



# HEARTS IN THE AMERICAS

Regional Workshop

Punta Cana, Dominican Republic  
May 14-17, 2019





# HEARTS

IN THE AMERICAS  
Regional Workshop

## HEARTS Implementation Guide

**Kristy Joseph**

U.S. Centers for Disease Control and Prevention

USA

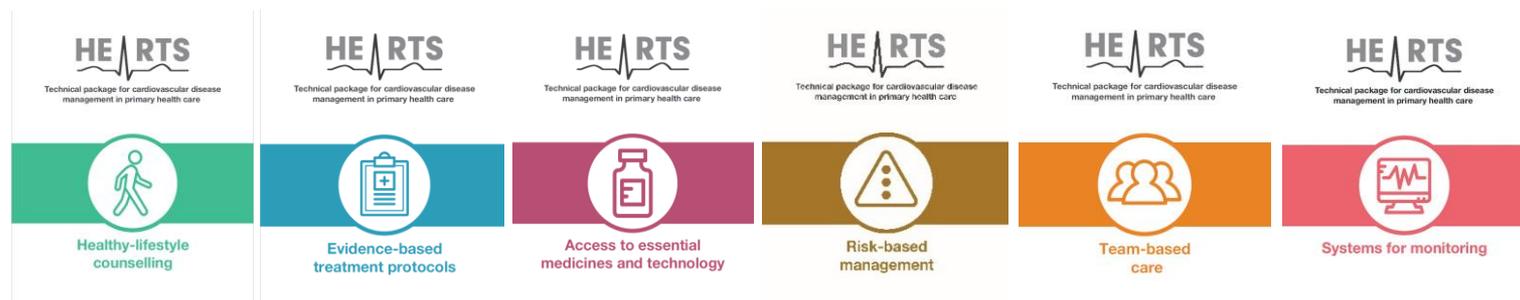


# Overview

1. Provide high level overview of the HEARTS technical package
2. Introduce a step-by-step approach to implementation
3. Provide country level examples

## HEARTS Technical Package

- Part of the essential WHO interventions to reduce NCD morbidity and mortality
- Strategic, practical toolkits for CVD management in primary care
- Standardized protocols for prevention, service delivery, referral, and monitoring



# Approach to Implementation

## Step 1: Engage Stakeholders

- Meet with national policymakers
- Establish a technical working group

## Step 2: Select Demonstration Site

- Identify a demonstration site
- Conduct baseline assessment
- Compile a situational assessment report

## Step 3: Plan Implementation

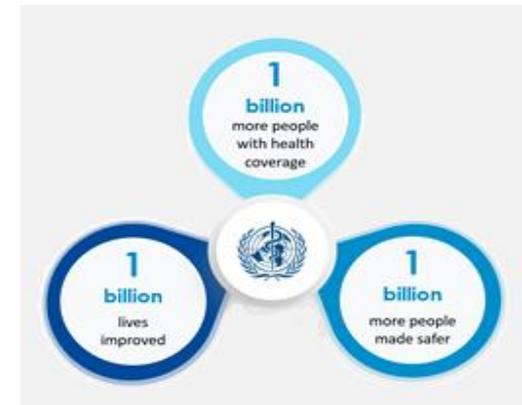
- Convene a strategic planning workshop
- Develop an implementation plan
- Obtain Ministry of Health endorsement

## Step 4: Implement and Monitor

- Build capacity
- Deliver services, supervise, and monitor

# Engage Stakeholders

- Engage national policymakers
  - Global targets
  - Scale of CVD burden
  - Role of primary health care
  - Resources and gaps
- Establish a technical working group



