Report on the 2nd World Thrombosis Day in Slovakia

Following the success of the 1st World Thrombosis Day (WTD), reported by the wide audience, the initiative was organized for the second time during October 12-13, 2015 in Martin, Slovakia. These activities were realized by the National Center of Hemostasis and Thrombosis, Clinic of Hematology and Transfusiology of Jessenius Faculty of Medicine in Martin, Comenius University in Bratislava (JFM CU, dean is Jan Danko, prof., M.D., Ph.D.) and University Hospital Martin, Slovak Society on Haemostasis and Thrombosis (SSHT, the president is Peter Kubisz, prof., M.D., D.Sc.) on behalf of International Society on Thrombosis and Haemostasis (ISTH), Slovak Angiologic Society (SAS, the president of the society is Viera Stvrtinova, prof., M.D., Ph.D.) and the city of Martin. This initiative was also perfect opportunity to celebrate the 20th anniversary of our National Center of Hemostasis and Thrombosis with our patients and all the people in Slovakia.

As recently reported by Wendelboe et al., the worldwide population is not informed about the risk of thrombosis sufficiently. Only 45% of survey respondents know that thrombosis is preventable clinical state and 25% of people assess hospitalization as the risk factor for deep venous thrombosis (DVT) and pulmonary embolism (PE) (1).

For these alarming reasons, the aim of the WTD is to increase the knowledge of the whole population on thrombosis, its causes and risk factors, symptoms, possibilities of prevention, diagnosis and treatment.

As a part of WTD encouragement of public interest and information campaign, billboards, posters and citylights were situated already at the beginning of October at the free public places of Martin (Figure 1).
Figure 1. The challenge to become interested in thrombosis and its complications was presented at the free public places of Martin in Slovakia.

However, the initiative was spread globally in Slovakia by the social networking tool Facebook
https://sk-sk.facebook.com/people/Svetov%C3%BD-De%C5%88-Tromb%C3%B3zy/100010205467337
and other media.

One week before WTD, local television Mistral informed about the thrombosis, its contributing factors and consequences (Figure 2 and Figure 3).
Figure 2. Local television Mistral promoted initiative a week before the 2nd WTD
Figure 3. Local television Mistral promoted the wide variety of activities a week before the 2nd WTD

The majority of actions, however, was held during October 12-13, 2015. On October 12, 2015, the information booths in big shopping malls, waiting rooms at the physicians, outpatient clinics and University Hospital Martin were prepared (Figure 4 and Figure 5).

Figure 4. The students providing useful information about the thrombosis and meters to measure the circumference of the limb in the case of suspicion on DVT
Figure 5. The information booth with students providing useful information about thrombosis in the various places of the central organizing city in Slovakia

The students of JFM CU provided information and informing materials to people interested in thromboprophylaxis and its important characteristics. They also gave useful advice to improve affected patients’ quality of life by doing simple leg exercise (Figure 6).
Figure 6. The information provided to people interested in thrombosis

At 13:00, Lucia Stanciakova, M.D. talked about this emerging topic in the local radio Rebeca.

People from all over Slovakia had the opportunity to discuss the issue of thrombosis with Maria Hulikova, assoc. prof., M.D., Ph.D. in the advisory block in the most-watched morning show of national commercial television Markíza (Figure 7), TV spot:

http://videoarchiv.markiza.sk/video/telerano/cele-epizody/36893_telerano
Figure 7. Maria Hulikova, assoc. prof., M.D., Ph.D. in the morning show of TV Markíza

In the fluent course of the action, Juraj Sokol, M.D., Ph.D. presented the basic information about thrombotic risk and its complications to elder people with an increased risk of cardiovascular events – the students of the University of the Third Age of JFM CU (Figure 8).
Figure 8. Juraj Sokol, M.D., Ph.D. during his lecture for elder people with an increased risk of cardiovascular events – the students of the University of the Third Age of JFM CU

Moreover, the attendants could discuss this very interesting topic with young patient who overcame the ischemic stroke and now he wants to help people to integrate into normal life after the thrombotic episode. The interview with Peter Kubisz, prof., M.D., D.Sc. and some of the students was recorded by the local television Turiec (Figure 9), TV spot: http://www.tvturiec.sk/video/1056-spravy-19-10-2015

Figure 9. Professor Kubisz communicates with the moderator of local TV Turiec about thrombotic risk

Program of the 2nd WTD culminated with the scientific conference held at dignified scenery of Hotel Turiec in Martin (Figure 10 and Figure 11).
Figure 10. Place of the organisation of scientific conference – Hotel Turiec in Martin
This meeting consisted of lectures providing the insight on thrombosis from various points of view, predominantly in the association with hospitalization as the main focus of the second anniversary of the initiative (Figure 12).

The attendants had the chance to obtain information about the development of current knowledge in this field of study, predominantly risk factors of thrombosis, genetic analysis used in the testing of inherited thrombophilia, prevention of DVT, especially in the inpatient department and oncology, and also about the management of thrombosis in aging patients with bleeding disorders. Hot topic – the use of new oral anticoagulants in the treatment of DVT and PE with the possibility of their reversal by the use of the novel dabigatran antidote idarucizumab was presented (Figure 13, Figure 14 and Figure 15).
Figure 13. The opening of the conference

Figure 14. The chairpersons of the first section of the scientific program of the conference – Viera Stvrtinova, prof., M.D., Ph.D. and Peter Kubisz, prof., M.D., D.Sc.
The highlights of the 2nd WTD in Slovakia have also been published in press media – local newspaper Naše novinky, scientific journals for hematologists, angiologists, surgeons, gynecologists and obstetricians, pediatricians, otorhinolaryngologists, anesthesiologists and other specialists in the internal medicine and medical doctors in general – Vaskulárna medicína and Zdravotnícke noviny, attachment Kompendium medicíny (Figure 16).
The highlights of the 2nd WTD in Martin, Slovakia published in Zdravotnícke noviny (the first page of its attachment Kompendium medicíny is provided) (ahead of print)

Professor Kubisz thanked all the attendants for their attention and cooperation. He expressed his hope that the 2nd WTD was beneficial for everyone with the possibility to increase the knowledge in the actual issue of thrombosis and wish that the initiative will continue in the future with the invitation to the 3rd WTD on October 13, 2016 again in Martin, Slovakia. For the cross-sectional mosaic of the WTD and wide scale of its activities realized in Slovakia, please see Figure 17.
Figure 17. Cross-sectional mosaic of the wide scale of activities realized during 2nd WTD in Slovakia

Acknowledgement

We would like to sincerely thank for the support in the organisation of the 2nd World Thrombosis Day held on October 12-13, 2015 to the companies Aspen Europe GmbH, Boehringer Ingelheim RCV GmbH & Co KG and Beckman Coulter Slovenská republika s.r.o., and also thanks to the support of the projects Virtual and Simulation Tuition as a New Form of Education at Comenius University in Bratislava, Jessenius Faculty of Medicine in Martin, operation program Education (ITMS 26110230071) and Agency for the Support of Research and Development (APVV) 0222-11, that are co-financed from sources of European Union.

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