WEBINAR

HEARTS
IN THE AMERICAS

CARDIOVASCULAR DISEASE AND COVID-19
Inter-relationship and opportunities for change of two global crises

Monday
16 November 2020
10:30 am - 12:30 pm (EST)

www.paho.org/en/hearts-americas
Innovations in Cardiovascular Disease and Hypertension Care: Lessons learned from COVID-19

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Learning Outcomes:

1. Identify the relationship between COVID19 & NCDs - Hypertension
2. Identify to potential public health implications for care
3. Design a strategy for telemedicine during COVID19
4. Formulate a plan for remote monitoring of blood
5. Appreciate the ethical responsibility for delivering safe care
IN THE AMERICAS

1st Wave
Immediate mortality and morbidity of COVID-19

2nd Wave
Impact of resource restriction on urgent non-COVID conditions

3rd Wave
Impact of interrupted care on chronic conditions

4th Wave
- Psychic trauma
- Mental illness
- Economic injury
- Burnout

Health Footprint of Pandemic

Time
120 countries reported that NCD services are disrupted
The more severe the transmission phase of the COVID-19 pandemic, the more NCDs services are disrupted.

Percentage of countries with completely or partially disrupted services, by COVID-19 phase*

- Hypertension services
  - Phase 2
  - Phase 3
  - Phase 4
- Diabetes services
- Cancer services
- Cardiovascular services

*Countries reporting unknown levels of disruption shown in lighter shade
IN THE AMERICAS

Percentage of Caribbean countries where the NCD staff were reassigned to COVID-19 response

- All NCD staff partially reassigned: 33% (4/12)
- Some NCD staff partially reassigned: 25% (3/12)
- Some NCD staff reassigned full time: 25% (3/12)
- All NCD staff reassigned full time: 8% (1/12)
- No NCD staff reassigned: 8% (1/12)
66% of countries have included the continuity of NCD services in national COVID-19 plans.
Countries are asking for urgent guidance and support from WHO

- Guidance on how to provide continuity for NCD programmes:
  - How to include NCDs in public health emergencies protocols?
  - How to develop national NCDs tool kits for use in emergencies?
  - How to provide ambulatory essential NCD services during lockdown?
  - How to provide medical care for NCDs through telemedicine and digital solutions?
  - How to protect people living with NCDs? (e.g. clinical guidelines, drug interactions)

- Communication materials
- Better Data
PROTECTIVE MEASURES AGAINST COVID-19

WASH YOUR HANDS
- Frequently, Thoroughly, & with Soap and Water

SOCIAL DISTANCING
- Maintain at Least a 3 Feet² Distance
- Facetime Your Friends Instead

AVOID EYE, NOSE, & MOUTH TOUCH
- Contaminated Hands
- Transfer Viruses to Parts of the Body

IF SICK, STAY HOME
- If Fever, Bad Cough, or Breathing issues Arise, Seek a Medical Professional

STAY EDUCATED, & FOLLOW HEALTH ADVICE
- Keep Up with COVID-19 Updates!
- Follow Professional Health Advice Given By Employers, Healthcare Providers, & Local/National Public Health Authorities

Visit www.who.int for More Info
Telehealth - wholistic. Integrated use of communication devices - Clinical & Non-Clinical Telemedicine - practice of medicine to deliver care at a (physical) distance.
M-Health & BP
1) Determine the type of patient to see
2) Coaching & Training - patients & staff!
3) Provide support
4) “Front-end” the consultation
5) Set an agenda
6) Send them reminders!
7) Close the consultation
1. The right attitude
2. A Platform
3. Training - ask your neighborhood university
4. ITC Support
5. EMR versus paper
6. Dry run
IN THE AMERICAS
1. COVID19 represents a contemporaneous and unpredictable public health challenge
2. Public health mitigation measures only defense
3. This poses challenges for non-COVID cases
4. Delayed care will influence mortality related to NCDs - including hypertension + ______
5. Remote management is a possibility for management of blood pressures
6. Telemedicine allows for remote management of blood pressure but requires planning.

7. Training and auditing are important in the process.

8. Standardized treatment algorithms reduce inertia - doctor and patient.

9. Mobile health may offer an innovative way to monitor blood pressure & other metrics.