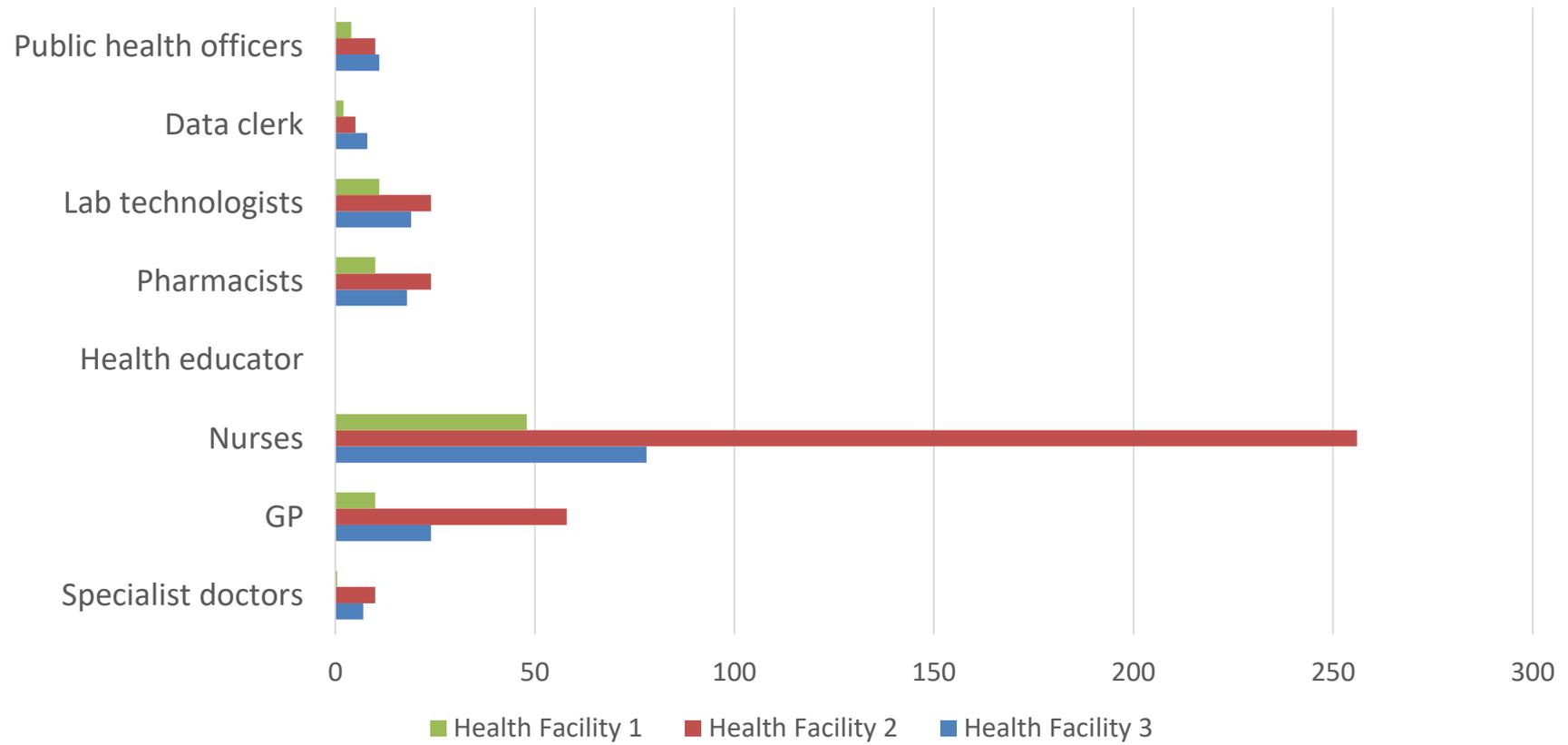
## Demonstration Site Selection

- Identify a demonstration site for initial implementation
- Conduct a baseline assessment to quantify the population and facilities
- Compile a situational assessment report
  - Summarize previous meetings and baseline assessment
  - Designate points of contacts and technical working group members



