Cost Effective Cardiovascular Interventions for low and middle income countries

Absolute Risk Approach to Management of Cardiovascular risk
Determinants of CVD Risk

- Smoking
- Physical inactivity
- Unhealthy diet
- Intermediate risk factors
Determinants of CVD Risk

Intermediate risk factors

Hypertension
Hyperlipidemia
Diabetes Mellitus
Treatment Decisions Based on comprehensive CV risk

- Cost-effective
- Efficient use of limited resources
- Better health outcomes

WHO/CVD
Assessment of CVD Risk

Smoking, PI, Unhealthy diet
Age, Family history
HBP
Diabetes, High lipids (Lab. Assays)
ACC/TOD (retinopathy, LVH, renal function, ECG, Echo, )
Barriers in PHC

- Competency of HCP
- Weak infrastructure
- Limited financial resources
- Disorganised referral systems
Scenario in PHC in Nigeria

Urine analysis 37%
Blood glucose 20%
Lipids 9%
Challenges

Evidence based
Safe
Flexible
Simple
Affordable/sustainable
WHO CVD- Risk Management Package

♦ Preparation 2001/ 2002
♦ Expert consultation- July 2002
♦ Publication- Dec 2002
Core Module

- Scenario 1: (PHC/Non Physician Health Care worker)
- Scenario 2: (Physician/specially trained nurse)
- Scenario 3: (Physician/access to full specialist care)
WHO CVD-Risk Management Package

Uses hypertension as entry point

Can be used for managing hypertension and diabetes using scenario 2/3 protocols
Adaptation to settings/No blue print

BP measurement
SBP
Diet protocols
Follow up duration
Implementation Sites

Bangladesh    Benin
Chile          China
Egypt          Ghana
Guinea         India
Indonesia      Mozambique
Sri Lanka     Tunisia