



HEARTS IN THE AMERICAS

Regional Workshop

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HEARTS

IN THE AMERICAS
Regional Workshop

Why hypertension control is urgent and important

Norm Campbell

University of Calgary

Canada



Why hypertension Control is urgent and important

Very high burden of disease associated with hypertension.

Hypertension detection, treatment and control rates are low in HIC>, MIC and LIC.

Treatment will greatly reduce the disease burden.

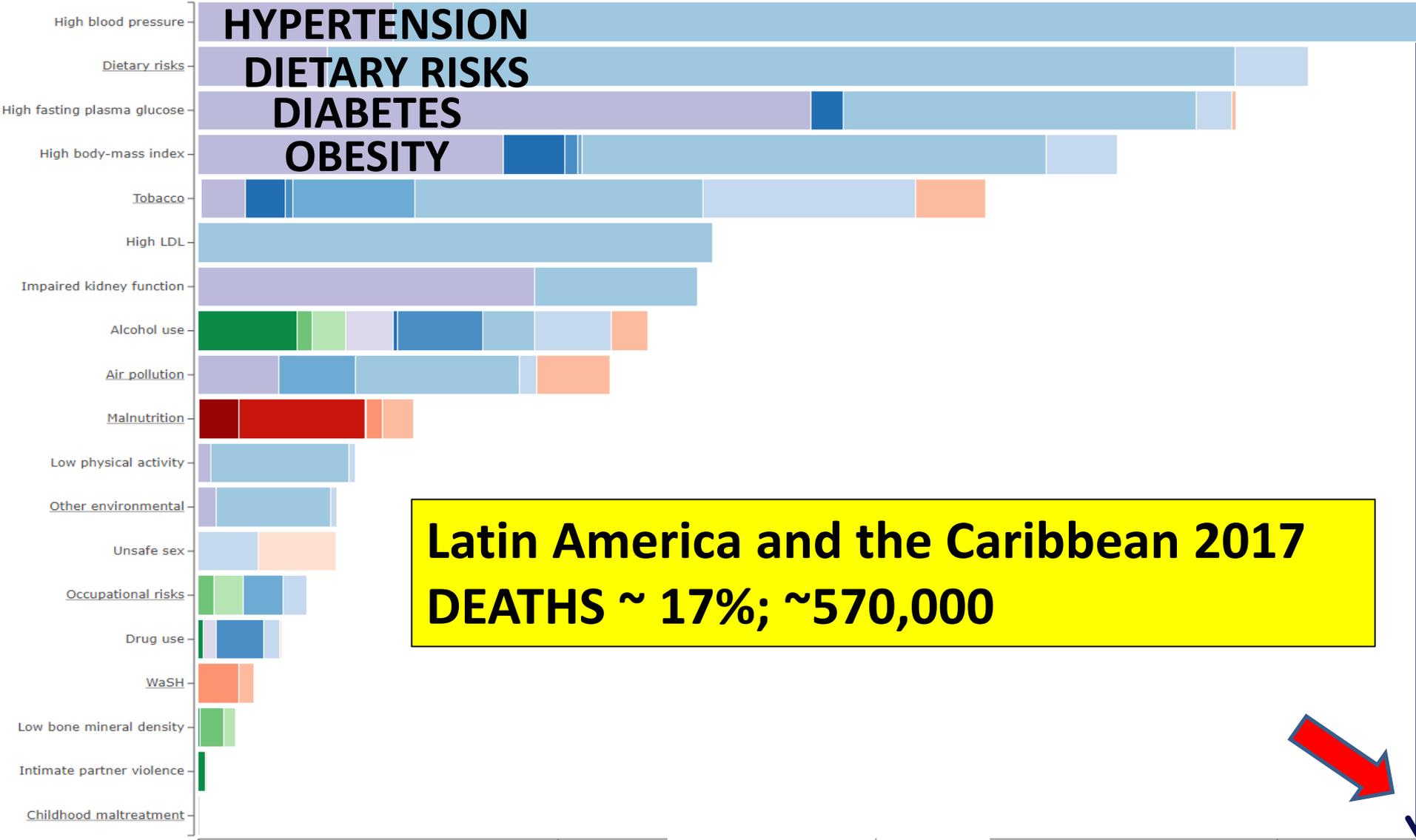
Treatment is, in general, highly cost effective and can be cost saving. There is a good return on investment.