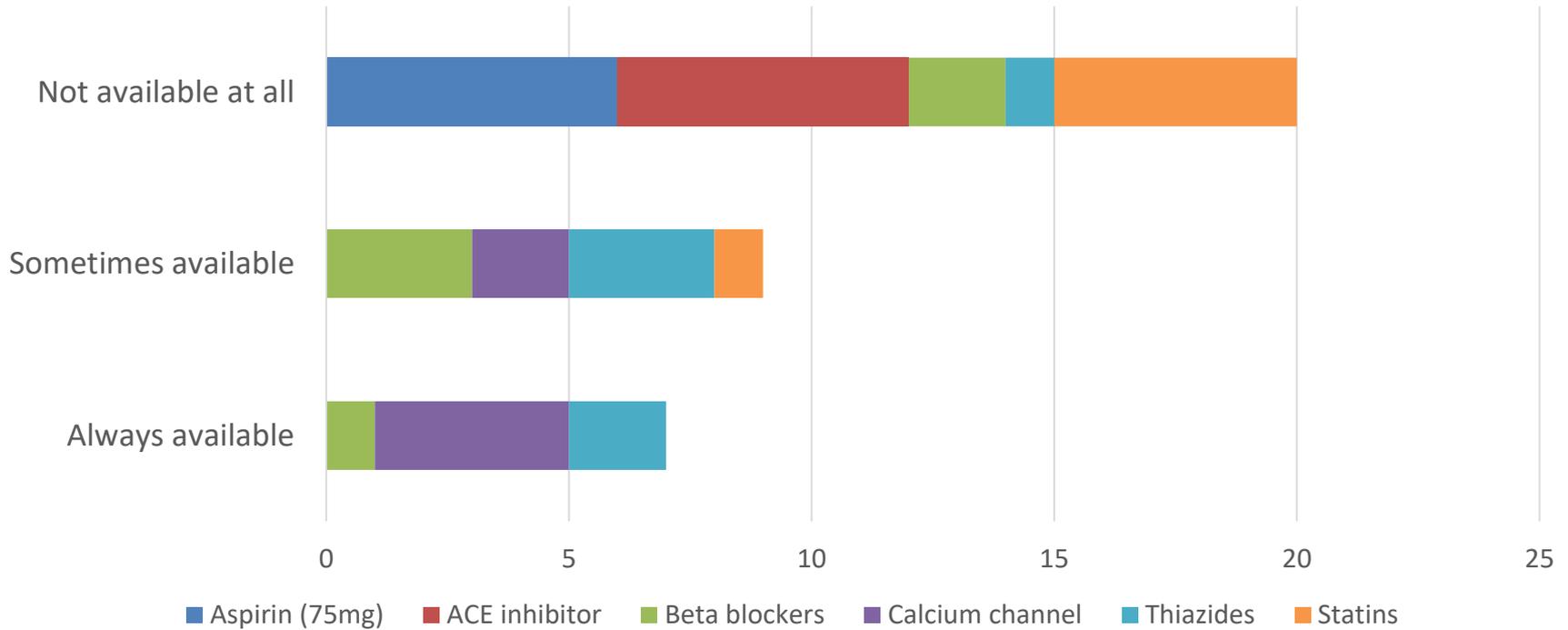
# Health Facility Assessment

Availability of Human Resources for the Management of NCDs  
3 Health Facilities Assessment



