

Heart Failure Awareness Days 2024

Activities report post HFAD

Country: Bosnia and Herzegovina

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HFA
Heart Failure
Association

 European Society of Cardiology

Programme and events (summary)

- **HFWDG of Association of cardiologists of B&H organized HF Awareness week focusing on topic "Detect the undetected" (from 29. April till the end of May we spread public awareness).**
- **We were talking in public about HF, giving to people information and notes about HF and talking about HF on TV, radio and social media during the whole week. We are also using social media eg. facebook, instagram etc to create reels and talk about HFA and spread heart failure awareness, because we are recognizing the importance of social media nowadays.**
- **Our couple of authors made and promoted illustrated book for cardiologists, general practitioners, students and patients – Cardiovascular disease and pulmonology in our local language in order to spread information and knowledge even to patients and caregivers.**

Public Event/Open clinic

There was public stand in heart of Sarajevo on 30.4. 2024.

We measured in public NT pro BNP as like as other important laboratory parameters, measuring blood pressure and talked with people in City Centre of Sarajevo about heart failure and importance of detect of undetected



Press coverage: Radio and TV

- **We were hosted in couple of our TV shows speaking about this important topic (national TV as well as local TV shows).**

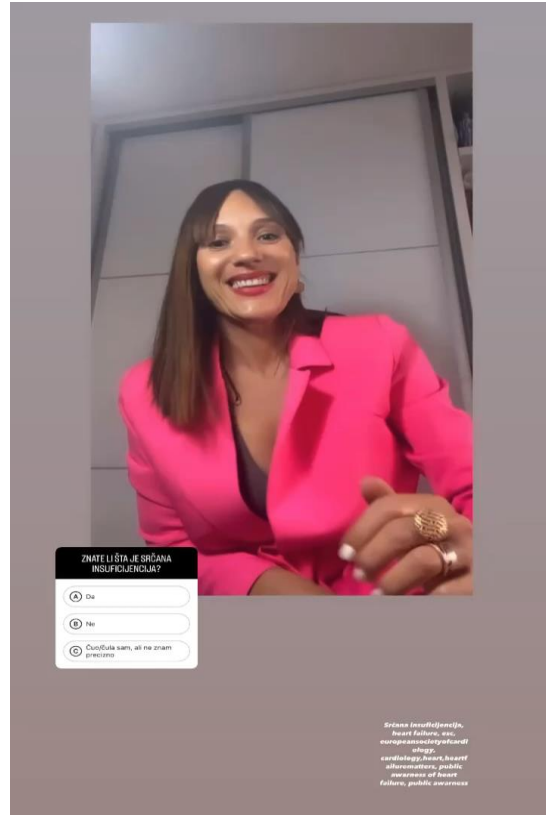
Press coverage: Book promotion



Social media coverage:

- **We spread practical informations, posters and reels via social media-facebook and instgram mostly and we shared also link of Heart failure matters website.**
- **Also via social media we shared links of our press coverages.**

