

CARDIOVASCULAR DISEASES AND COVID


Association of Patients with
Cardiovascular Diseases

Bulgaria



In light of the COVID-19 epidemic, the Association recognizes that people urgently need mental health information.

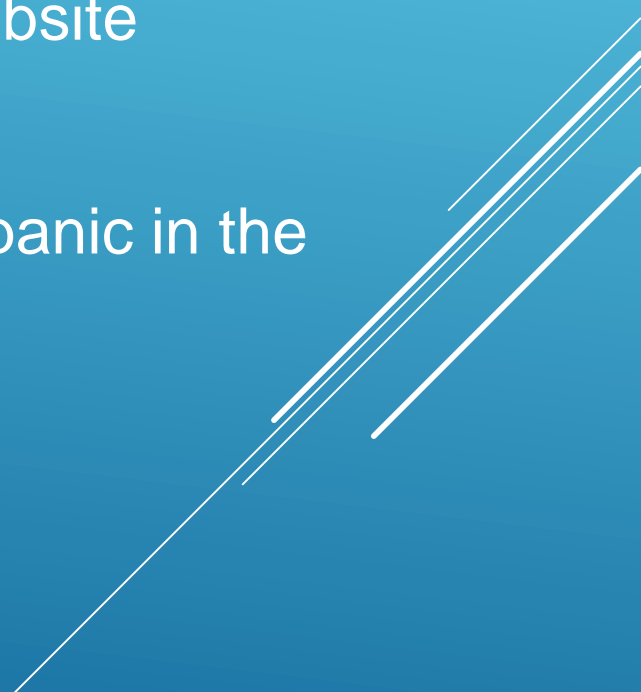
At the beginning of the pandemic many people experienced various concerns about their health because of the many uncertainties about the new virus.

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The patients need information about:

- Is COVID-19 more risky for people with cardiovascular diseases?
- What are the consequences for their health?
- How long the situation would last?
- How to protect themselves?
- Is it safe to visit a doctor for a regular cardiovascular examination?

Main initiatives of the Association of Patients with Cardiovascular Diseases Bulgaria during COVID-19

1. Online consultation with a psychologist for patients with CVD
 2. Publishing informative articles on the Health and Culture website
 3. Plenary sessions for journalists about how to decrease the panic in the society
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1. Online consultation with a psychologist for patients with CVD

1.1. Survey - our target patients apply a survey about their concerns:

- What are their main health concerns?
- Do they have relatives with whom they can talk about their issues?
- Do they need consultation with a psychologist?
- Whether GPs know the effect of Covid on the cardiovascular condition?

1.2. Online Consultations

Within a month 34 people from the surveys decided to participate in the online consultations with a psychologist.

After the individual consultations, 78% confirmed that the initiative was useful for them.

2. Publishing of informative articles

We published articles on the Health and Culture platform with advices for patients with COVID-19 and cardiovascular disease and how to prevent eventual complications.

The information is from various health journals.



3. Plenary sessions for journalists

We organized three plenary sessions for journalists. Each of them has been attended by about 20 people.

The topic:

“How to write about the pandemic so as not to scare patients?”

The discussion included opinions like how the media could cause panic and the consequences from this.

THANK YOU

Association of Patients with Cardiovascular Diseases

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