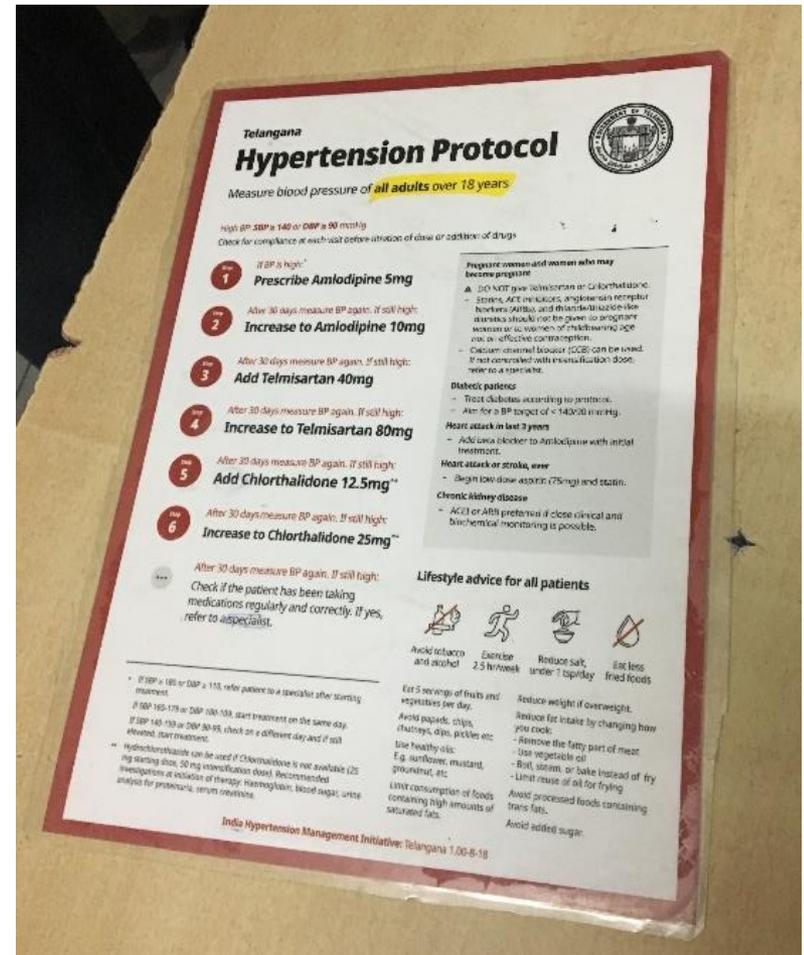
# Health Facility Assessment

Availability of Medication  
6 Health Facility Assessment

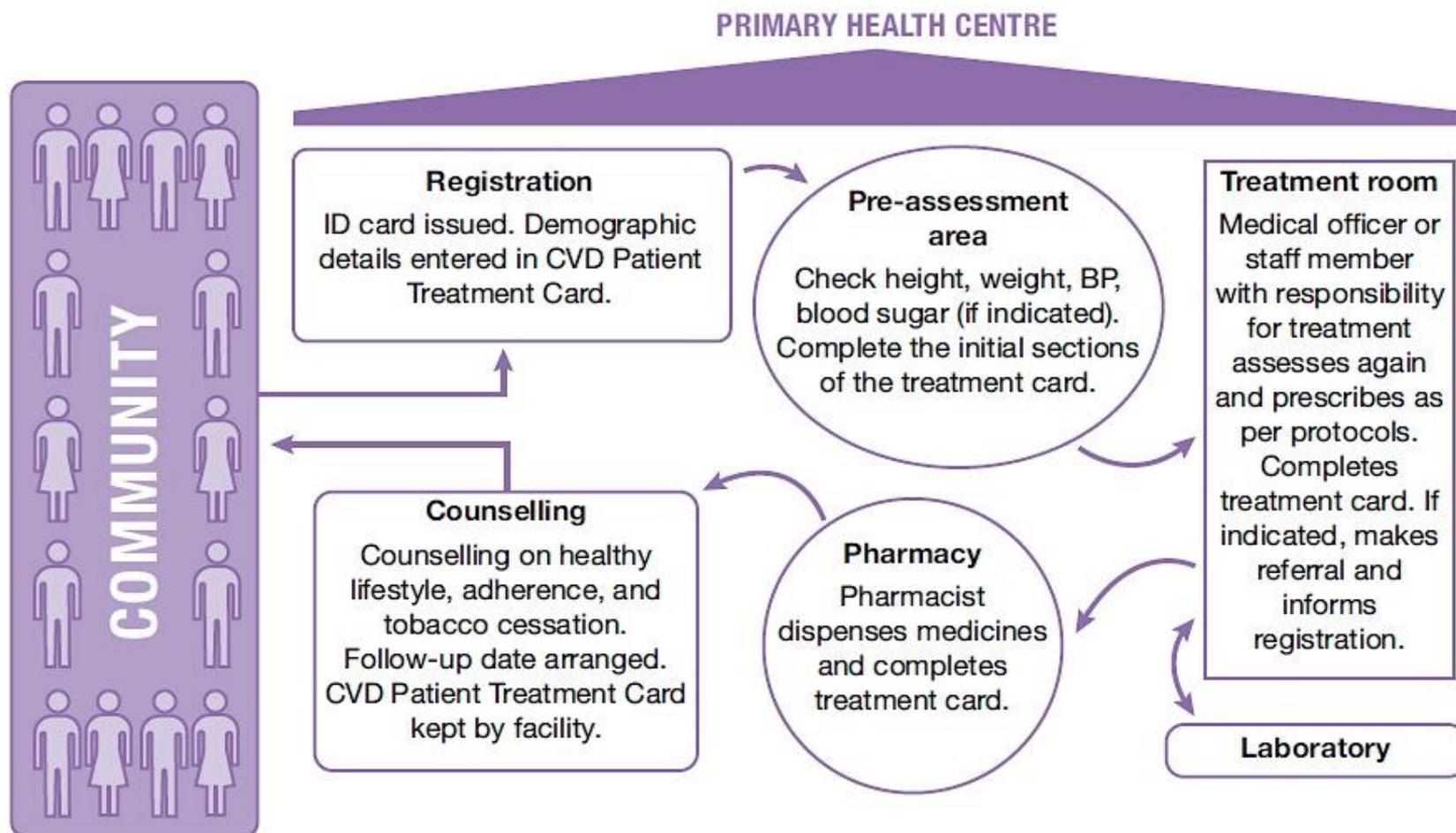


# Plan Implementation

- Convene a strategic planning workshop
  - Purpose to develop a service delivery model
  - Conduct a SWOT analysis to identify adjustments and guide implementation
- Lead a consensus workshop
  - Consensus on a standard treatment protocol



