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Country: **Slovenina**

Titel of the project: **CATCH YOUR RHYTHM!**

Project details

Nataša Jan

Slovenian Heart Foundation

Award amount: €50,000

SLOVENIAN HEART FOUNDATION WILL RAISE AWARENESS OF ATRIAL FIBRILLATION AND STROKE PREVENTION AMONG ALL AGE GROUPS IN SLOVENIA THROUGH FREE OF CHARGE RECREATIONAL AND LIFE-STYLE ACTIVITIES WITH AN EDUCATIONAL NOTE AND TELEMETRIC ECG RECORDINGS. IN ORDER TO REACH THE YOUNG GENERATIONS, OUR ACTIVITIES WILL INCLUDE RECREATIONAL ACTIVITIES AND QUADRILLE DANCING.

PROJECT "CATCH YOUR RHYTHM!" MAIN OBJECTIVES SLOVENIAN HEART FOUNDATION'S MAIN OBJECTIVE IS TO EDUCATE THROUGH INTERACTION WITH LOCAL COMMUNITIES IN SLOVENIA, A COUNTRY WITH A POPULATION OF ONLY 2 MILLION PEOPLE. WE WILL ORGANIZE AND PARTICIPATE IN RECREATIONAL AND WELL-BEING ACTIVITIES FOR ALL AGE GROUPS PROVIDING FREE OF CHARGE TELEMETRIC EKG RECORDINGS BEFORE AND AFTER RECREATIONAL WALKS. OUR INNOVATIVE APPROACHES FOR ATTRACTING YOUNG PEOPLE INCLUDE POPULAR RECREATIONAL ACTIVITIES AND WORKING WITH HIGH SCHOOL GRADUATES WHO AT THE END OF THE SCHOOL YEAR SIMULTANEOUSLY PERFORM THE QUADRILLE DANCE IN ALL SLOVENIAN TOWNS AND CITIES. BY COMBINING FUN AND EDUCATION WE WILL: - PROMOTE A HEALTHY LIFESTYLE (PHYSICAL ACTIVITY, HEALTHY NUTRITION, NON-SMOKING, CONTROL OF BLOOD PRESSURE AND BLOOD LIPIDS) IN ORDER TO REDUCE THE BURDEN OF ATRIAL FIBRILLATION AND CARDIOVASCULAR DISEASE IN GENERAL, - EMPHASIZE THE IMPORTANCE OF ANTICOAGULATION FOR PREVENTION OF THROMBOEMBOLIC STROKE ONCE ATRIAL FIBRILLATION IS PRESENT - ACTIVITIES WILL BE PERFORMED ALL YEAR WITH GREATER INTENSITY ON "WORLD HEART RHYTHM WEEK" (THIS IS IN SECOND WEEK IN JUNE) FUNCTIONALITY THE SLOVENIAN HEART FOUNDATION (SHF) HAS BEEN ACTIVE IN PROMOTING CARDIOVASCULAR HEALTH SINCE 1991. IT HAS 11 REGIONAL BRANCHES THROUGHOUT SLOVENIA. SHF'S EVENTS ARE ALWAYS COVERED BY SLOVENIAN MEDIA, OUR WEBSITE (WWW.ZASRCE.SI/), OUR PRINTED MAGAZINE "ZA SRCE/ FOR THE HEART", SPECIAL NEWSLETTERS AND RELATED MEDIA MATERIAL. IN NOVEMBER 2010, THE ATRIAL FIBRILLATION (AF) CLUB OF THE SLOVENIAN HEART FOUNDATION HAS BEEN ESTABLISHED. THE AF CLUB WILL START WITH ACTIVITIES ON 1 JANUARY 2011. IN THE CONTEXT OF THE PROPOSED ACTIVITIES IN 2011, WE WILL ORGANIZE: - RECREATIONAL WALKS WITH TELEMETRIC EKG RECORDINGS AT THE BEGINNING AND THE END OF THE EVENT - LECTURES AND DISCUSSIONS ON ATRIAL FIBRILLATION AND STROKE PREVENTION BY MEDICAL EXPERTS

AROUND THE COUNTRY. - MEDIA RELEASES ON ATRIAL FIBRILLATION AND STROKE PREVENTION - OPEN AIR CONCERT "CATCH YOUR RHYTHM!" - PROMOTION OF HEALTH AND AWARENESS OF ATRIAL FIBRILLATION AMONG HIGH SCHOOL GRADUATES WHO AT THE END OF THE SCHOOL YEAR SIMULTANEOUSLY PERFORM THE QUADRILLE DANCE ON MAIN STREETS OF ALL SLOVENIAN TOWNS AND CITIES (DISTRIBUTION OF EDUCATIONAL FLYERS AND CAMPAIGN T-SHIRTS) - FREE OF CHARGE TELEPHONE ADVICE BY A CARDIOLOGIST - WE WILL PREPARE AND CONDUCT SURVEYS ABOUT THE AWARENESS OF ATRIAL FIBRILLATION IN PUBLIC. CONCLUSION SLOVENIAN HEART FOUNDATION WILL ATTEMPT TO RAISE AWARENESS OF ATRIAL FIBRILLATION AND STROKE PREVENTION THROUGH FREE OF CHARGE RECREATIONAL AND LIFE-STYLE ACTIVITIES THAT WILL BE COVERED BY SLOVENIAN MEDIA. IN THIS WAY OUR MESSAGE WILL BE AVAILABLE TO A BROAD RANGE OF AGE GROUPS INCLUDING THE YOUNGER GENERATIONS THAT HAVE ALMOST NO KNOWLEDGE OF THIS PREVALENT ARRHYTHMIA AND ITS MOST DETRIMENTAL COMPLICATION.

Audience

Type

- AF Patients
- Healthcare professionals
- Carers of AF Patients
- General public
- Pupils
- students
- teachers

Location

Slovenia, Europe