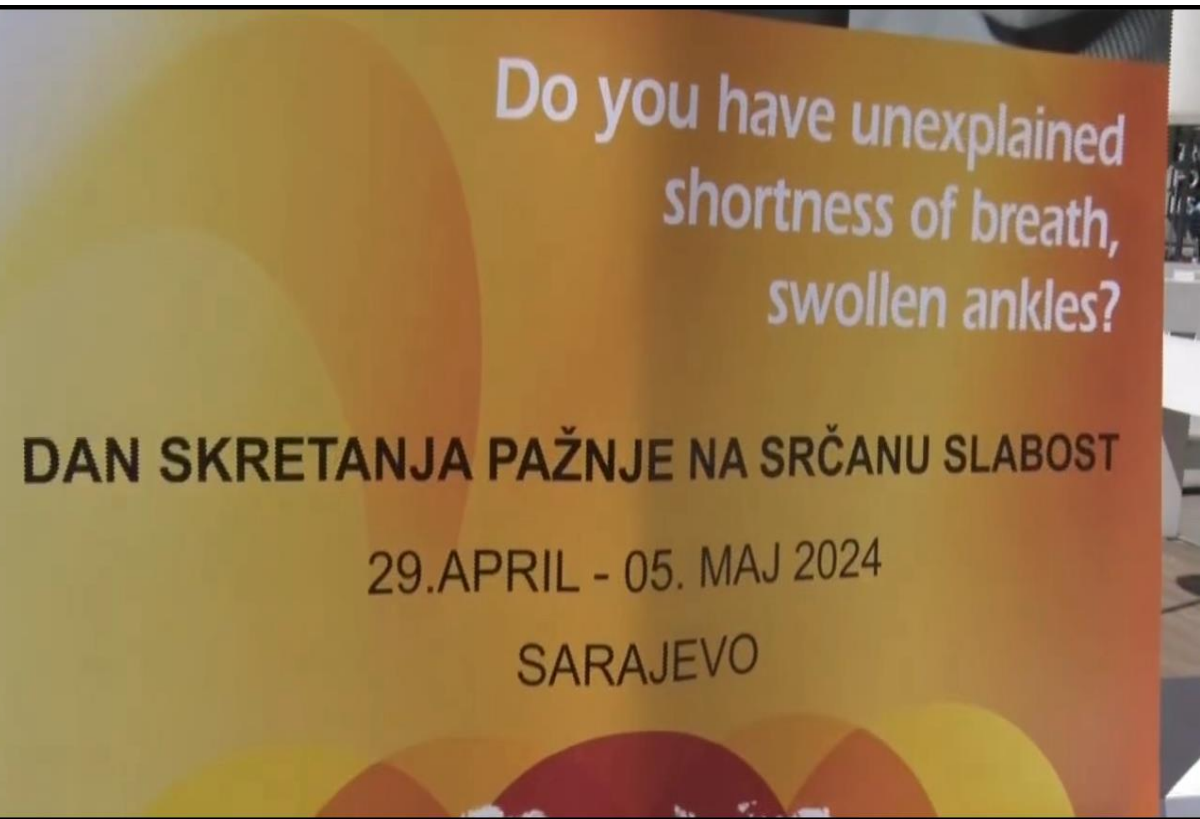
Reels in our language




Instagram, facebook, tik tok reels about HF



Printed material for patients (posters, brochures, booklets)



Heart failure Srčana
insuficijencija



Srčana insuficijencija (SI) globalni je zdravstveni i socioekonomski problem

- Visoka stopa hospitalizacija i mortaliteta, također incidenca i prevalencija.
- Uznapredovala SI ima lošu prognozu unatoč optimalnim lijekovima.

To je stanje u kojem srce ne može učinkovito pumpati krv kroz tijelo.

Srčane komore rastežu se kako bi zadržale više krvi, ali s vremenom mišić postaje preslab i ne može pumpati dovoljno krvi da bi zadovoljio potrebe tijela.

Tipovi HF: Postoje različiti tipovi HF, ali obično govorimo o SI sa smanjenom ejeckijskom frakcijom (eng. HFrEF), SI sa blago smanjenom ejeckijskom frakcijom (HfmrEF) i SI s očuvanom ejeckijskom frakcijom (HFpEF). Ova posjela je zasnovana na temelju ejeckijske frakcije (EF) kao mjera sistoličke funkcije lijeve komore odnosno mjera funkcije pumpe.

Glavni uzroci SI: koronarna arterijska bolest, dijabetes, genetska predispozicija, srčani udar i njegove posljedice, bolest srčanih zalistaka, visoki krvni tlak, upala srčanog mišića, bolest bubrega.

Glavni životni riziko-faktori: pušenje, alkohol, prekomjerna tjelesna težina, pretilost, stres.

Najčešći simptomi su prikazani na slici koja je na engleskom, a prikazuje: pušenje, dispneju, zamaranje, oticanje, suhi kašalj, pa čak i zabunjenost i promjene memorije.

Liječenje: ovisi o uzroku i težini stanja. Terapija lijekovima i uredajima može smanjiti simptome zatajenja srca, usporiti njegovu progresiju i poboljšati kvalitetu života.

Pacijenta se savjetuje i educira o adekvatnom unosu tekućine i ravnoteži te kako pratiti simptome i znakove zadržavanja tekućine ili pogoršanja bolesti. Bitno je što ranije detektirati pacijente koji mogu razviti SI ili su razvili rane simptome i djelovati preventivno odnosno pravovremeno u potonjem slučaju.

Education

- **The Spring School of Heart Failure that we organized in May 2024 had an interesting program and lectures (including state of art lectures) and round table on the detection of heart failure in the community, where we heard the opinions of school participants. This round table was endorsed and supported by the HFA, and after round table we organized quiz where we distributed valuable literature to the most successful colleagues. We also presented a presentation of British Heart Failure Association film related to the life stories of patients newly diagnosed with HF and finally we organized practical ultrasound workshop with real patients.**



Political engagement

- **We are struggling to make drugs (as well as devices) and analysis for HF more affordable or even free of charge for our HF patients.**

Extra pictures/videos