# Service Delivery Model



## Plan Implementation

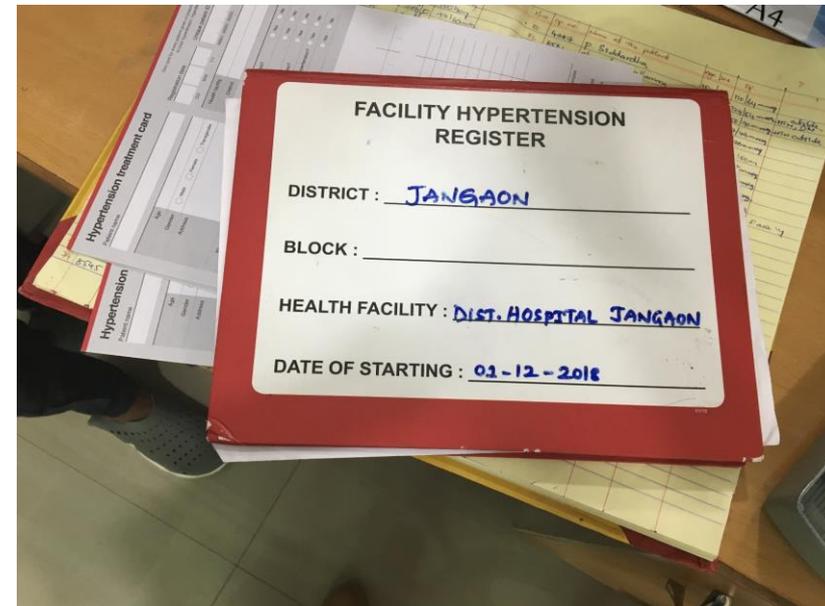
- Develop an implementation plan
  - Identifies resources and action steps
  - Specified roles and responsibilities
  - Provides a timelines plans for monitoring and evaluation
- MoH endorsement
  - Written agreement and designated point of contact promotes national level support

### Implementation Example

	Country 1	Country 2	Country 3	Country 4
Secured political commitment	✓	✓	✓	✓
Demonstration site at PHC	✓ (2)	✓ (2)	✓ (2)	✓ (1)
Expansion beyond demonstration site	4 clinics	3 provinces	5 provinces	3 provinces
Staff, trained and certified in BP measuring & PAHO virtual courses HNT and 2ry prevention	✓	✓	✓	✓
Algorithm defined	✓	✓	✓	✓
Core set of medications	✓	✓	✓	✓
<ul style="list-style-type: none"> <li>Combination of pills or FDC</li> </ul>	0 (LIS + HTZ)	✓ (VAL-AMP & VAL+AMP) \$	✓ (LOS+HTZ) \$	0 (HTZ + ENA)
Registry	✓ (electronic)	✓ (electronic)	✓ (hybrid: manual & electronic)	✓ (manual & in transition to electronic)
Metrics M & E defined	✓	✓	✓	✓
Redistribution of Task well defined	✓	✓	✓	✓

# Implement, Monitor, and Evaluate

- Strengthen capacity for primary health care workers and managers
- Seven sessions of interactive lectures, case studies, and activities on how to improve the management of hypertension.
- Expected outcomes include:
  - Effectively diagnose and treat hypertension
  - Make hypertension management patient-focused
  - Strengthen monitoring of patients and hypertension programs



