

How are other regions around the world dealing with CVD Burden?

A snapshot from the Eastern Mediterranean Region

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Regional Seminar on the Implementation of the Cardiovascular Risk Reduction Project in the Americas

Santiago, Chile

16 - 18 May 2017

Outline

- Current status of NCD management/CVD management
- Regional experiences/models for CVD prevention and control in the EMR
- Challenges and opportunities
- Expectations from this meeting

World Health Organization Eastern Mediterranean Region



World Health
Organization

Regional Office for the Eastern Mediterranean

Monitoring Progress

Implementing of the time-bound commitments guided by the Regional Framework For Action (RFFA)

- The RFFA: a roadmap to move from global commitments to country action
- A set of **strategic interventions**, assist MS already committed themselves to implement in four priority areas:
 1. **Governance**
 2. **Prevention and reduction of risk factors**
 3. **Surveillance, monitoring and evaluation**
 4. **Health care**
- Strategic interventions are based on **2011 UN Political Declaration on NCDs & 2014 UNGA Outcome Document**

Commitments	Strategic interventions	Progress indicators
In the area of governance	<p>Each country is expected to:</p> <ul style="list-style-type: none"> • Integrate noncommunicable diseases into national policies and development plans • Establish a multisectoral strategy/plan and a set of national targets and indicators for 2025 based on national situation and WHO guidance • Increase budgetary allocations for noncommunicable diseases prevention and control including through innovative financing mechanisms such as taxation of tobacco, alcohol and other unhealthy products • Periodically assess national capacity for prevention and control of noncommunicable diseases using WHO tools 	<p>Country has:</p> <ul style="list-style-type: none"> • An operational multisectoral national strategy/action plan that integrates the major NCDs and their shared risk factors • Set time-bound national targets and indicators based on WHO guidance
Commitments	Strategic interventions	Progress indicators
In the area of prevention and reduction of risk factors	<p>Each country is expected to:</p> <ul style="list-style-type: none"> • Accelerate implementation of the WHO Framework Convention on Tobacco Control (WHO FCTC) and ratify Protocol to Eliminate Illicit Trade in Tobacco Products • Ensure healthy nutrition in early life and childhood including breastfeeding promotion and regulating marketing of foods and non-alcoholic beverages to children • Reduce average population salt intake in line with WHO recommendations • Virtually eliminate <i>transfat</i> intake and reduce intake of saturated fatty acids • Promote physical activity through a life-course approach • Implement the best buys to reduce the harmful use of alcohol 	<p>Country is implementing:</p> <ul style="list-style-type: none"> • Four demand-reduction measures of the WHO FCTC at the highest level of achievement • Four measures to reduce unhealthy diet • At least one recent national public awareness programme on diet and/or physical activity • As appropriate, according to national circumstances, three measures to reduce the harmful use of alcohol, in line with the WHO Global Strategy to Reduce the Harmful Use of Alcohol
Commitments	Strategic interventions	Progress indicators
In the area of surveillance, monitoring and evaluation	<p>Each country is expected to:</p> <ul style="list-style-type: none"> • Implement/strengthen the WHO surveillance framework that monitors mortality and morbidity, risk factors and determinants, and health system capacity and response • Integrate the three components of the surveillance framework into the national health information system • Strengthen human resources and institutional capacity for surveillance, monitoring and evaluation 	<p>Country has:</p> <ul style="list-style-type: none"> • A functioning system for generating reliable cause-specific mortality data on a routine basis • A STEPS survey or a comprehensive health examination survey every 5 years
Commitments	Strategic interventions	Progress indicators
In the area of health care	<p>Each country is expected to:</p> <ul style="list-style-type: none"> • Implement the best buys in health care • Improve access to early detection and management of major noncommunicable diseases and risk factors by including them in the essential primary health care package • Improve access to safe, affordable and quality essential medicines and technologies for major noncommunicable diseases • Improve access to essential palliative care services 	<p>Country has:</p> <ul style="list-style-type: none"> • Evidence-based national guidelines/protocols/standards for management of major NCDs through a primary care approach, recognized/approved by the government or competent authority • Provision of drug therapy, including glycaemic control, and counselling for eligible persons at high risk to prevent heart attacks and strokes, with an emphasis on the primary care level

Monitoring National NCD Responses

National response for prevention and control of NCDs

Draft for discussion

Updated April 2016

The purpose of this document is to update countries on progress made in the prevention and control of noncommunicable diseases (NCDs) to date, and to call for continued commitment, in order to facilitate progress in reporting to the United Nations General Assembly on the time-bound commitments for 2015 and 2016.