Very high levels of hypertension control can be achieved and are associated with improvements in outcomes.

Hypertension control is a major national and global priority to reduce the burden of non communicable disease that is viewed as a major threat to global economic development.

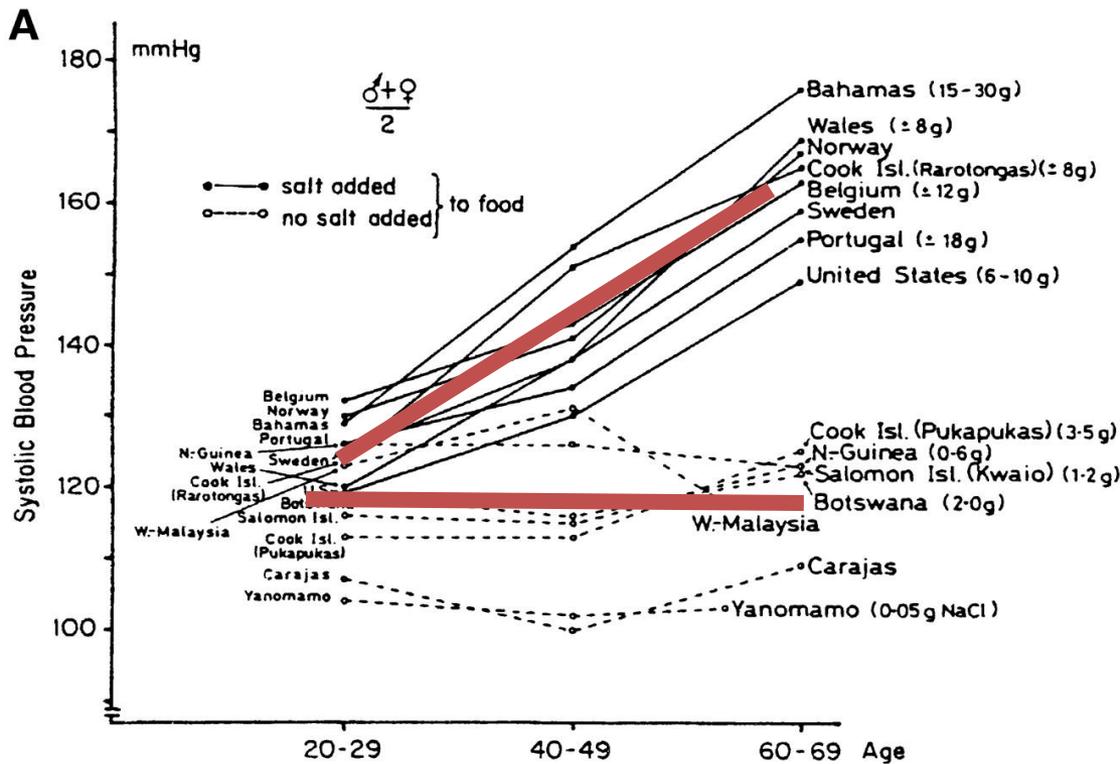
Latin America and Caribbean, Both sexes, All ages, 2017