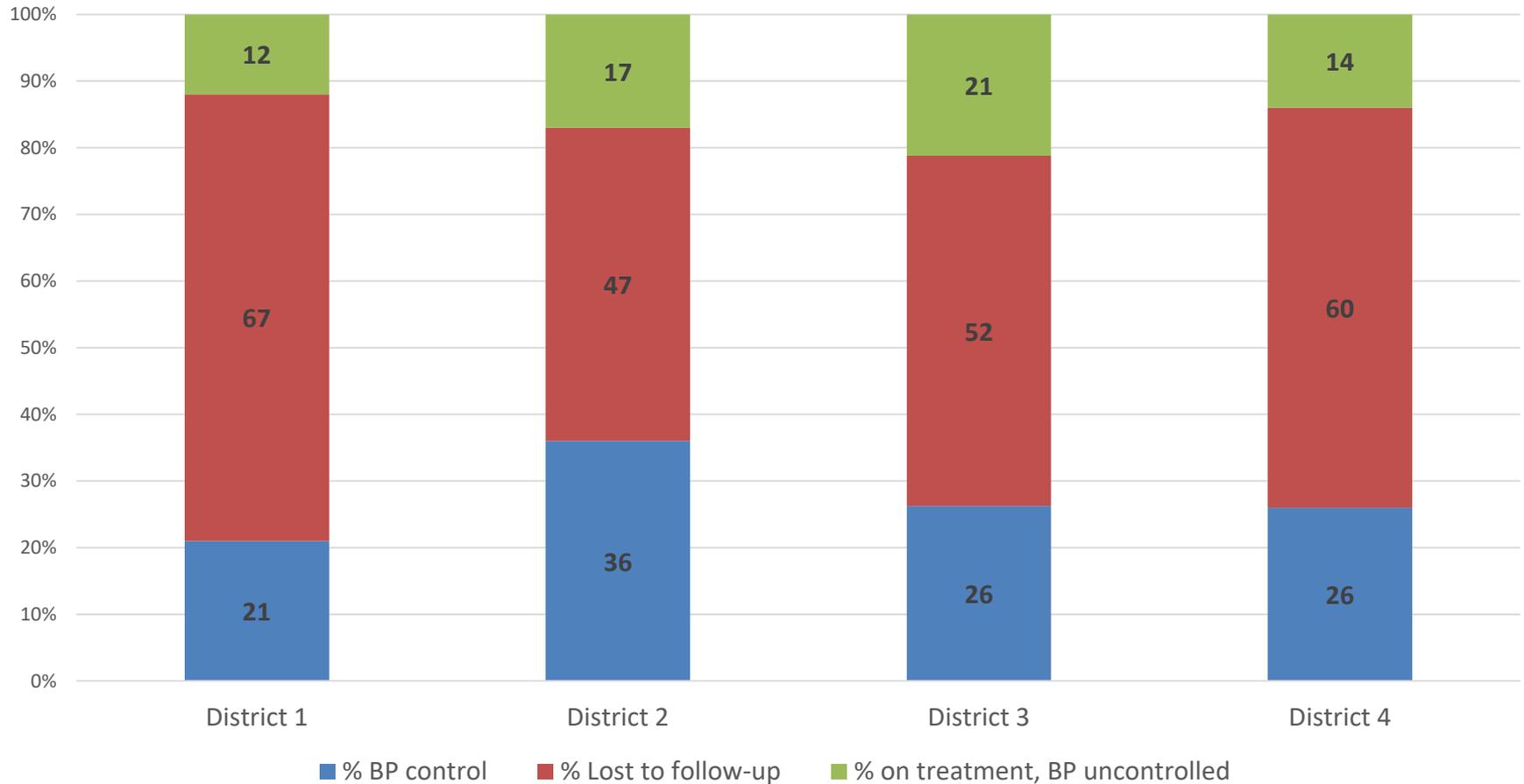
# Implement, Monitor and Evaluate

- Supervise, monitor and evaluate to
- Identify gaps in coverage, capacity or resources
- Understand how to better provide high quality of care

TREATMENT SUPERVISION/AUDIT FORM		
Facility name:	District name:	Date:
Name of supervisor:	Name of medical officer:	
Has the facility started the hypertension treatment programme? Circle, as appropriate:		Y N NA
N°	Indicator	Circle any
<b>1</b>	<b>Screening and BP measurement</b>	
1.1	Is opportunistic screening done for all adults?	Y N
1.2	Is the BP measurement protocol displayed on the wall/desk?	Y N NA
1.3	Is there at least one functioning BP instrument in the facility?	Y N NA
1.4	Are all patients with BP $\geq 140/90$ referred to the medical officer for treatment?	Y N NA
1.5	For how many patients was BP measured correctly? (Observe 5, >2 of each staff who measure BP.)	0 1 2 3 4 5
<b>2</b>	<b>Treatment</b>	
2.1	Is the treatment algorithm displayed on the wall/desk?	Y N NA
	Randomly audit 10 patient treatment cards (see Patient card audit form). Write for what proportion of patients:	Proportion:
2.2	BP was recorded at every visit for the last three visits	
2.3	Initial antihypertensive medication was given as per protocol	
2.4	Medication was intensified or added as per protocol if BP $\geq 140/90$ (write NA if not applicable)	
2.5	Aspirin was given if patient had prior CVD (write NA if not applicable)	
2.6	Statin was given if patient >40 yrs with diabetes or if patient had prior CVD (NA if not applicable)	
2.7	Referral to a specialist was made if BP $\geq 140/90$ after treating with three drugs (NA if not applicable)	
2.8	BP was <140/90 at last visit	
<b>3</b>	<b>Counselling and follow-up</b>	
3.1	Is there a staff assigned for patient counselling?	Y N NA
3.2	Are patient counselling tools/materials available?	Y N NA
3.3	Is there a system for counselling patients individually or as a group?	Y N NA
3.4	Is there a system for tracking initial defaulters?	Y N NA
3.5	Is there a functional system for patient reminder and follow-up?	Y N NA
<b>4</b>	<b>Service delivery. Interview 5 patients and validate (see Patient interview report card). Circle number of positive responses</b>	

