

## NHS Grampian Heart Failure Awareness Day Activities

On Friday 9<sup>th</sup> May 2014, European Heart Failure Awareness Day, the NHS Grampian Heart Failure Specialist Nurses held an event to raise awareness of Heart Failure to members of the public and staff. They manned a large display in Aberdeen Royal Infirmary with the aim of highlighting the importance of an early and accurate diagnosis plus the need for optimal treatment.

The display consisted of a Staff Information Area, a Public Information Area and a Health Improvement Zone.

### The Staff Information Area highlighted the following:

- The availability of the European Society of Cardiology Guidelines App containing the ESC heart failure guidelines
- The availability of the HEARTe package – free online interactive cardiology elearning modules for healthcare professionals, including a heart failure module
- The introduction of the Heart Failure Bundle, an initiative from the Scottish Patient Safety Programme to ensure the delivery of evidence-based care to patients with LVSD

### The Patient Information Board highlighted the following:

- The signs and symptoms of heart failure in Doric, the dialect of North East Scotland, for example - puggled (fatigue), pechin (dyspnoea) and swalt queets (ankle oedema).
- The NHS Grampian Heart Failure Friends and Family mailing list
- Encouragement to seek advice from their GP if displaying any of the signs or symptoms of heart failure

### The Health Improvement Zone contained the following:

- A variety of heart failure leaflets from BHF and CHSS
- A variety of leaflets on adopting a healthier lifestyle
- A variety of interactive displays including plastic food with their saturated fat content and what a pound of fat looks and feels like
- Blood pressure checks and lifestyle advice
- Signposting to appropriate services such as befriending, healthy eating classes and smoking cessation.

The NHS Grampian Heart Failure Specialist Nurses and Health Improvement Staff spent the day interacting with numerous members of public and staff to raise awareness of heart failure. By raising awareness of the symptoms of heart failure such as breathlessness, fatigue and swollen ankles, they hoped to encourage members of the public to seek advice from their GPs. By highlighting the SPSP Heart Failure Bundle, The ESC guidelines and the HEARTe programme they hoped to encourage early diagnosis and optimal treatment of patients with heart failure.



The event was advertised widely prior to the day on the staff intranet, the staff newspaper and NHS Grampian Twitter and Facebook pages.

During and following the event there was extensive coverage on NHS Grampian Twitter and Facebook garnering more than 50 likes, retweets and favourites. There will also be a follow-up article in the June edition of UpFront, the staff newspaper.