Back



**Latin America and the Caribbean 2017
DEATHS ~ 17%; ~570,000**

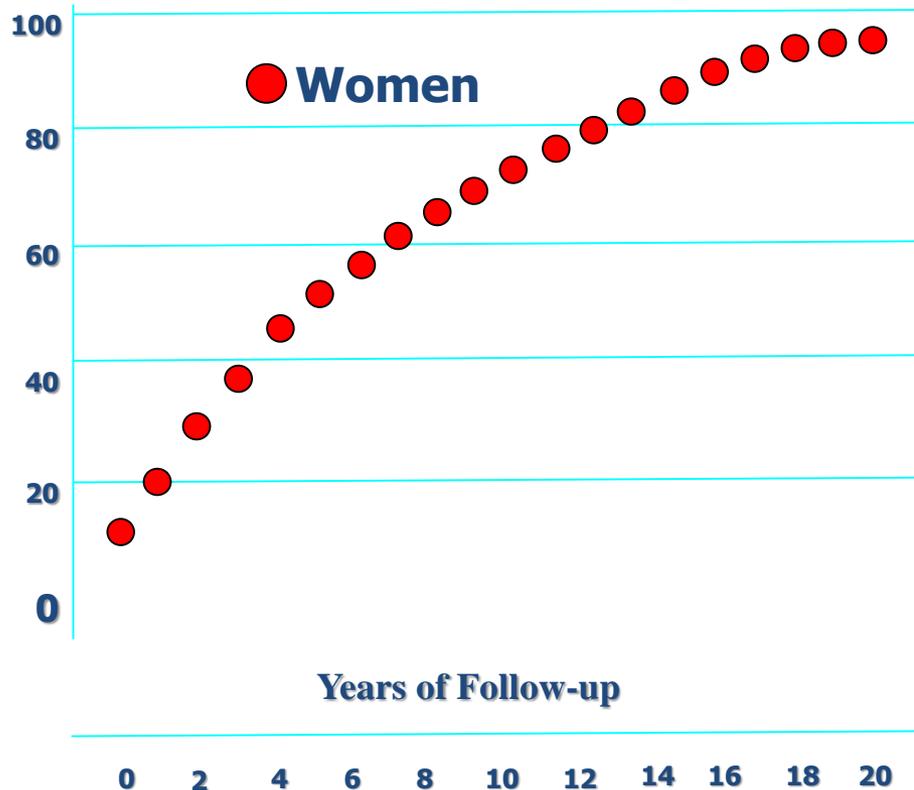
Societies that eat unprocessed foods, are physically active and lean do not develop hypertension



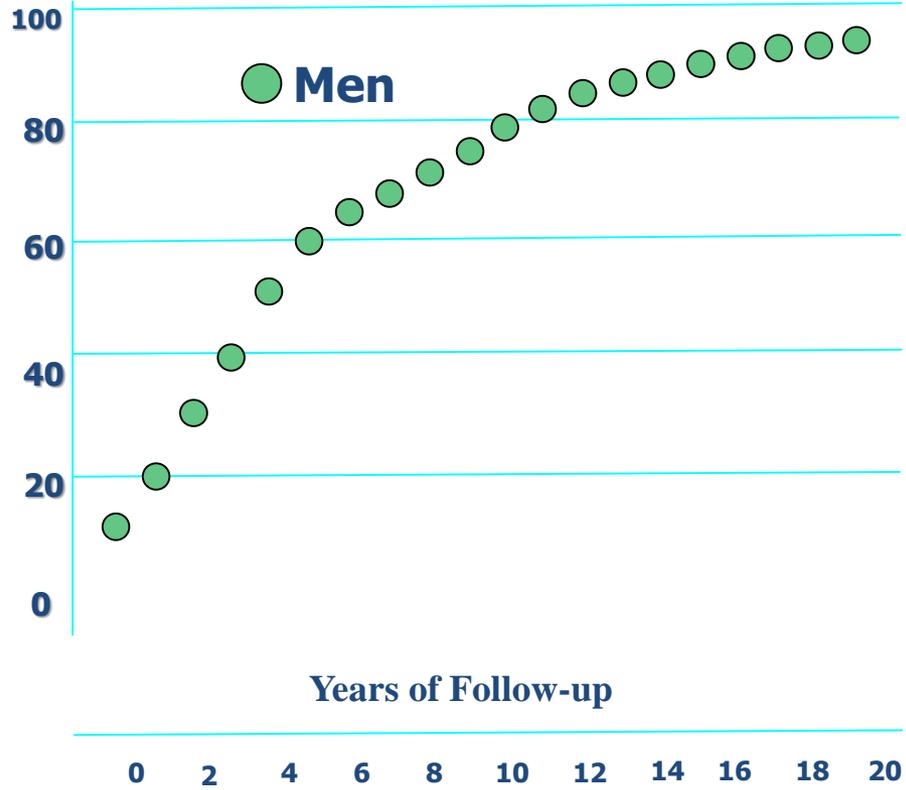
- BP is well known to rise with age in industrialized societies.
- If people move from an area that does not have hypertension to an area that does, they develop hypertension .