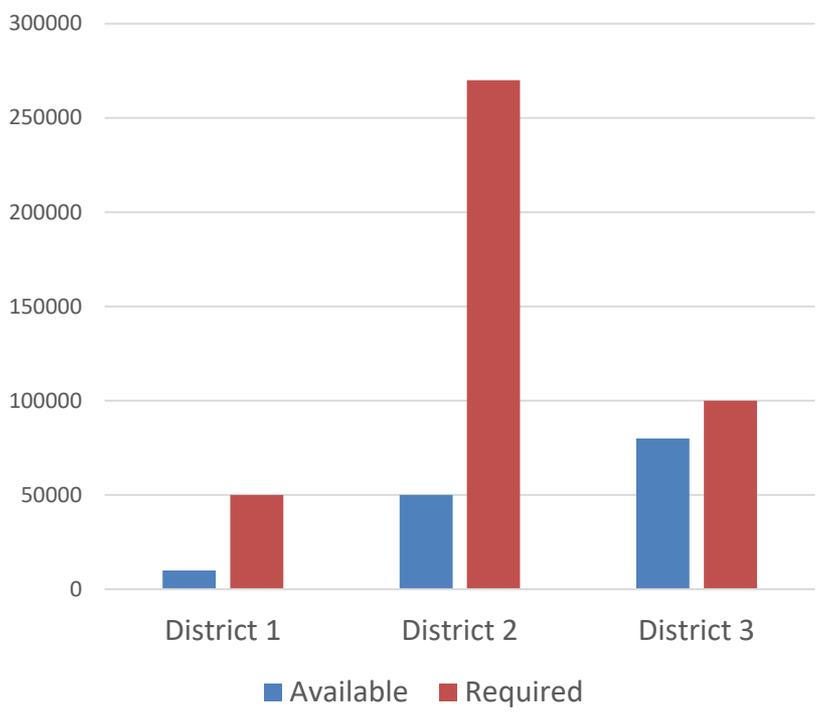
## Program Monitoring

3 Month proportion among those registered between 1st April and 30th June

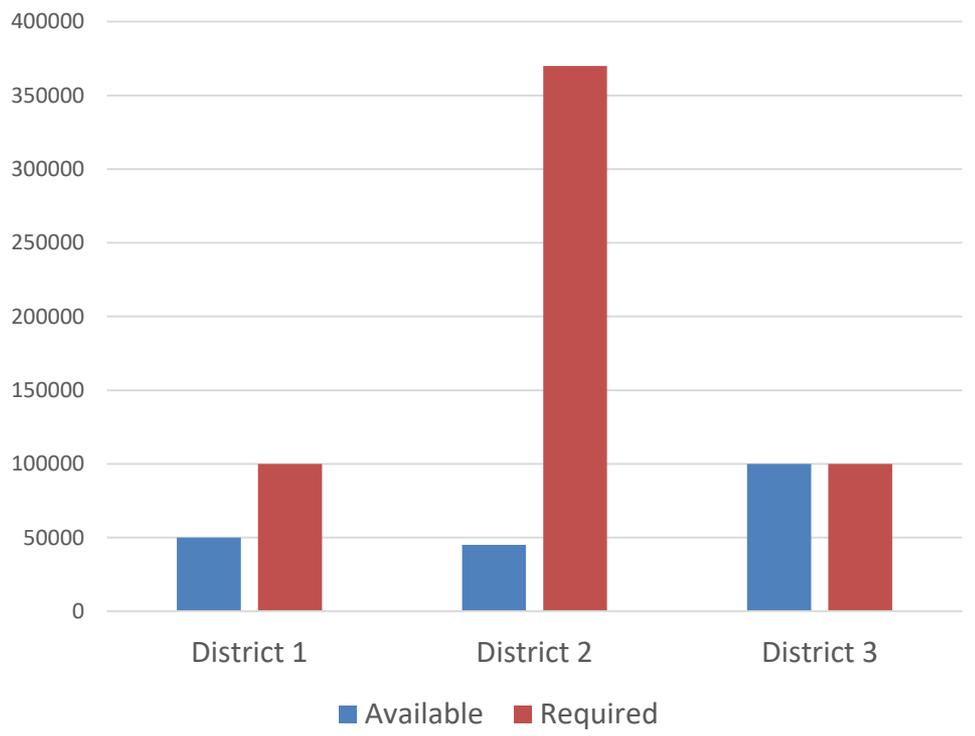


# Monitoring Medication

January: Available vs Required  
