

CROÍ Heart Failure Patient Academy ^[1]

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A **Heart Failure Patient Organisation Capacity Building Academy** took place at the Croí Heart and Stroke Centre in Galway, supported by Novartis, with over 20 international delegates in attendance from the field of Cardiology from countries like Mexico, the States and a number of European countries (Germany, Spain and the UK). The importance of patient associations as a support system for those with Heart Failure was the main topic of discussion during the conference.

The Academy, organised by Croí, aims to highlight the important role that patient associations play in supporting those patients with Heart Failure. The two day series of talks is supported by Novartis Pharmaceuticals.

Speaker highlights from the Academy talks organised by Croí included:

- Prof. Ken McDonald, Heart Failure National Clinical Lead, Ireland discussing the difference patient groups can make to people with Heart Failure;
- Dr Jenni Jones, Executive Director, National Institute for Preventive Cardiology, who talked about the importance of self-care for heart failure patients.

Delegates concluded the first day of the Academy by participating in a game of "Walking Football", a modified version of football where running is not allowed, which was created in collaboration with the Football Association of Ireland (FAI).

Croí is a not-for-profit foundation dedicated to fighting heart disease and stroke in the west of Ireland. Opening the Academy today was **Neil Johnson, Chief Executive of Croí**. He said, "The individual (together with their family, partner or carer) is the central focus of all we do here in the Heart & Stroke Centre. All our programmes are geared to supporting health behaviour change and risk factor management. Up to 90% of cardiovascular disease is preventable through simple lifestyle changes and controlling risk factors. The Croí specialist health team develops and facilitates evidence based health programmes and interventions which allow people to take control of their health and reduce their CVD risk."

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