Life time risk of Hypertension in Normotensive Women and Men aged 55-65 years

Risk of Hypertension %



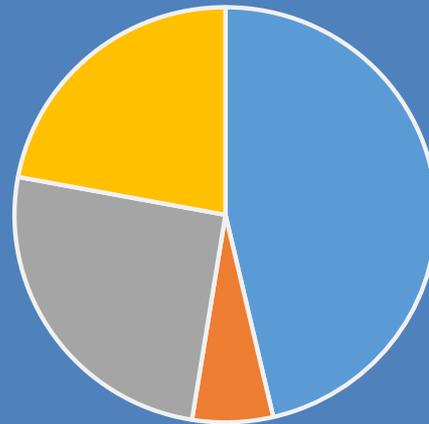
Risk of Hypertension %



Hypertension detection treatment and control rates are low in HIC>, MIC and LIC

Prevalence >40% in those over age 25 (WHO statistic).

- Unaware of diagnosis
- Aware not treated
- Treated not controlled
- Controlled



The critical need to assess local circumstances and have ongoing monitoring to identify changing care gaps

Out of clinical chaos comes low rates of hypertension detection treatment and control in HIC, MIC and LIC!!!



The definition of insanity is doing the same thing over and over again, but expecting different results. Albert Einstein

We need to do things differently to improve hypertension control!!!

Global Efforts

- GLOBAL HEARTS (tobacco, sodium, primary care CVD prevention focused on hypertension)
http://www.who.int/cardiovascular_diseases/global-hearts/en/
- PAHO (primary and secondary CVD prevention focused on hypertension)
- RESOLVE to save lives (hypertension, dietary sodium and trans fat)
<https://www.resolvetosavelives.org/>

MODULES OF THE HEARTS TECHNICAL PACKAGE				
Module	What does it include?	Who are the target users?		
		National	Subnational	Primary care
H ealthy-lifestyle counselling	Information on the four behavioural risk factors for CVD is provided. Brief interventions are described as an approach to providing counselling on risk factors and encouraging people to have healthy lifestyles.		✓	✓
E vidence-based protocols	A collection of protocols to standardize a clinical approach to the management of hypertension and diabetes.	✓	✓	✓
A ccess to essential medicines and technology	Information on CVD medicine and technology procurement, quantification, distribution, management and handling of supplies at facility level.	✓	✓	✓
R isk-based CVD management	Information on a total risk approach to the assessment and management of CVD, including country-specific risk charts.		✓	✓
T eam-based care	Guidance and examples on team-based care and task shifting related to the care of CVD. Some training materials are also provided.		✓	✓
S ystems for monitoring	Information on how to monitor and report on the prevention and management of CVD. Contains standardized indicators and data-collection tools.	✓	✓	✓

