Heart Failure Awareness Day 2017

Report from: Russia

Name of reporter: Julia Begrambekova

Email address: Julia.begrambekova@ossn.ru
39 big cities and small towns participated in Heart Failure Awareness days in Russia. From Pskov at the northwest to Khabarovsk in the far East. From Krasnodar in the south to Tumen in the North.
In **Ulyanovsk**, the action began with the opening of the health corners "Take care of your heart" at shopping centers and fairs, where everyone could undergo a comprehensive examination and obtain information about their risk factors for heart and vascular disease. Medical professionals skillfully coped with the huge flow of citizens who want to conduct an express survey to determine the risk factors. To educate the public on health issues, volunteers were provided with leaflets on healthy lifestyle, prevention of cardiovascular diseases and their complications, as well as a lifestyle changes needed for HF patients.
Ryazan conducted a medical and preventive action "Day of Knowledge on Heart Failure" at the Shopping Mall with the study of the public awareness of the problem of CHF, and blood cholesterol, measurement of blood pressure, ECG, calculation of BMI, examination of the function of external respiration (28.04.2017). 62 people were screened and consulted by doctors.
Public event / open clinic

04/27/2017 in the village of Kermis of the Shatsky district, a team of doctors and paramedical staff of the Shatsk Central District Hospital measured weight, height, ECG registration, checking the cholesterol levels, ALT, AST, creatinine, blood glucose, general blood and urine analysis, midwife examination and taking smears, consultation of the cardiologist and the therapist. A school for patients with heart failure was conducted, methodical and informational materials about chronic heart failure and the way of life of patients in its occurrence were disseminated. The event was attended by 35 patients.

On 27.04.2017 the School for patients with chronic heart failure was conducted at the State Institution "Skopinskaya CRH". The event was attended by 29 patients.
TV and radio coverage

- Krasnodar – 2 broadcast at local radio stations about the prevention of CHF (the need for effective treatment of arterial hypertension, diseases associated with atherosclerosis, etc.).
- TV coverage Kazan
  
  http://efir24.tv/kazan/programs/tema/16.05.2017/
  https://vk.com/video-59588670_456239025?list=69e766766d603ce2a5
Newspaper and website coverage


We also have a Facebook page, dedicated to the Heart Failure Awareness Days
Political Engagement

Minister of Health of the Republic of Tatarstan giving a speech during Heart Failure Congress in Kazan (in the scope of the Heart Failure Awareness Days)
Patient Engagement

In Pskov, the Heart Failure patient support group coordinator leads initiatives described on the Facebook page dedicated to the Pskov “Heart Sufficiency group”. https://vk.com/serdcepskov

“Walk with a cardiologist” is one of those amazing initiatives

www.escardio.org/HFA
This year Kazan became the capital of the Heart Failure Awareness Days!

With the support of the Ministry of Health of Tatarstan, the Society for Heart Failure Specialists conducted two major events:

PATIENT CARE SUMMIT organized by Patient Care Committee of the Heart Failure Association of the ESC and the Russian Heart Failure Society
May 15, 2017

THE CONGRESS of the Privolzhsky Federal District "Heart failure", May 16, 2017