- By 2015, Member States are to set national targets, and develop/strengthen national multisectoral action plans.
- By 2016, Member States are to reduce risk factors, and strengthen health systems.

This document is divided into several sections. The first section provides recent statistical data including a comparison between deaths from NCDs and from other causes. The next section shows national progress as measured by the 10 indicators in the areas of: governance; prevention and reduction of risk factors; surveillance, monitoring and evaluation; and health care. The status of achievement is reflected by colour, with green signifying that a country is fully implementing the criteria needed for achievement of the indicator, yellow meaning that a country is partially implementing, and red meaning that a country is not implementing the criteria needed.

The last section lists specifications of the 10 indicators which the Director-General will use to report, by the end of 2017, to the UN General Assembly on the progress achieved in the implementation of the time-bound commitments included in the 2014 Outcome Document.



"WHO calls for continued commitment, in order to facilitate progress in reporting to the Third UN General Assembly comprehensive review in 2018"



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Morocco 2016



Pakistan 2016



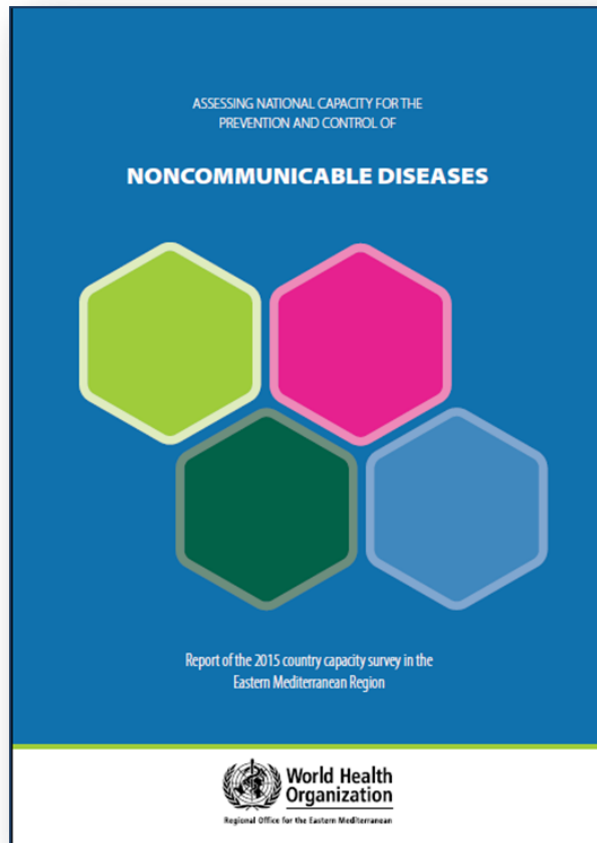
Saudi Arabia 2016



Yemen 2016



Assessing National Capacity for NCD/CVD management



Regional Report of the 2015 NCD Country Capacity Survey

Assessing National Capacity for NCD/CVD management

WHO Eastern Mediterranean regional framework on strengthening the integration and management of noncommunicable diseases (NCD) in primary health care (PHC) 2014-18