Kaiser Permanente Hypertension Program

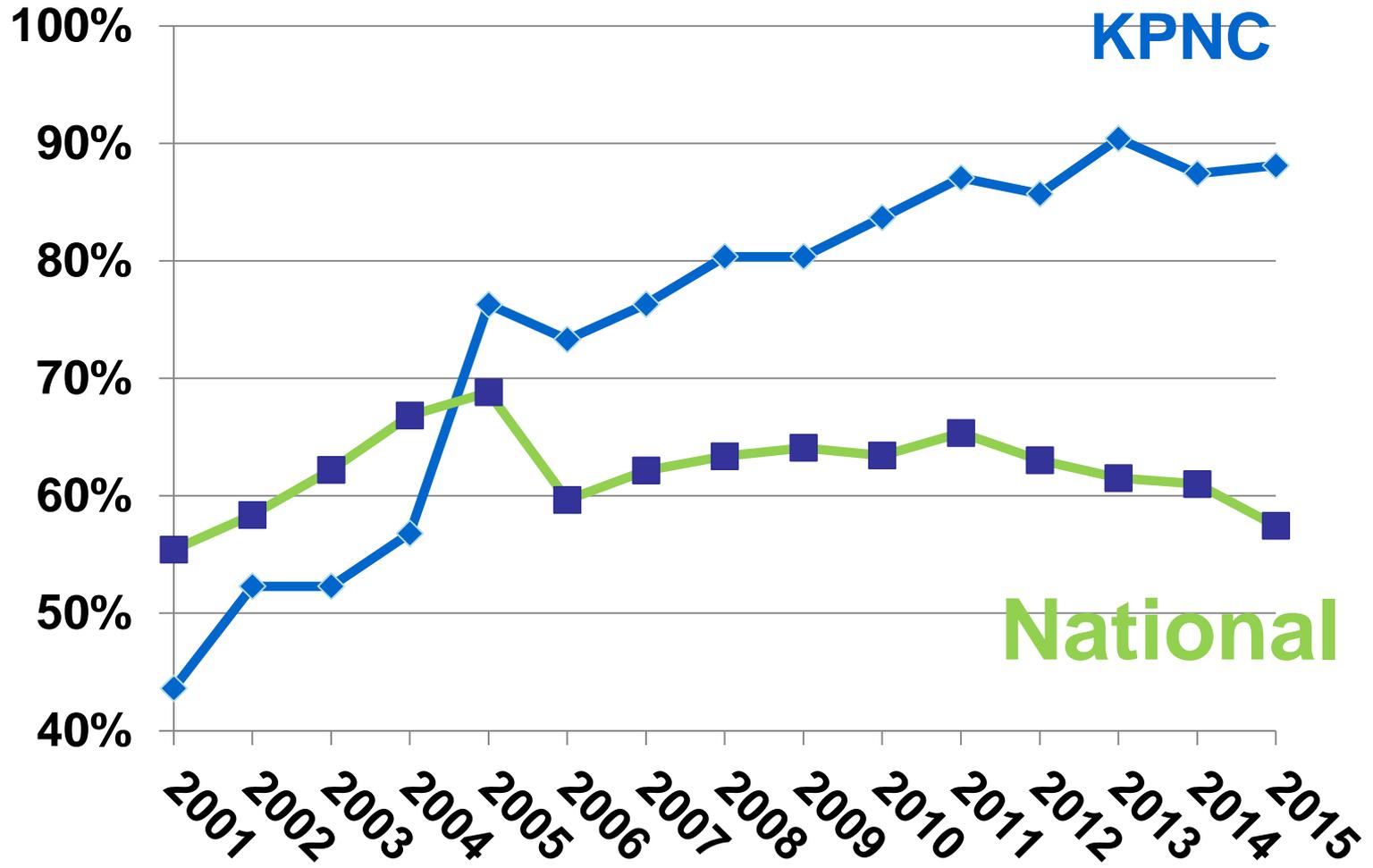
Leadership and priority

Regular updated management recommendations translated into a simple treatment algorithm

