

Project generated by: **Contribution 1mission-1million  
an Initiative of Boehringer Ingelheim  
published in <https://www.heartofstroke.com/all-applications>**

Country: **Europe**

Titel of the project: **PRIMARY AND SECONDARY PREVENTION OF ATRIAL  
FIBRILLATION-RELATED STROKE IN CROATIA**

### Project details

#### **Raphael Bene**

Croatian stroke society

Award amount: €50,000

Our project's mission is to target three population (Patients with atrial fibrillation, stroke survivors and healthcare professionals), to detect undiagnosed atrial fibrillation by social network services and website campaign for all Croats above 40 years old), to inform patients with atrial fibrillation how to prevent and recognize signs of stroke.

Around 65000 Croats have atrial fibrillation (AF) and the number will double in the next 20 years due to the increasing number of the elderly in the population. One of four Croats who is 40 or older will develop atrial fibrillation, leading to the formation of blood clots which can be transported in the blood stream to the brain where they cause a stroke. 16000 Croats suffer a stroke every year. International Normalised Ratio (INR), which is a measure of the blood thinning effect of warfarin, must be between 2 and 3 in order to have optimal treatment. An INR under 2 increases the risk of stroke and an INR higher than 3 increases the risk of bleeding. Our Project is based on three target populations: 1) Patients with AF diagnosis: - To educate population, as well as medical staff, about AF in order to improve diagnosis and management. - To educate AF patients about stroke signs, as well as to plan eventual transport in emergency to the nearest stroke unit in order to receive acute stroke treatment. The number of thrombolysis in patients with AF included in our project will be the quantifiable measure of succes. - To prepare food workshops based on warfarin diet information and safe recipes. Vitamin K, wich is present in various food, decreases the effect of warfarin. A very low vitamin K level gives an increased sensitivity to warfarin. Patients on warfarin should therefore be informed of the amount of vitamin K in food. Food containing a high level of Vitamin K is green and leafy. Vegetables - kale, collards, spinach, and turnip greens - have the highest level. The fact is that these aliments are very good in stroke prevention, which is why we recommend to have a stable consumption of food containing vitamine K. An illustrated guide with notes of advice for AF patients will be printed, and available in all primary care centers, as well as cardiological and neurological centers. In order to minimize the number of AF patients who still do not have diagnosis, we are planing to send the information about AF and stroke by Facebook and Twitter (targeting all Croats above 40 included in these social networks). Incidence of stroke as well as incidence of bleeding in AF patients included in our project will be the second quantifiable measure of success. 2) Patients with stroke The main goal for our AF-related stroke survivors is to avoid stroke recidive by ECG and INR control at our department of Neurology. Number of stroke recidive due to AF will be the third quantifiable measure of succes. 3) Healthcare professionals During 2011, we will be focused on education of medical staff on diagnosis and treatment of AF by organizing special working conferences about stroke and AF, such as the 51st International Neuropsychiatric Pula Congress. Main themes will be new insights in diagnosis, management and therapy of AF.

## **Audience**

### **Type**

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

### **Location**

Europe