WHO Eastern Mediterranean regional framework on strengthening the integration and management of noncommunicable diseases (NCD) in primary health care (PHC) 2014-18 November 2015	
Health system domains	Recommended interventions
Governance	<ul style="list-style-type: none">Political commitment<ul style="list-style-type: none">Articulate high level and continuous political commitment to NCD including integration of NCD in PHC by incorporating in national policy/strategy and earmarking resources for a multisectoral action plan on NCDLegislation and regulation<ul style="list-style-type: none">Update legislative instruments for integrating NCD in PHC as part of an overall legislative framework for NCD prevention and controlUpgrade regulatory instruments and capacity for NCD care, including options for contracting non-state providersCoordinated care<ul style="list-style-type: none">Define responsibilities of NCD and PHC managers at national and subnational levels for integration of NCD in PHCEstablish a body of multisectoral providers of NCD care for better coordination and integrationInclude integration of NCD in PHC as part of an operational national multisectoral action plan on NCD
Health system domains	Recommended interventions
Financing	<ul style="list-style-type: none">Revenue collection for NCD<ul style="list-style-type: none">Allocate resources in national health budgets and earmark additional resources through innovative financing mechanisms, e.g. "sin taxes"Identify and implement mechanisms for financing the addition of NCD in the Essential Package of Health Services (EPHS)Track NCD expenditures in PHC through national and diseases-specific health accountsPooling of resources<ul style="list-style-type: none">Find suitable way(s) to reduce out-of-pocket spending, according to national context, through universal health coverage, pre-paid insurance schemes, social insurance targeting informal sectors, and social insurance schemes targeting the poorIdentify the level of co-payment by individuals, with consideration of the socioeconomic situation of the countryPurchasing services<ul style="list-style-type: none">Define a core benefit package of NCD interventions to be integrated in PHCDefine additional NCD service packages for higher levels of care and/or considered optional, according to country resourcesCost each package of services as well as the full package and the implementation costs related to it, including:<ul style="list-style-type: none">Infrastructure/redesign costs, training and hiring of new staffNCD service package in PHC including staff time, laboratory services, and provision of medicines and technologiesConduct costing studies of different health services at the different levels of careConduct cost effectiveness studies to determine the most suitable, affordable and cost effective benefit packagePrice the core benefit packagesImprove performance of public and private providers by linking payment methods to NCD care related targets
Health system domains	Recommended interventions
Health workforce development	<ul style="list-style-type: none">Addressing shortages and skill mix imbalance (Availability)<ul style="list-style-type: none">Scale up production of health workers especially nurses and mid-level providers by expanding schools and/or intakeIntroduce/promote task-shifting for PHC level health workers, especially nursesIntroduce and expand community health workers (CHWs) based on country contextAddressing geographical imbalances (Accessibility)<ul style="list-style-type: none">Deploy effective policy e.g. bonding schemes such as national service and training for servicesIntroduce incentive packages for retention (financial, non-financial) based on worker preferences and country contextAddressing population demand (Acceptability)<ul style="list-style-type: none">Observe gender balance in the health workforce, e.g. through targeted incentives for female staff, customized student intake criteria or female type cadresAddressing health workforce competence (Quality)<ul style="list-style-type: none">Review medical, nursing and allied health worker training curricula to ensure inclusion of NCD prevention and controlIncorporate NCD related modules in pre-service education with focus on contemporary protocols and approachesEnsure NCD related continuing professional development (CPD) training for PHC workers in public and private sectorsPromote multidisciplinary CPD supporting a team approach to deliver coordinated care based on defined NCD care

EMR Member State with an operational multisectoral national strategy/action plan that integrates the major NCDs and their shared risk factors

