

HEARTS



Virtual Course on the Implementation of the HEARTS
Technical Package in Primary Health Care



PAHO



**World Health
Organization**



Strategies to Improve Control of Hypertension: HEARTS technical package

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HEARTS Technical package

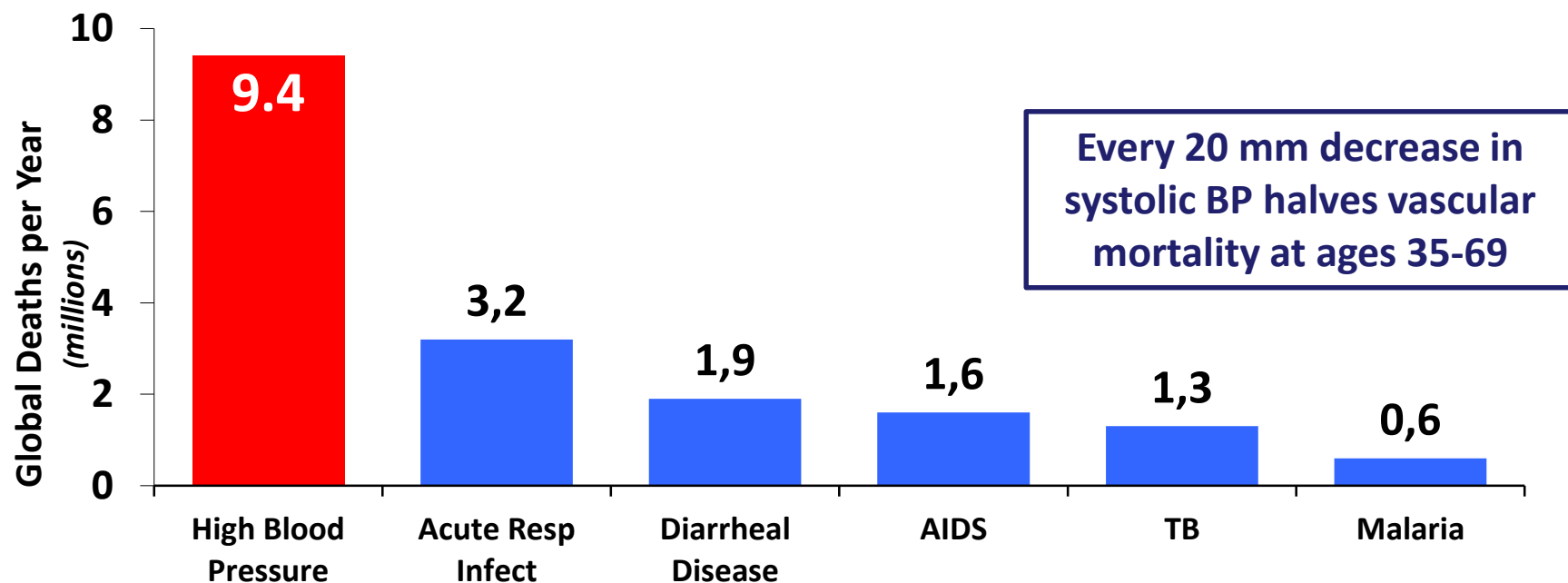
- Proven interventions – from the real world
- HEARTS is an actionable and effective model
- Take the virtual course to learn how to implement HEARTS
- And tell your friends!

Support and contributions from





High Blood Pressure Kills More People than Any Other Condition – *and more than all infectious diseases combined*



World Health Organization

Hypertension – Essential Evidence-Based Treatment Components

Protocol



Medication Supply



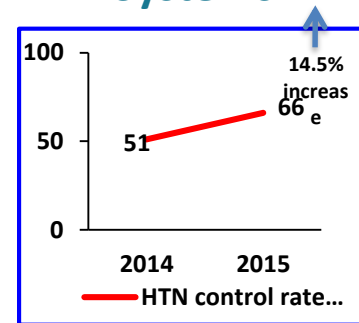
Community-Based Treatment



Patient-Centered Care



Information Systems



HEARTS Technical package

- Cardiovascular health strategic approach
- Supports Ministries of Health to strengthen CVD management in primary care
- For policy makers and programme managers



Healthy-Lifestyle Counseling

- Information on the 4 CVD behavioral risk factors
- Brief interventions approach to provide risk factor counselling and encourage healthy lifestyles.



