



ЗДРУЖЕНИЕ ЗА БОРБА
ПРОТИВ МОЗОЧЕН УДАР

Association "STROKE", part of the project "QUALITY HEALTH"

"Improving the quality and accessibility of health care and social services in the border regions – Quality Health"
(CN1 – S.O 1.2 – SC 001)

„Stroke” association since April 2018 is one of the partners in "QUALITY HEALTH" projects.

South western region of
R. North Macedonia

Project activities of "Stroke" NGO include:

- Examination of stroke risk factor among population.
- Educational campaign.
- Data collection, analysis and study design.
- Procurement of medical equipment.
- Procurement of specialized medical vehicle.

Ohrid | Struga

Debar | Kichevo

Vevchani | Plasnica

Makedonski Brod

Debarca | Centar Zhupa

STROKE SYMPTOMS



F

FACE DROOPING

A

ARM WEAKNESS

S

SPEECH DIFFICULTY

T

TIME TO CALL 194

Project: Improving Quality and Accessibility of Health Care and Socio-economic Outcomes in Cross-Border Regional Quality Health (2014-2017) (C-2014)

Interreg - IPA CBC
CCI 2014 TC 16 ISCB 009
QUALITY HEALTH
Project co-funded by the European Union and national funds of the participating countries. Budget 1,143,160 €

HOW TO REDUCE THE RISK OF STROKE



interreg - IPA CBC
CCI 2014 TC 16 ISCB 009
QUALITY HEALTH

Project co-funded by the European Union and national funds of the participating countries.



interreg - IPA CBC
CCI 2014 TC 16 ISCB 009
QUALITY HEALTH

Проектот е кофинансиран од Европската Унија и националните фондови на земјите учеснички во програмата // Буџет: 1,143,160 €

STROKE RISKS FACTOR



BLOOD PRESSURE



CHOLESTEROL

DIABETES



SMOKING

ATRIAL FIBRILLATION



WEIGHT

PHYSICAL ACTIVITY



STROKE IN FAMILY

Project: Improving Quality and Accessibility of Health Care and Socio-economic Outcomes in Cross-Border Regional Quality Health (2014-2017) (C-2014)

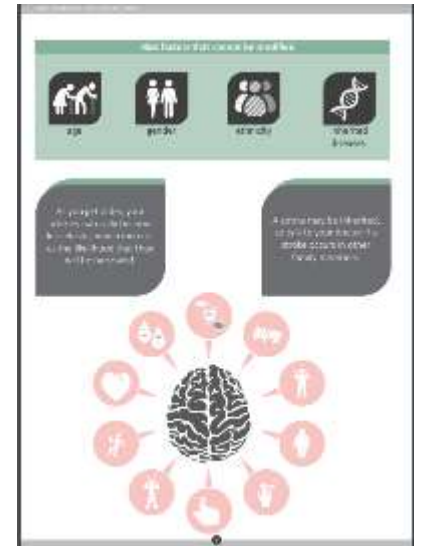
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STROKE RISK SCORECARD

Risks factor	High Risk	Caution	Low Risk
Blood Pressure	Above 140/90	120/80 - 140/90	Lower 120/80
Cholesterol	> 6.19	5.18 - 6.19	< 5.18
Diabetes	Yes	borderline	No
Smoking	Smoker	Trying to quit	Nonsmoker
Atrial Fibrillation	Irregular	I don't know	Regular
Weight	Overweight	Slightly overweight	Healthy weight
Physical Activity	None	1-2 times a week	>3 times a week
Stroke in Family	Yes	Not sure	No
TOTAL SCORE	3 or more points from this column	4-5 points from this column	6-8 points from this column

ОДРЕДЕТЕ ГО ВАШИОТ РИЗИК

Ризик фактори	Висок ризик	Вниманио	Нисок ризик
Потпресок	Над 140/90	120/80 - 140/90	Под 120/80
Холестерол	> 6.19	5.18 - 6.19	< 5.18
Шеќерна болест (дијабетос)	Да	Пред дијабет Не знам	Не
Пушење	Да	Се обидувам да ги откажам	Не
Срцеви ритам	Нерегуларен	Не знам	Регуларен
Телесна тежина	Обезност/дебелина	Прекумеана	Нормална
Физичка активност	Се обидувам	1-2 пати неделни	>3 пати неделни
Фамилијарна анамнеза	Да	Не знам	Не
Вкупно поени	3 или повеќе поени од оваа колона	4-6 поени од оваа колона	6-8 поени од оваа колона



- Field activities and online activities across all municipalities in Southwestern region of North Macedonia
 - Medical teams ;
 - Risk factor examination(citizens were investigated in order to detect risk factors of stroke);
 - Data collection;
 - Educational campaign of the population by organizing lectures and individual consultations, supported by printed materials (flyers and brochures).
- Another goal of this project was to perform study on the basis of collected fieldwork data to show population risk of stroke, the most common stroke risks factors, and public knowledge about stroke risk factors and how people can influence them-first of that kind for specific region in R.N.Macedonia.
- In order to carry out the project activities, “Stroke” association procured
 - Appropriate field medical equipment;
 - Specialized medical vehicle.



