



HEART PORTO ASSOCIATION MEETING
Sudden Cardiac Death in Cardiac Muscle Diseases
REPORT

The 1st Heart Porto Association Meeting successfully achieved its initially defined objectives by raising awareness of myocardial diseases among people affected by the condition, their families, caregivers, and healthcare professionals.

Through various lectures and moments of sharing, participants gained knowledge about the nature of cardiomyopathies, associated risk factors, strategies for preventing sudden cardiac death, and available support resources for people living with chronic illness. The event also enabled the dissemination of the Heart Porto Association's mission, objectives, and future projects, contributing to greater visibility within the community. The testimonies presented by two individuals living with cardiomyopathy were a particularly meaningful moment, fostering connection among participants, the sharing of experiences, and highlighting the importance of support networks in disease management.

The practical component, through the Basic Life Support Workshop, enabled participants to acquire essential skills for responding to emergency situations, strengthening the community's ability to respond to serious cardiovascular events.

Impact of the Activity

The activity had a significant impact on promoting cardiovascular health literacy and raising awareness of myocardial diseases, conditions that are often not well known among the general population.

The meeting contributed to:

1. Increasing participants' knowledge of myocardial diseases and their clinical and social implications;
2. Promoting preventive behaviours and timely seeking of medical follow-up;
3. Reinforcing the importance of early diagnosis and regular medical monitoring;
4. Raising awareness of sudden cardiac death prevention and the crucial role of rapid intervention in emergency situations;
5. Strengthening the network of contacts between patients, family members, caregivers, and healthcare professionals;
6. Enhancing public recognition of the Heart Porto Association as a reference organisation in the defence and support of people with myocardial diseases.

Implementation Indicators

Indicator	Outcome
Number of Participants	20
Duration of the Activity	8 hours
Number of Lectures	7
Number of Workshops	1
Number of Testimonials	2
Number of Guest Speakers	6
Partner Organisations	Bombeiros Voluntários do Portuenses SIMFMUP
Participants' Satisfaction Level	High (positive informal evaluation)

Institutional Partnerships and Support

The 1st Heart Porto Association Meeting benefited from the support and collaboration of several organisations, whose contribution was essential to the success of the initiative and to the achievement of its objectives of raising awareness, informing, and empowering the community regarding myocardial diseases.

Heart Porto Association would like to express its gratitude to the Portuguese Volunteer Firefighters for providing the facilities that hosted the event, as well as to SIMFMUP – Simulation Centre of the Faculty of Medicine of the University of Porto, for delivering the Basic Life Support Workshop, which offered participants an important practical training component.

Special recognition is also due to ePAG (European Patient Advocacy Group) for its support, which contributed to strengthening Heart Porto's mission.

Finally, Heart Porto expresses its appreciation to all speakers and participants, who, through their availability and commitment, contributed to the success of this 1st Association Meeting and to the strengthening of the Association's mission.

Conclusions

The 1st Heart Porto Association Meeting was a pioneering initiative of great relevance to the fulfilment of the association's mission. The diversity of topics covered, the quality of the speakers, and the inclusion of a practical component contributed to an enriching experience for all participants.

The results obtained demonstrate the relevance of initiatives of this nature, which simultaneously promote health education, support for patients and families, and public awareness of the impact of myocardial diseases.

In view of the interest shown by participants and the positive feedback received, it is considered important to ensure the continuity of such initiatives, progressively expanding their reach and impact within the community.

The success of this initiative reinforces Heart Porto Association's intention to continue organising thematic meetings, awareness-raising actions, and training activities aimed at the community. The aim is to consolidate an increasingly broad support network for people with myocardial diseases and their families, contributing to a more informed, inclusive society that is better prepared to respond to the challenges associated with these conditions.

Porto, June 3, 2026

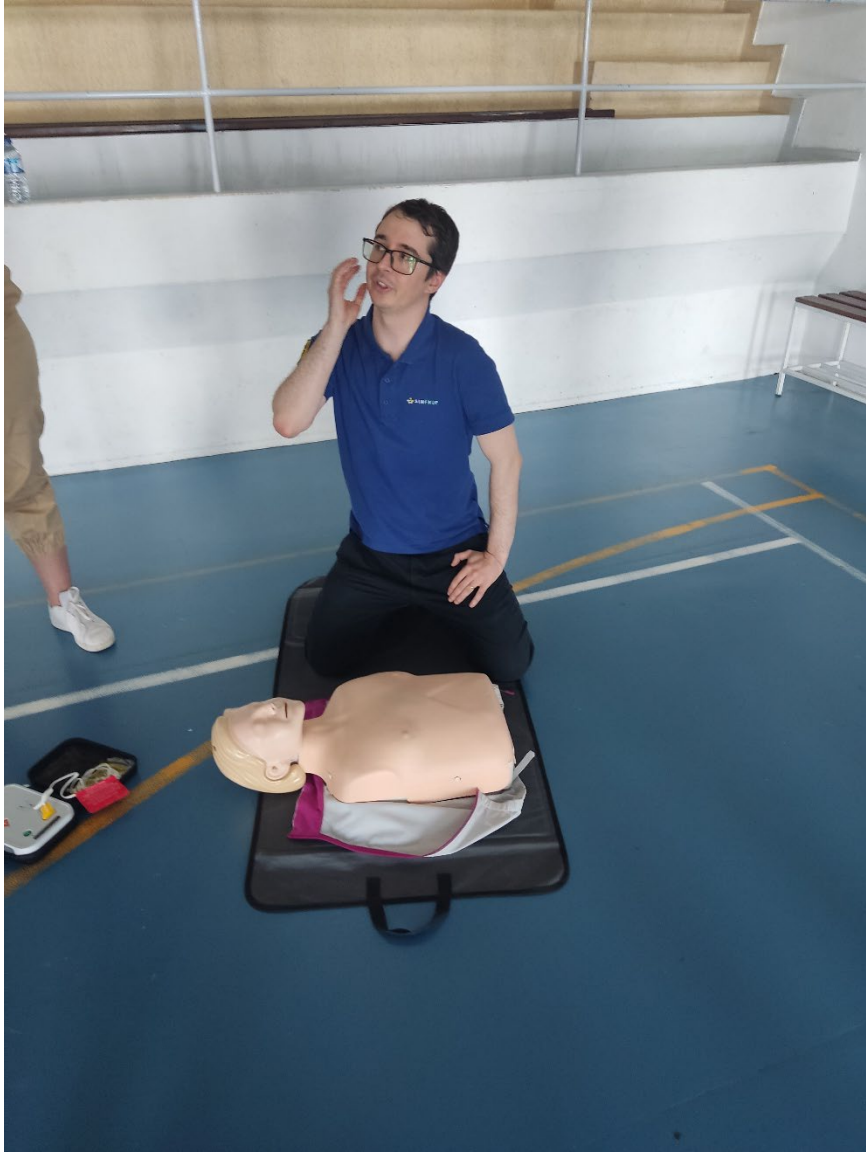
Lúcia Vieira Leite

President of the Board

Photos:







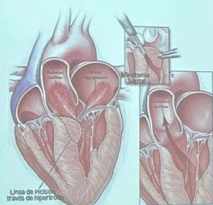






TRATAMENTO

•Cirurgias



HEART
PORTO

Associação de Transplante de Coração
Hospital de São Paulo



TRATAMENTO

- Mudanças no estilo de vida



?
SIM ou NÃO





HEART
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Associação de Pessoas com
Doenças do Miocárdio

Prevenção da Morte Súbita

O Papel da Enfermagem na gestão do doente em risco

Manuela Fonseca
ULS São João

SBV

