

Accelerating Cardiovascular Health and Care in Kenya

A partnership of the World Heart Federation and Access Accelerated (AA)

Roadmap to Reducing Cardiovascular Mortality through Hypertension Management

Since 2015, the World Heart Federation (WHF) has been developing Roadmaps on a range of issues related to cardiovascular disease (CVD), designed to identify the major roadblocks that countries or health systems are facing in providing care for CVD. These roadmaps are evidence-based and put forth a step-by-step approach. They are global in nature and intended for each country to adapt for its own use.

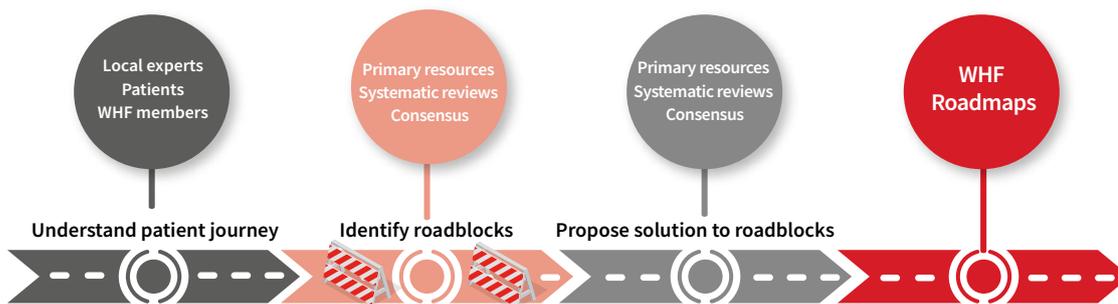
In 2015, WHF developed a Roadmap for Reducing Cardiovascular Mortality through Prevention and Management of Raised Blood Pressure, which provides evidence-based solutions to overcome roadblocks in

the treatment of hypertension at the health system, physician and patient level. The Roadmap proposes a comprehensive health system approach to tackling hypertension, which includes physical and human resources, healthcare delivery, financing and governance, and information systems. In particular, it

emphasizes the role of opportunistic screening, effective drug treatments and education for people with raised blood pressure, and recommends thinking innovatively about e-health solutions, task sharing, and education campaigns in order to raise awareness about, prevent and manage hypertension.



KENYA ROUNDTABLE GROUP PHOTO



“The prevalence of hypertension is increasing in Kenya, with one in four affected. An estimated 75 percent of Kenyans who live with hypertension do not know they suffer from it, and only four percent are controlled.”

**Prof Elijah Ogola,
PASCAR Secretary General**

Translating the WHF Roadmap in national contexts: the case of Kenya

WHF works closely with its members to translate and adapt the Global Roadmaps to country-specific contexts by holding CVD Roundtables.

On 21 March 2018, together with our member the Kenya Cardiac Society, WHF convened speakers and participants from the Ministry of Health and country health directorates, primary health care, civil society, the private sector, academia and

faith-based organizations for a Roundtable entitled *Accelerating Solutions to Hypertension Management*. Hypertension is an issue of growing concern in Kenya.

Drawing on the WHF and PASCAR Roadmaps on hypertension, participants emphasized putting people living with CVDs and related co-morbidities at the centre of the prevention and management of hypertension, involving communities in collecting and getting

feedback to health data, exploring public-private partnerships, and rethinking financing for healthcare.

Funding was raised as an ongoing concern, particularly in light of devolution, as was the need to better equip health facilities and providers at the lowest levels of the health care system to provide appropriate diagnosis, care and treatment for people living with non-communicable diseases (PLWNCDS).

The Call to Action agreed in Kenya

Empower people living with NCDs



Ongoing work with our partners, e.g. NCD Alliance, Global Coalition for Circulatory Health

Establish a national registry for NCDs



Dissemination of cardiovascular guidelines with MoH

Create an enabling environment for task-sharing in the management of cardiovascular diseases



National Roundtable on task shifting and development of curriculum to develop competencies and skills on task shifting

Tax unhealthy commodities and allocate those revenues to healthcare for people living with CVD and other NCDs



Ongoing advocacy work on innovative financing for health

Empowerment to achieve progress in the fight against CVD in Kenya

Following the success of the AA-supported Roundtable in Nairobi, the Ministry of Health (MoH) of Kenya approached WHF and our member the Kenya Cardiac Society (KCS) to collaborate on the dissemination and implementation of the Kenya National Guidelines for Cardiovascular Diseases Management and Handbook.

The MoH developed and launched the Guidelines in 2018 in collaboration with non-governmental organizations (NGOs) and regional and international cardiac support bodies to provide a standardized way of managing cardiovascular disease in the country.



PARTICIPANTS AT THE KENYA ROUNDTABLE

“CVD guidelines are not well known or understood or are too complex. The solution is to educate health professionals about the guidelines and their correct use.”

WHF Hypertension Roadmap

The guidelines build on the MoH’s national registers and clinical guidelines on diabetes and CVD, and align with the Ministry’s National Strategy on Non-Communicable Diseases (NCDs) 2015.



The latter rests on three pillars:

1. Disease prevention and health promotion

2. Early diagnosis and control of NCDs through health system strengthening

3. Monitoring, surveillance and research



GROUP DISCUSSION DURING THE KENYA ROUNDTABLE

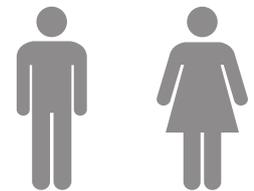
With an **estimated 50 cardiologists for 44 million people**, the guidelines lay the ground for a climate of task shifting, by outlining the different levels at which community health workers, generalist and specialized nurses, primary care physicians, surgeons, radiologists, anaesthesiologists and other health professionals should intervene and share tasks to prevent, treat and manage cardiovascular diseases.