Interreg - IPA CBC
OS 2014 TO 2020
QUALITY HEALTH

Проектите е кофинансиран од Европската Унија и националните фондови на земјите учеснички во програмата // Буџет: 1,343,190 €





Interreg - IPA CBC
 CCI 2014 TC 16 ISCB 009
 QUALITY HEALTH

Проектот е кофинансиран од Европската Унија и националните фондови на земјите учеснички во програмата // Буџет: 1,143,160 €

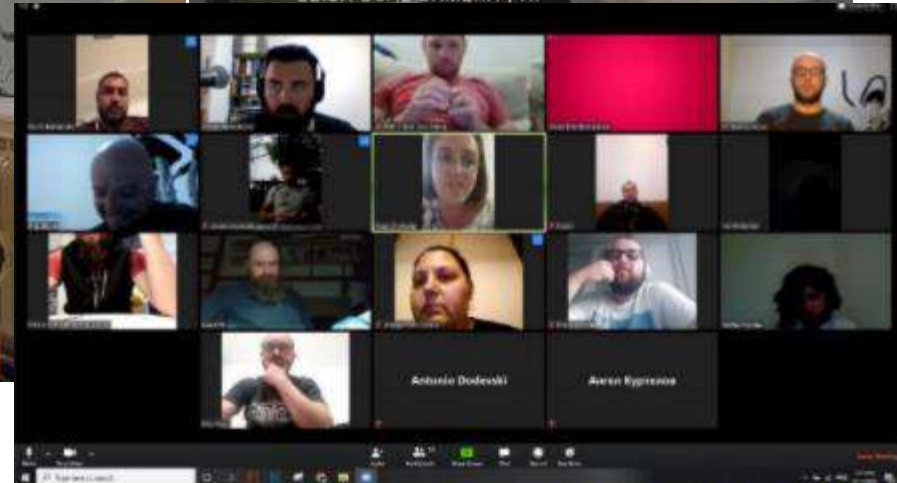


Interreg - IPA CBC
 CCI 2014 TC 16 ISCB 009
 QUALITY HEALTH

Проектот е кофинансиран од Европската Унија и националните фондови на земјите учеснички во програмата // Буџет: 1,143,160 €

