arrange a flower display in the form of the Heart Failure Awareness Days logo because of the weather, but we organized “the human” one with the help of our little patients after cardiac surgery. In future we plan to involve as more regional and district centers of our country as it possible.