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Country: **Canada**

Titel of the project: **west island cardiac education and support program**

Project details

AGNES CARTIER

WEST ISLAND CARDIAC WELLNESS PROGRAM (AFFILIATED WITH LAKESHORE GENERAL HOSPITAL)

Award amount: €50,000

Knowledge is power and is essential to understanding your diagnosis and feeling in control. Support from others who have also been diagnosed with atrial fibrillation is invaluable. Our program will include: education and support sessions and the opportunity to increase awareness of atrial fibrillation related strokes in our community.

The West Island Cardiac Education and Support Program will consist of bi-weekly education and support sessions for those who have been diagnosed with atrial fibrillation and their family members. The premise being that knowledge enables the patient to feel more in control of his health status. Support and understanding from family members and from those who are also managing the same illness is invaluable. Those who participate in our program will also be strongly encouraged to become involved in the West Island Cardiac Wellness Committee whose mission is to raise funds and increase awareness of heart disease in our community. With our second annual 'Walk of Life' tentatively scheduled for June 2011, our emphasis will be on Atrial Fibrillation and its potentially devastating effects post CVA. Funds permitting, supervised exercise sessions, classes on relaxation and stress management would also be incorporated into the program to maintain and encourage a heart healthy lifestyle. Cardiac programs in our community, including cardiac rehabilitation and education do not receive public or government funding. To develop and maintain these much needed initiatives we must rely exclusively on donations and fundraising initiatives. Cardiac rehabilitation and education programs are essential. The benefits of such initiatives have been well documented. In Quebec, cardiac patients who are unable to afford the cost of private programs are for the most part on their own to understand and cope with their diagnosis. It is our belief that these services should be available to all who could benefit and to this end our intention would be to offer this program entirely free of charge. To develop and maintain these much needed initiatives we must rely exclusively on donations and diligently fundraise with those who have benefitted to ensure their continued existence. Encouraging the continued involvement of patients and family members in turn provides an informal source of ongoing support.

Audience

Type

- AF Patients
- Healthcare professionals
- Carers of AF Patients
- General public

Location

Canada, North America