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Nurses, education, and cardiovascular prevention

Education of patients with heart disease as well as those with risk factors of cardiovascular disease is essential for prevention of cardiovascular disease. There is growing evidence for the potential of further decreasing morbidity and mortality through improving cardiac education and rehabilitation programmes. The scientific evidence suggests nurse-led education programmes are effective, related to improved lifestyle and risk factors control and may be related to improved long-term prognosis in patients with cardiovascular disease.

Keywords: Education, cardiovascular prevention, risk factors, lifestyle

Biography:

Professor at the Jagiellonian University in Kraków (Poland), cardiologist, invasive cardiologist. Secretary (2017-2019) and member of the Board (2011-2015) of the Polish Cardiac Society, member of the EAPC Prevention Implementation Committee (since 2018), chairman of the Board of the Public Health Foundation (since 2018), member of the Board of the Krakow Association of Physicians (from 2011). Author of over 300 scientific contributions, co-author of scientific and clinical statements and guidelines. Laureate of numerous scientific awards (e.g. European Society of Hypertension, Polish Cardiac Society, Polish Society of Hypertension, Minister of Health). Main topics of scientific interest relate to prevention of cardiovascular disease and mechanisms of atherosclerosis development.