

# Heart Failure Awareness Days 2024

Activities report post HFAD

## Malta

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**HFA**  
Heart Failure  
Association

 European Society of Cardiology

# Programme and events (summary)

- 1. Educational flyers about signs & symptoms of heart failure**
- 2. Public awareness event**
- 3. General Practitioner update event**

# 1. Printed material = educational flyers

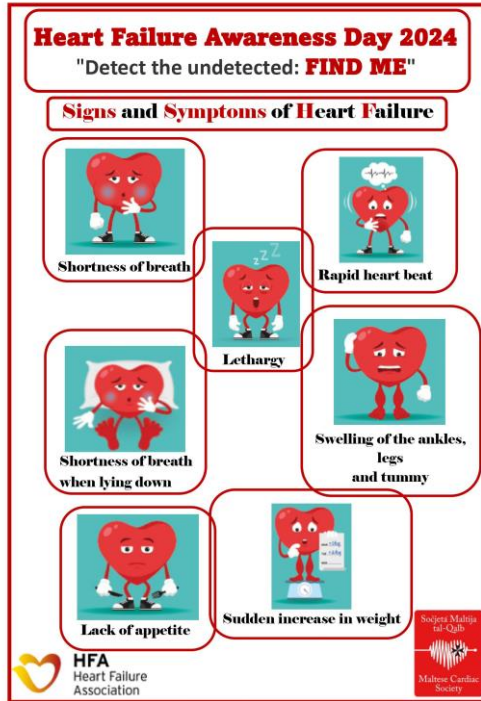
- Bilingual (Maltese & English)
- Covering main signs & symptoms of heart failure
- Distributed at strategic clinics in Mater Dei Hospital throughout the week
- Also given out to attendees of public event in the community




# 1. Printed material = educational flyers


**Heart Failure Awareness Day 2024**  
"Detect the undetected: **FIND ME**"

**Signs and Symptoms of Heart Failure**



- Shortness of breath
- Rapid heart beat
- Lethargy
- Swelling of the ankles, legs and tummy
- Shortness of breath when lying down
- Sudden increase in weight
- Lack of appetite

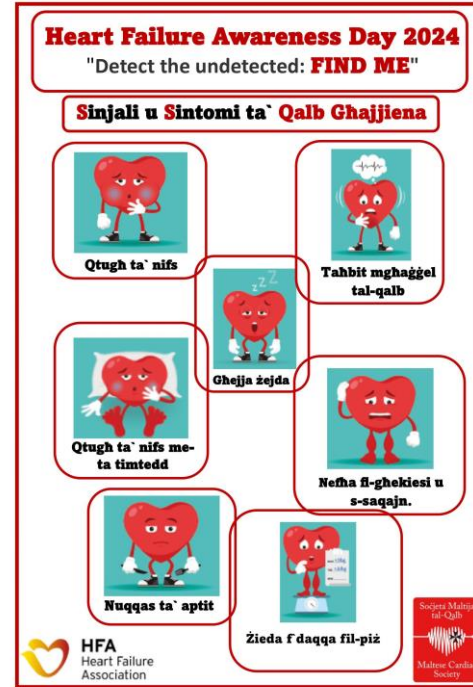
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Heart Failure  
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 **Societa` Maltese tal-Qalb**  
Maltese Carlinas  
Society


Reference: Acting on Heart Failure: 2019 Red Flag Campaign. Retrieved from Global Heart Hub: <https://globalhearthub.org/raisingtheflag/>


**Heart Failure Awareness Day 2024**  
"Detect the undetected: **FIND ME**"

**Sinjali u Sintomi ta` Qalb Ghajjena**



- Qtugh ta` nifs
- Tahbit mghaggel tal-qalb
- Ghejja zejda
- Nefha fi-ghokiesi u s-saqajn.
- Nuqqas ta` aptit
- Zieda f`daqqa fil-piz
- Shortness of breath when lying down

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Reference: Acting on Heart Failure: 2019 Red Flag Campaign. Retrieved from Global Heart Hub: <https://globalhearthub.org/raisingtheflag/>

**What heart failure could feel and look like ... learn to recognise it!**

## 2. Public awareness event (30<sup>th</sup> April 2024)

- Team went out to a community day centre
- Informative talks about
  - how to recognise heart failure through common signs & symptoms
  - the importance of speaking up early
  - when to consult your GP
  - investigations
  - treatment options
- Encouraged questions & sharing of experiences

Take home message = we have a lot to offer to improve quality of life in heart failure if diagnosed promptly & treated appropriately