Group	Country	Noncommunicable disease (combined early detection, treatment and care of)				Risk factor in integrated policy, strategy or action plan				Total number of items (out of 8)
		Cardiovascular diseases	Cancers	Chronic respiratory diseases	Diabetes	Harmful use of alcohol	Unhealthy diet	Physical inactivity	Tobacco	
Group 1	Bahrain	✓	✓	✓	✓	.	✓	✓	✓	7
	Kuwait	✓	✓	✓	✓	✓	✓	✓	✓	8
	Oman	✓	✓	✓	✓	✓	✓	✓	✓	8
	Qatar	✓	✓	✓	✓	.	✓	✓	✓	7
	Saudi Arabia	✓	✓	✓	✓	.	✓	✓	✓	7
	United Arab Emirates	✓	✓	✓	✓	.	✓	✓	✓	7
Group 1		100%	100%	100%	100%	33%	100%	100%	100%	7.3
Group 2	Egypt	✓	✓	.	✓	.	✓	✓	✓	6
	Iran (Islamic Republic of)	✓	✓	✓	✓	✓	✓	✓	✓	8
	Iraq	✓	✓	✓	✓	.	✓	✓	✓	7
	Jordan	✓	.	.	✓	.	✓	✓	✓	5
	Lebanon	✓	✓	✓	✓	.	✓	✓	✓	7
	Libya	0
	Morocco	✓	✓	.	✓	✓	✓	✓	✓	7
	Palestine	✓	✓	✓	✓	.	✓	✓	✓	7
	Syria	0
	Tunisia	✓	✓	✓	✓	.	✓	✓	✓	7
Group 2		80%	70%	50%	80%	20%	80%	80%	80%	5.4
Group 3	Afghanistan	✓	✓	✓	✓	✓	✓	✓	✓	8
	Djibouti	na	na	na	na	na	na	na	na	0
	Pakistan	0
	Somalia	0
	Sudan	✓	✓	✓	✓	✓	✓	✓	✓	8
	Yemen	✓	✓	✓	✓	.	✓	✓	✓	7
Group 3		50%	50%	50%	50%	33%	50%	50%	50%	3.8
Eastern Mediterranean Region		77%	73%	64%	77%	27%	77%	77%	77%	5.5

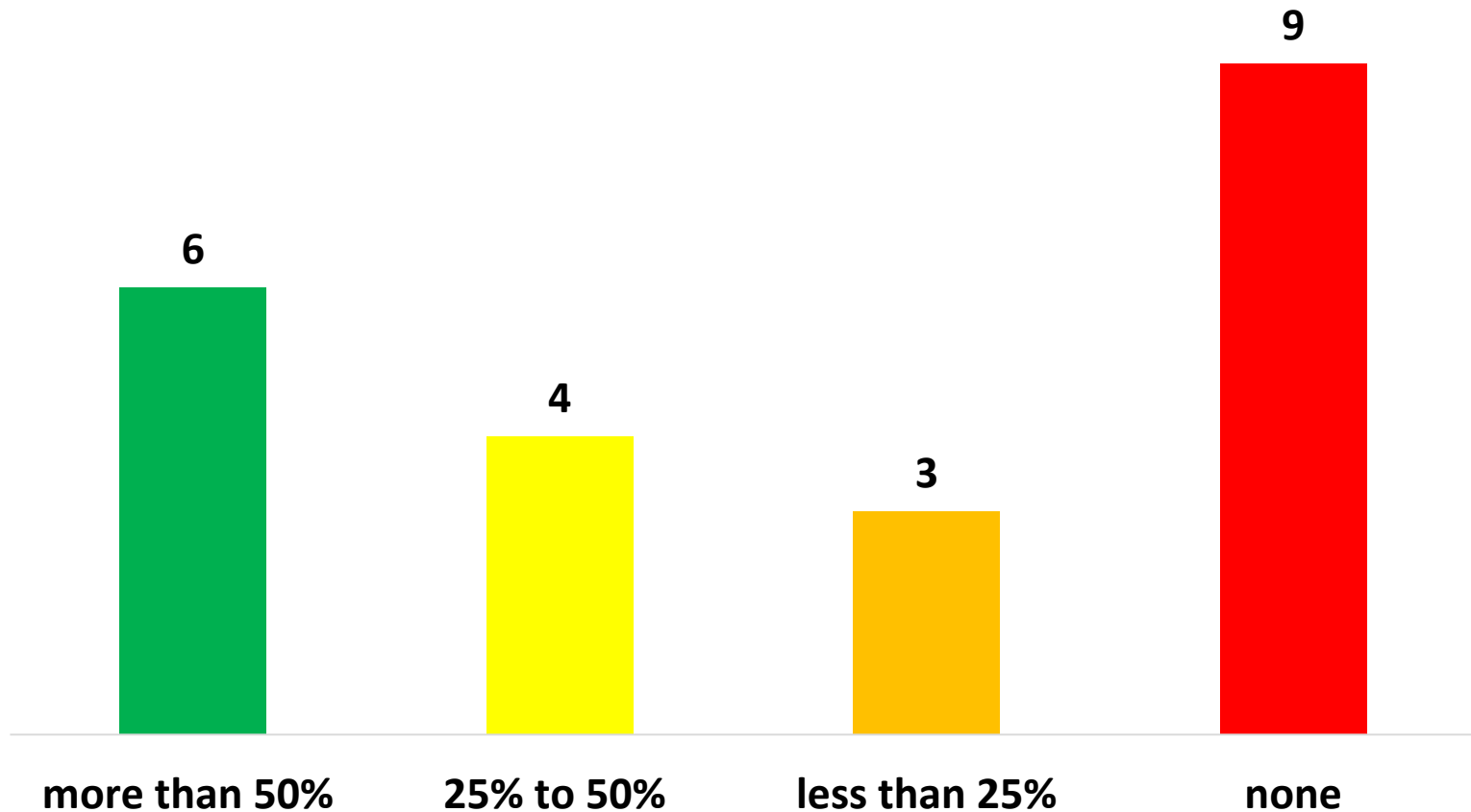
EMR Member State with evidence-based national guidelines/protocols/standards for the management and referral of major NCD, recognized/approved by government or competent authorities