Amlodipine 5mg

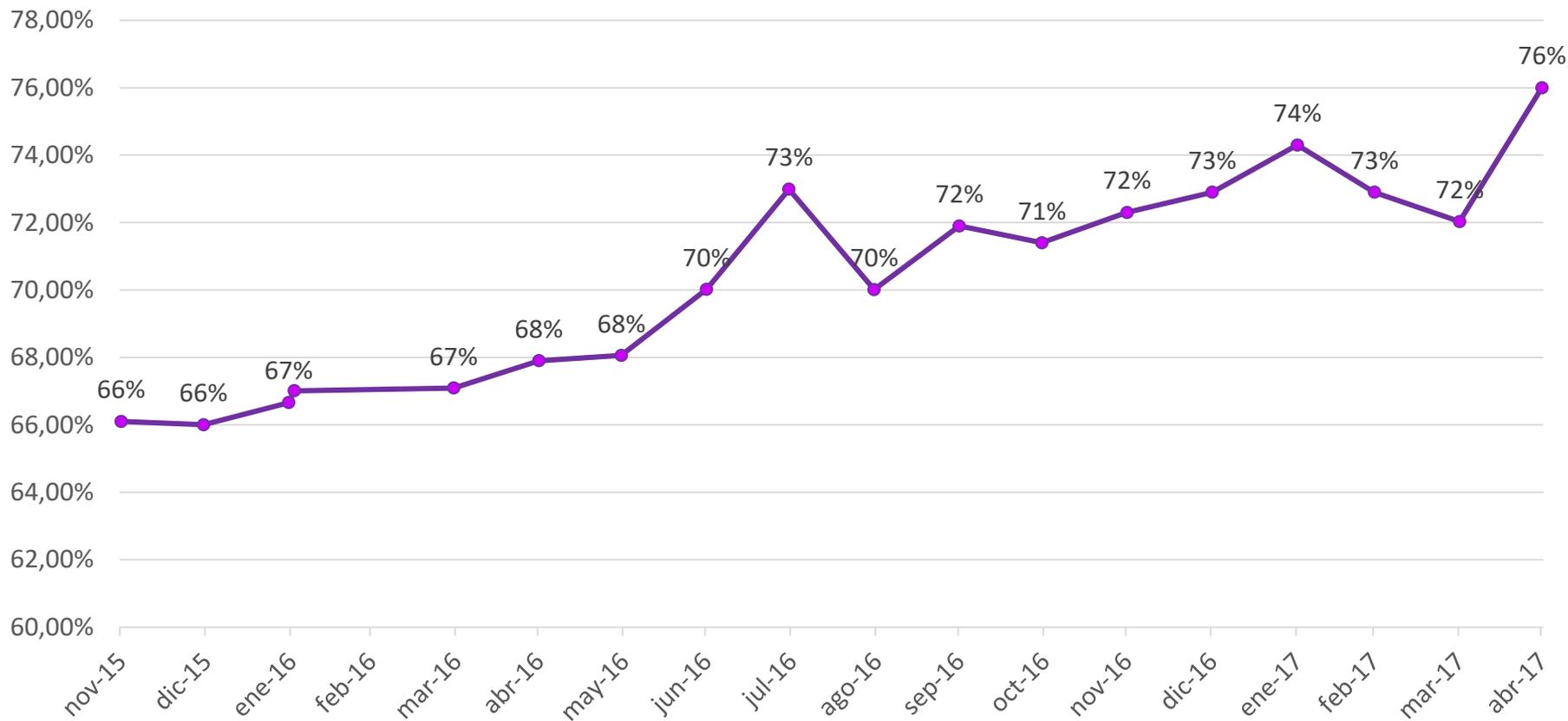


June: Available vs Required  
Amlodipine 5mg



# Clinical Monitoring

## Percent of registered patients with controlled BP (>140/90)





**PAHO**

**HEARTS**

IN THE AMERICAS

**THANK YOU**