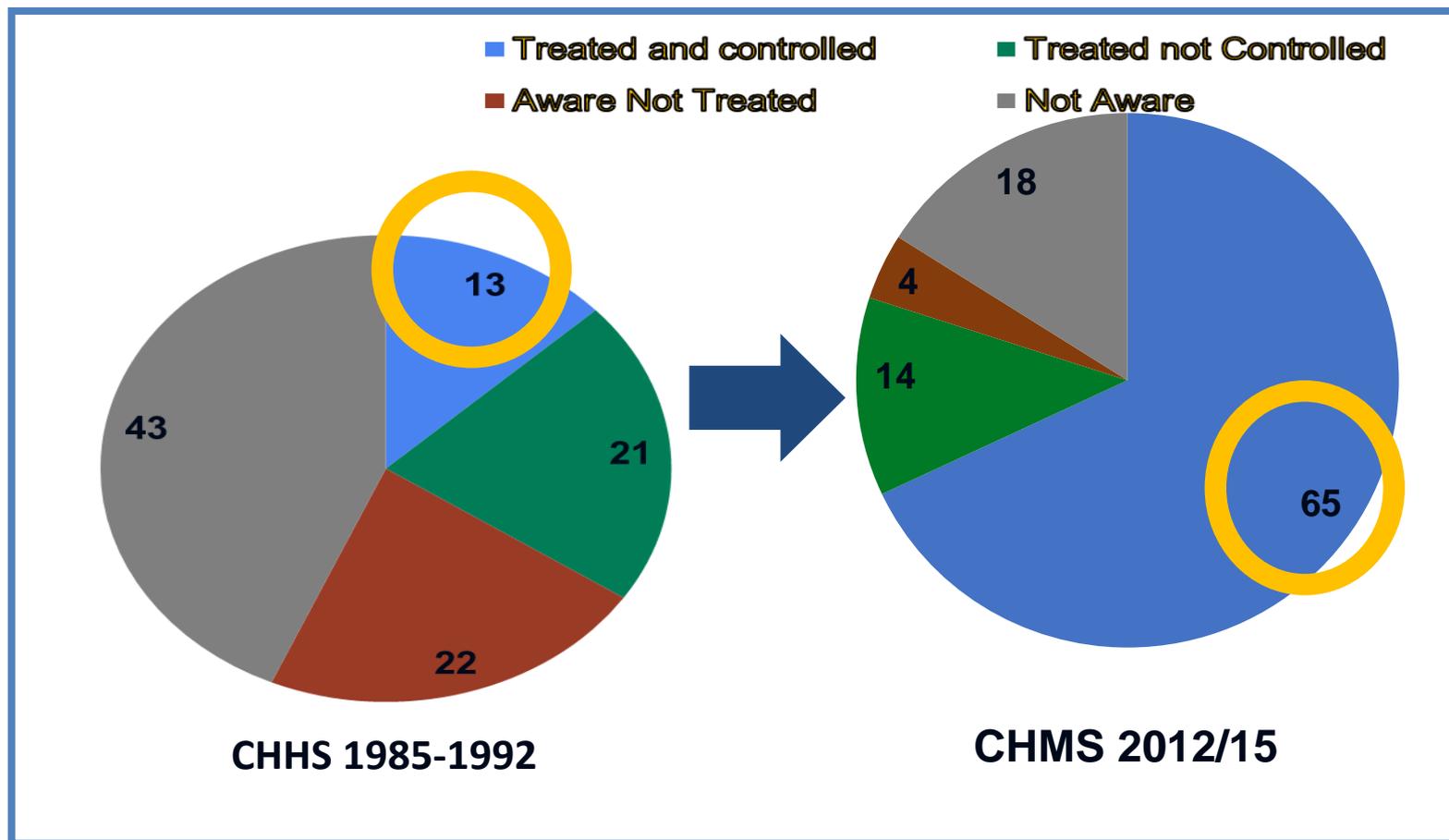
Team based care

Registry with performance reporting

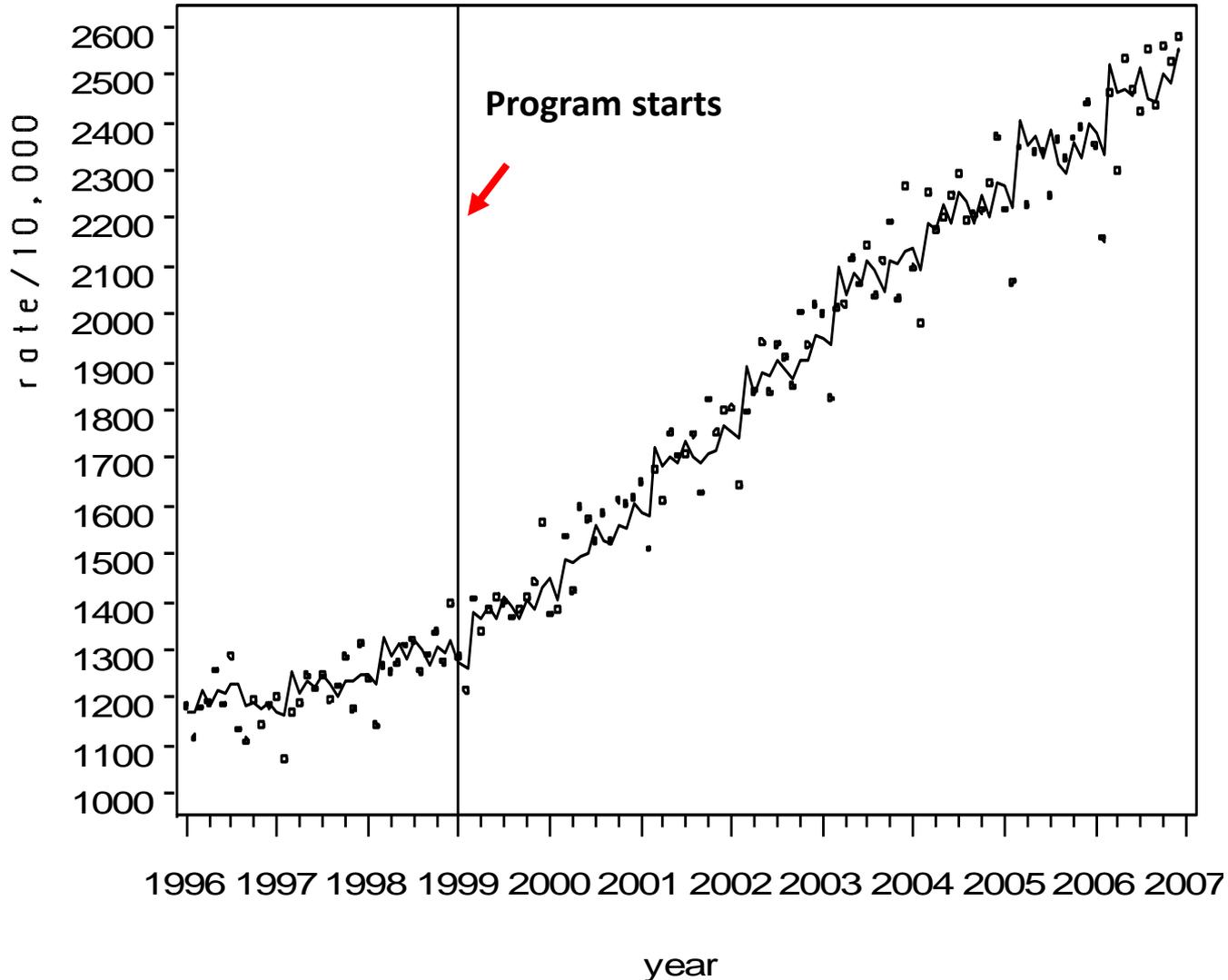
KPNC vs. National HTN Control



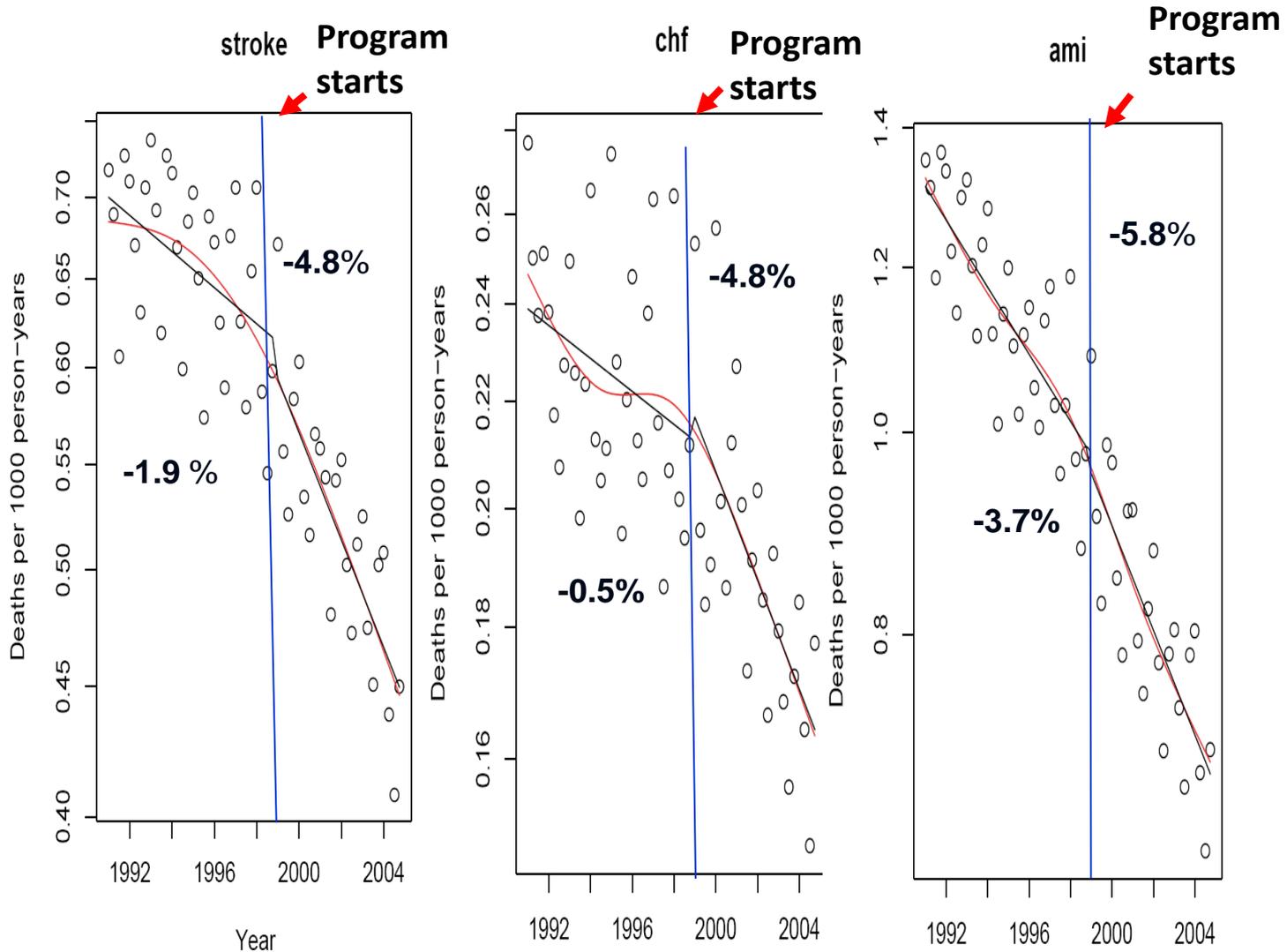
Improvement in key clinical indicators of hypertension management in Canada



Antihypertensive Drug Prescription rate in Canada



Changes in Stroke, Heart failure (chf) and Acute Myocardial Infarction (ami) after CHEP starts in 1999



Hypertension Control by design

Steps to developing a systematic approach to hypertension control:

- **Leadership.**
- **Performing an environmental scan of barriers and facilitators to enhancing hypertension control.**
- **Assigning priority and aligning staff. Team based care**
- **Simplified and standardized education-training to all HCP**
- **Accurately using validated automated blood pressure devices**
- **Systematic BP screening in the clinic and the population**
- **Using a simplified care map or algorithm for diagnosis and treatment.**
- **Empowering patients and their families.**
 - **Addressing adherence.**
- **Hypertension registry with performance feedback.**

Hypertension Control is urgent and important

- Optimizing Hypertension Control in Clinical Practice is essential to reduce the burden of hypertension related disease.
- A major shift is required towards quality improvement that involves systematic approaches to screening, diagnosing, treating and controlling hypertension.
- The changes should incorporate simple management algorithms and utilize team based care and registries with performance reporting.
- **Barbadoes, Cuba, Chile, Colombia are on the way to being global leaders in hypertension control but the programs need rapid spread and scale to a national level**