		Management (diagnosis and treatment)			Referral (primary to secondary/tertiary)				
		Cardiovascular diseases	Cancers	Chronic respiratory diseases	Diabetes	Cardiovascular diseases	Cancers	Chronic respiratory diseases	Diabetes
Group	Country								
Group 1	Bahrain	✓	✓	✓	✓	✓	✓	✓	✓
	Kuwait	✓	✓	✓	✓	✓	✓	✓	✓
	Oman	✓	.	✓	✓	✓	.	✓	✓
	Qatar	✓	✓	✓	✓	✓	✓	✓	✓
	Saudi Arabia	✓	✓	✓	✓	✓	✓	✓	✓
	United Arab Emirates	✓	✓	✓	✓	✓	✓	✓	✓
Group 1		100%	83%	100%	100%	100%	83%	100%	100%
Group 2	Egypt	.	✓	.	✓	.	.	.	✓
	Iran (Islamic Republic of)	✓	✓	✓	✓	✓	.	.	✓
	Iraq	✓	✓	✓	✓	✓	✓	✓	✓
	Jordan	✓	✓	.	✓	✓	✓	.	✓
	Lebanon	✓	✓	✓	✓	✓	✓	✓	✓
	Libya
	Morocco	✓	✓	.	✓	✓	✓	.	✓
	Palestine	✓	.	.	✓	✓	.	.	✓
	Syria	✓	.	.	✓
	Tunisia	✓	.	.	✓
Group 2		80%	60%	30%	90%	60%	40%	20%	70%
Group 3	Afghanistan
	Djibouti	na	na	na	na	na	na	na	na
	Pakistan
	Somalia
	Sudan	✓	✓	✓	✓
	Yemen
Group 3		17%	17%	17%	17%	0%	0%	0%	0%
Eastern Mediterranean Region		68%	55%	45%	73%	55%	41%	36%	59%

