Adapting WHF Roadmaps for national improvements in cardiovascular health

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WHF Roadmaps for “25 by 25”
WHF Roadmaps for CVD Prevention

WHF Roadmap for Secondary Prevention of CVD

WHF Roadmap for Hypertension Control

WHF Roadmap for Tobacco Control
Reducing Premature Cardiovascular Morbidity and Mortality in People With Atherosclerotic Vascular Disease

The World Heart Federation Roadmap for Secondary Prevention of Cardiovascular Disease

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1. BACKGROUND

1.1. The importance of secondary cardiovascular prevention

Every year, around 35 million people have an acute coronary or cerebrovascular event. About one quarter of

BOX 2. Secondary prevention interventions

Priority secondary prevention medications:
- Aspirin
- ACE inhibitors
- Statins
A road to a healthy heart

1. Health care system is accessible to patients
2. Clinical guidelines recommending priority interventions are available
3. Health care professionals to prescribe recommendations
4. Priority interventions are available
5. Priority interventions are affordable
6. Health care system is organized to ensure adequate follow-up of patients with CVD
7. Patients adhere to recommendations
Preventive interventions

Physical activity

Smoking cessation

Healthy diet
Effective interventions

**Hypertension control**

- Lowering blood pressure with drugs (if BP ≥160/100 mmHg or ≥140/90 at high risk)

**Secondary prevention**

- ACE Inhibitors
- Aspirin
- Beta blockers
- Statins

35% RR for stroke
20% RR for myocardial infarction

75% RR
From Efficacy to Effectiveness is the challenge

Patients

- Patients with cardiovascular events: 75%
- Patients accessing health care: 70%
- Interventions prescribed by health care professionals: 80%
- Patient adherence: 50%

Cardiovascular events: 21%
Roadblocks and potential solutions

Patients with known cardiovascular disease do not have access to the health care system

- Strengthen the role of the primary care health system level for cardiovascular secondary prevention
- Integrate cardiovascular secondary prevention with management of other chronic conditions (i.e. HIV, TB)
- Increase opening times of clinics, and locate them close to communities in rural areas
- Integrate secondary prevention interventions in simple cardiac rehabilitation programmes
A road to a healthy heart

Health care system is accessible to patients

Clinical guidelines recommending priority interventions are available

Health care professionals to prescribe recommendations

Priority interventions are available

Priority interventions are affordable

Health care system is organized to ensure adequate follow-up of patients with CVD

Patients adhere to recommendations
Adaptation of WHF Roadmaps at national level
National WHF Roadmaps

Objectives

• Summarize cost effective and feasible interventions
• Identify common roadblocks
• Propose some potential solutions
• Suggest a step by step process for adaptation and implementation of Roadmaps at a national level through National Action Plans
Next steps for National Roadmaps for “25 by 25”

- Create a national coalition between health disciplines, civil society and patients, to achieve “25 x 25”
Next steps for National Roadmaps for “25 by 25”

• Undertake a situation analysis
  • Epidemiological profile (CVD, risk factors)
  • Health system assessment (resources, financing, governance, delivery)
  • Policy mapping (national plans, laws)
  • Rapid reviews, secondary data analysis and interviews
• Produce a situation analysis report
Next steps for National Roadmaps for “25 by 25”

- Conduct policy dialogues
  - Stakeholders mapping
  - Discuss roadmaps solutions (in the context of situation analysis)
  - **Produce a concrete plan of action** “National Roadmap” for advocacy to policy makers, professions and patients
Next steps for National Roadmaps for “25 by 25”

- To influence National Action Plans for Prevention of Non-Communicable Diseases and their implementation
Thank You!