**Healthy-lifestyle
counselling**

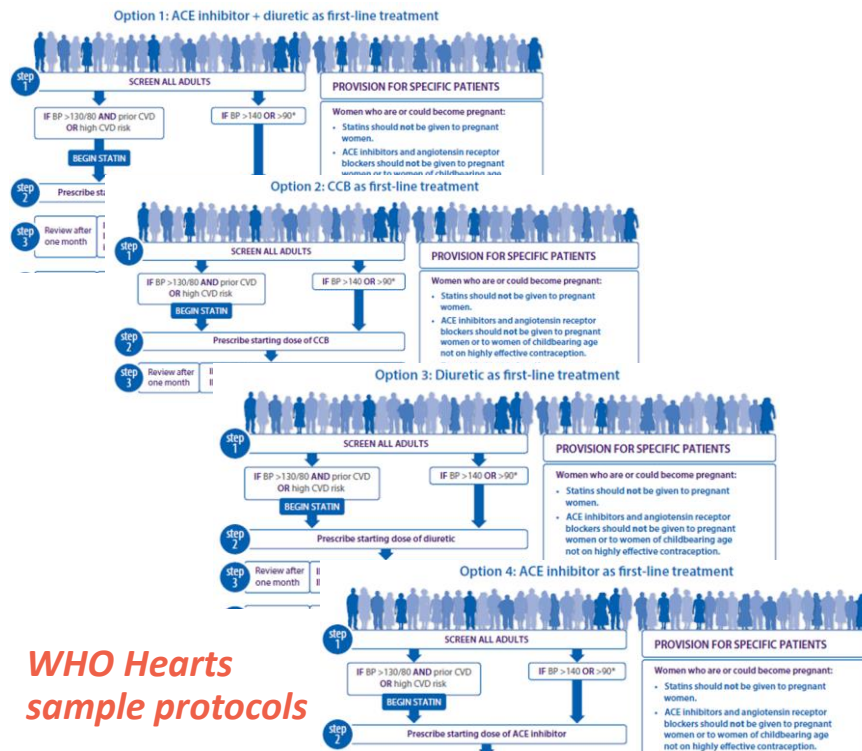
Evidence-based protocols

- A collection of protocols to standardize a clinical approach to the management of hypertension and diabetes.



**Evidence-based
treatment protocols**

Treatment Protocols Improve Quality



**WHO Hearts
sample protocols**

- Practical protocols to improve treatment of patients
- Specific medication dosage and schedule for titration or addition of medications if blood pressure not controlled
- Eases logistics, training, and supervision

WHO Hearts Technical Package, Evidence based protocols. 2017



Benefits of Standardized, Evidence-Based Protocols

- Reduces unwarranted clinical variability
- Enables health care team to advance patients safely and efficiently along treatment pathway
- Sends a strong signal to clinical staff that hypertension control is a priority
- Results in more efficient and cost-effective selection of medications and treatment approaches
- Facilitates logistics, training, supervision, evaluation, and overall program implementation and increases impact of treatment programs
- Can potentially be incorporated into electronic health records through clinical decision support tools, registry functions, and measurement to facilitate quality improvement

Sources: Frieden, T., Protocol-Based Treatment of Hypertension: A Critical Step on the Pathway to Progress. JAMA. 2014; 311 (1): 21-22.

Handler, J., Commentary in Support of a Highly Effective Hypertension Treatment Algorithm. Journal of clinical hypertension Protocols. Kaiser Permanente (2013).

Systems for Monitoring

- Information on how to monitor and report on the prevention and management of CVD.
- Contains standardized indicators and data collection tools.



Systems for monitoring

Information Systems Facilitate Continuous Program Improvement

- Provide real-time feedback to
 - Improve follow-up of patients not under control
 - Measure program quality (quarterly, percent controlled per cohort) and coverage (annual, proportion of total burden adequately treated)
- Data collection tools can be paper-based, hybrid electronic/paper-based, or fully electronic, depending on country resources
- Continuous analysis of program data and use of analysis to improve patient care

*What gets
measured can be
managed*

Where is this working? In the real world

- Countries
 - Barbados, Chile, Colombia, Cuba, India, Bangladesh, and others...
- Main highlights
 - Demonstration sites work
 - Primary care engagement is key
 - Start small and do it right
 - keep it simple for speed, scale, and sustainability