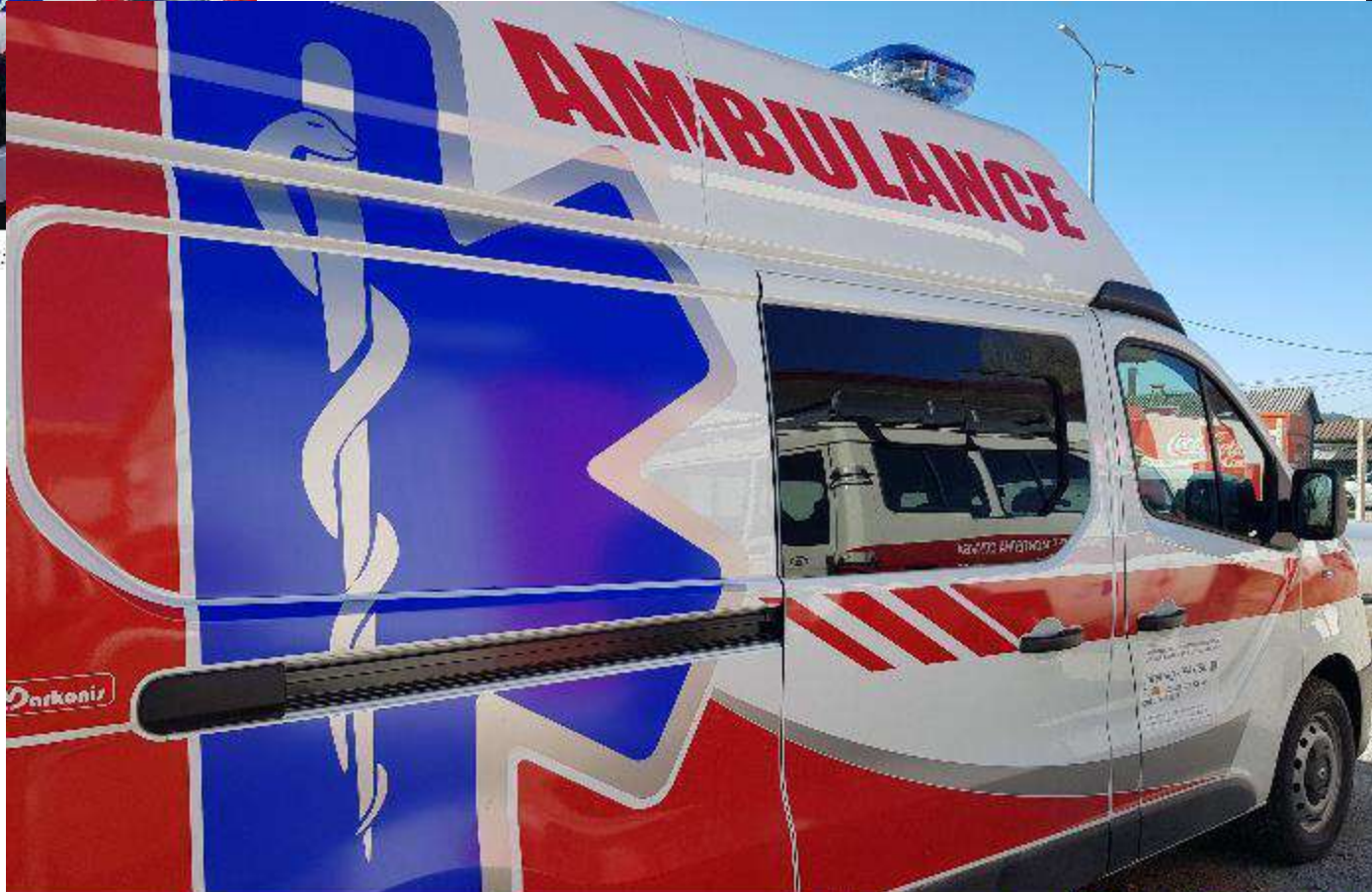


HUAWEI P20
 LEICA DUAL CAMERA | AI



Interreg - IPA CBC
 CCI 2014 TC 16 ISCB 009




Project is funded by the European Union and national funds of the participating countries // Budget: 1,143,160 €






Project co-funded by the European Union and national funds of the participating countries // Budget: 1,143,160 €
Проектът е кофинансиран от Европейския съюз и националните фондове на регионите и държавите участници в програмата
By job: 1,143,160 €

Interreg - IPA CBC 
  **CCI 2014 TC 16 I5CB 009**
QUALITY HEALTH



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  **CCI 2014 TC 16 I5CB 009**
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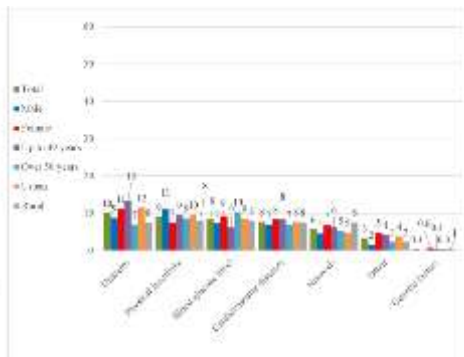
- Pandemic period
- The Association "Stroke", all activities and resources such as medical equipment and medical ambulance procured in the crossborder project QUALITY HEALTH Interreg - IPA CBC Programme “Greece – North Macedonia 2014- 2020”, redirected according to the needs of the population in our region



Report for Quality Health (Improving Quality and Accessibility of Health Care and Social services Centers in Cross-Border Regions - QUALITY HEALTH (CN1 - S.O 1.2 - SC 001)

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2. INTRODUCTION
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4. RESULTS OF THE ANALYSIS
 - 4.1. Stroke Research - Part 1
 - 4.2. Stroke Factors Research - P
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 - 4.4. Demography data - Part 4
5. ANNEXES - QUESTIONNAIR
 - 5.1. English version
 - 5.2. Macedonian version



The analyses on follow up results show similar results Respondents mostly name hypertension (42%), smoking (19%), stress (17%), lipids (14%) and nutrition (14%). It is important to mention that there are less people (32%) who didn't mention any stroke factor.

The views expressed in this publication do not necessarily reflect the views of the European Union, the participating countries and the Managing Authority.

3. Animated Infographic video.

In order to promote the stroke risk factors and encourage stroke prevention measures a short informative animated infographic was produced. The video animation is targeted at a broader audience of different age, gender, nationality or social category thus it outlines the stroke risk factor, preventive measures and results from the surveys conducted in a comical but informative way and exchanges a clear message to the receiving audience. The storyboard, narration text in Macedonian and English and the Animated infographic video are delivered within the project timeframe.

The video preview is available at the following link:
<http://mozocenudar.mk/video>