## 2. Public awareness event ... in pictures



### 3. GP update event (2<sup>nd</sup> May 2024)

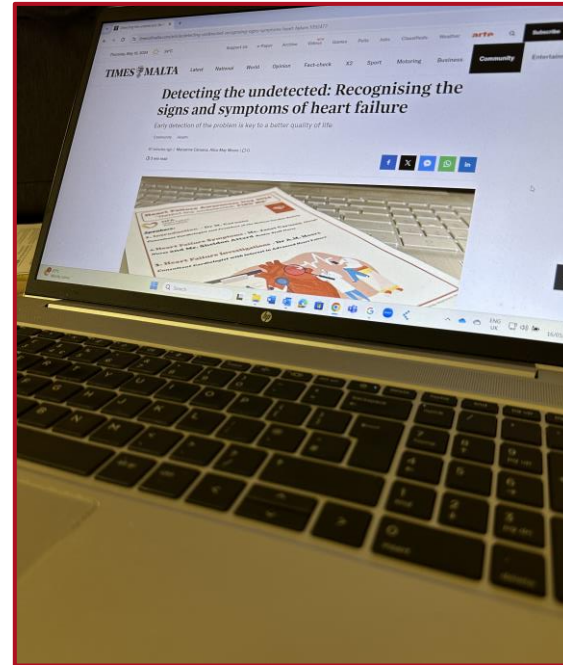
- Organised in conjunction with Malta College of Family Doctors
- Addressed **GPs** who are often the **first port of call** for patients with new or worsening heart failure symptoms
- Practical talks about:
  - latest ESC guidelines on management of heart failure
  - the nurse-led heart failure clinic in Mater Dei Hospital
  - exercise in heart failure
  - the role of cardiac rehabilitation







# Press coverage: newspapers & online



An article published on Times of Malta, both in print and on online portal

<https://timesofmalta.com/article/detecting-undetected-recognising-signs-symptoms-heart-failure.1092477>

# Social media coverage



**Maltese Cardiac Society**  
Posted by Maryanne Caruana  
30 Apr · 🌐

🇲🇹 Tkompli l-kampanja ta' għarfien fuq il-qalb ghajjiena (heart failure) għas-sena 2024. Illum tim ta' professjonisti mill-Heart Failure Clinic tal-isptar Mater Dei marru fil-komunita' u tkellmu ma' grupp ta' nies f'Mal-Lija.  
Is-Socjeta' Maltija tal-Qalb tiringrazza lill-voluntiera tal-Parroċċa ta' Mal-Lija tal-ghajnunna.

🇲🇹 As part of [#HFA\\_ESC](#) [#HeartFailureAwarenessDays](#), today a team from the Heart Failure Clinic at Mater Dei Hospital went out in the community to deliver an educational talk about heart failure.  
The Maltese Cardiac Society would like to thank the Lija Parish volunteers for their support.



**Maltese Cardiac Society**  
Posted by Maryanne Caruana  
29 Apr · 🌐

🇲🇹 Tibda l-kampanja ta' għarfien fuq il-qalb ghajjiena (heart failure) għas-sena 2024. Illum tqassmu flyers fuq is-sinjali u s-sintomi ta' qalb ghajjiena f'diversi Kliniċi fl-isptar Mater Dei. Iktar ma jikber l-għarfien, aktar nistghu naqdbu dil-kundizzjoni kmieni u nibdew trattament mill-iktar fis.

🇲🇹 Today marks the start of Heart Failure Awareness Week 2024. Educational flyers about the signs and symptoms of heart failure were distributed to several clinics at Mater Dei Hospital. Better education will help us pick up this problem early and allow us to treat it promptly.

[#HeartFailureAwarenessWeek](#)



**Maltese Cardiac Society**  
Posted by Maryanne Caruana  
3 May · 🌐

Final leg of [#HeartFailureAwarenessDays](#) 2024 - an event aimed at GPs with talks about:

- 🇲🇹 the latest ESC guidelines on heart failure management
- 🇲🇹 the role of the nurse-led Heart Failure Clinic at Mater Dei Hospital
- 🇲🇹 exercise and cardiac rehabilitation in heart failure



**Maryanne Caruana** · You  
Consultant Cardiologist, ACHD & Aortopathies | President, Maltese Cardiac Society | President...  
1w · 🌐

[#HeartFailureAwarenessDays](#) Malta 2024 organised by the Maltese Cardiac Society

- 🇲🇹 educational flyers about symptoms & signs of heart failure distributed in clinics in Mater Dei Hospital
- 🇲🇹 a public awareness event in the community educating people about how to recognise heart failure early
- 🇲🇹 a GP event with updates on the latest [European Society of Cardiology](#) guidelines for heart failure management, the role of the nurse-led Heart Failure Clinic and importance of exercise & cardiac rehabilitation

Thank you to the all the team for your time and efforts!

[#HFA\\_ESC](#)



**Dr Maryanne Caruana MD PhD FRCP FE...**  
[@MaryanneCaruana](#)

[#HeartFailureAwarenessDays](#) Malta 2024 organised by the Maltese Cardiac Society

- 🇲🇹 educational flyers about symptoms & signs of heart failure
- 🇲🇹 a public awareness event in the community
- 🇲🇹 an update event for GPs

Thank you to the all the team for your time and efforts!

[#HFA\\_ESC](#)

# ... and finally, Team Malta for HFAD 2024



**Dr Mark Abela, Dr Maryanne Caruana, Dr Alice May Moore  
Mr Sheldon Attard, Ms Janet Caruana, Ms Marilyn Gauci**