An effective dissemination of the guidelines is paramount as **CVDs cause 25% of hospital admissions and 13% of all hospital deaths in Kenya**. In addition, **13% of Kenyans consume alcohol and tobacco products daily and 94% eat less than five servings of fruits and vegetables per day**. Overall, **NCDs account for more than 50% of total hospital admissions and more than 55% of hospital deaths**. **Life expectancy is 59.9 years for men and 63.1 years for women**

Kenya CVD guidelines at a glance

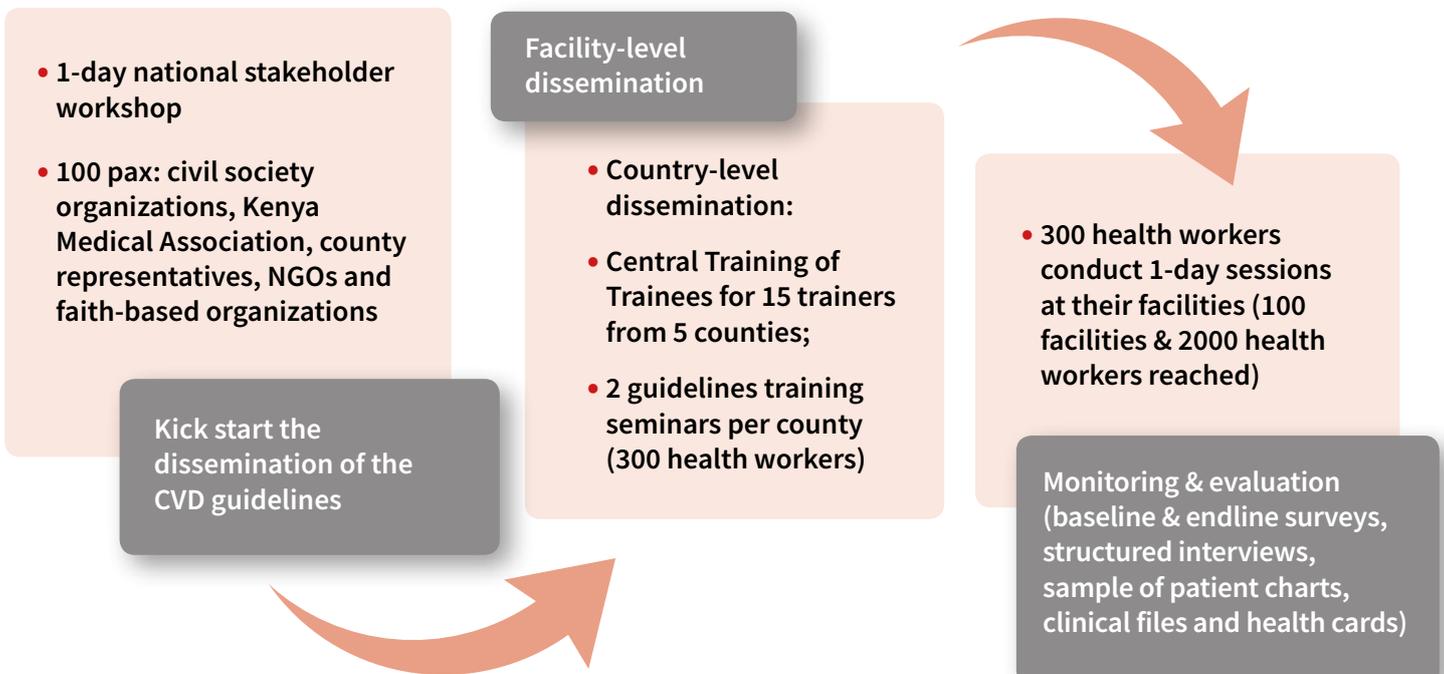
- Focus on coronary heart disease, cerebrovascular disease, peripheral arterial disease, rheumatic heart disease, congenital heart disease, venous thrombo-embolism
- Risk factors (hypertension) & co-morbidities (diabetes) addressed in detail
- Targets all health workers, policy makers, health program implementers

Life expectancy (years)



59.9 63.1

Through our member KCS, the World Heart Federation will work with the MoH to disseminate the guidelines by organizing the following activities:



By the end of 2019, we will have reached 15 trainers, 2000 health workers, 100 health facilities and 10,000 people living with cardiovascular diseases.

Acknowledgements

The Roundtable entitled *Accelerating Solutions to Hypertension Management* was part of a stakeholder collaboration event titled 'Building Solutions to Patient Challenges in Non-Communicable Diseases (NCDs)', which involved the World Heart Federation, the NCD Alliance, PATH, and Access Accelerated and aimed to drive action and develop sustainable solutions around critical issues related to NCD prevention and treatment in Kenya.

We are particularly grateful to our member the Kenya Cardiac Society (KCS) for convening the Roundtable in 2018 and to the Ministry of Health of Kenya and KCS for their commitment to collaborate with WHF to disseminate the cardiovascular diseases guidelines in 2019.

Because every heartbeat matters

Our mission is to:

- Connect the CV community
- Translate science into policy
- Catalyze knowledge sharing



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