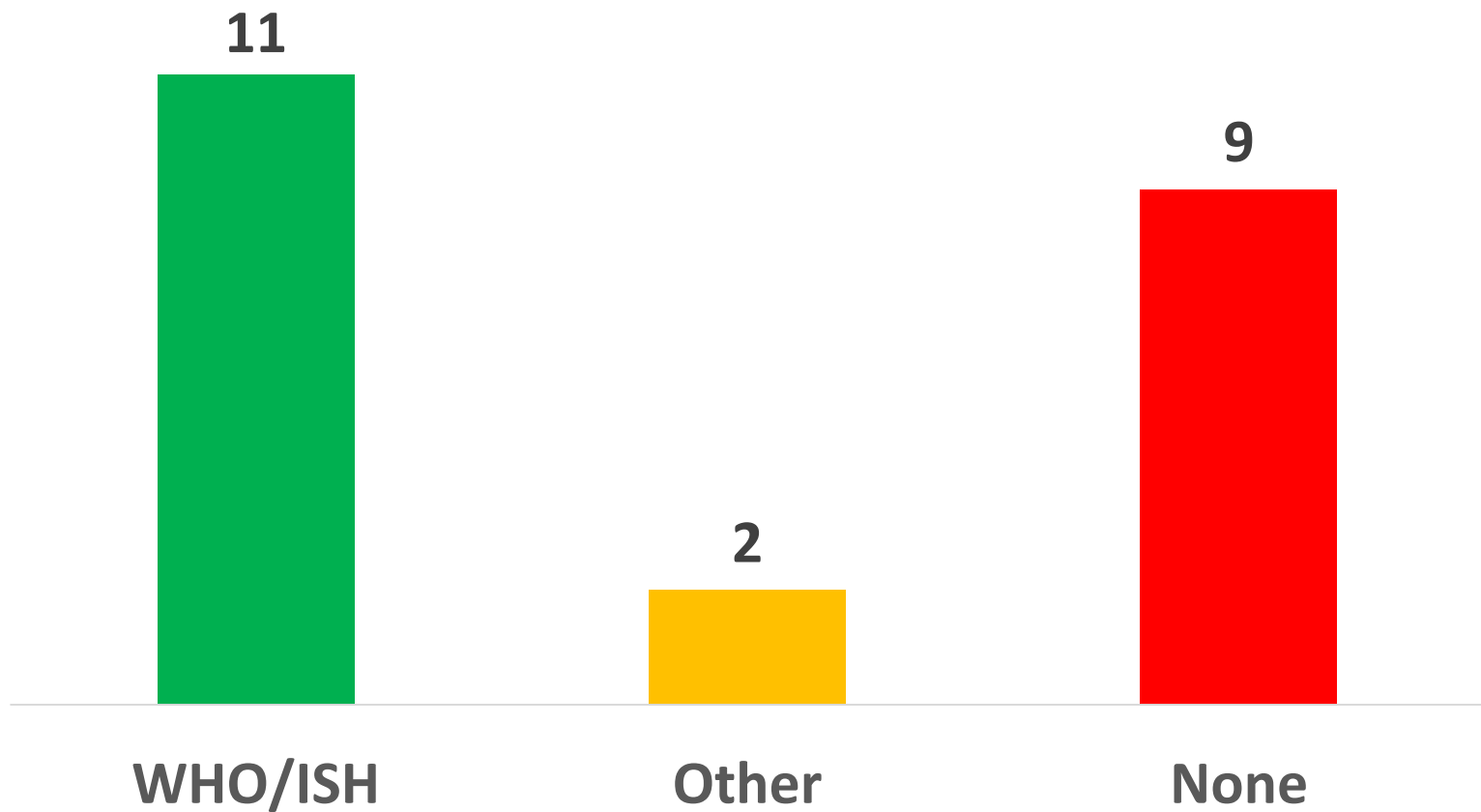
Availability of 9 essential NCD medicines at the primary care facilities of the public health sector

Group Country		Aspirin	Thiazide diuretics	ACE inhibitors	CC blockers	Beta blockers	Statins	Metformin	Sulphonylurea(s)	Insulin	Total number of medicines available (out of 9)
Group 1	Bahrain	✓	✓	✓	✓	✓	✓	✓	✓	✓	9
	Kuwait	✓	✓	✓	✓	✓	✓	✓	✓	✓	9
	Oman	✓	✓	✓	✓	✓	✓	✓	✓	✓	9
	Qatar	✓	✓	✓	✓	✓	✓	✓	✓	✓	9
	Saudi Arabia	✓	✓	✓	✓	✓	✓	✓	✓	✓	9
	United Arab Emirates	✓	✓	✓	✓	✓	✓	✓	✓	✓	9
Group 1		100%	100%	100%	100%	100%	100%	100%	100%	100%	9.0
Group 2	Egypt	✓	✓	✓	✓	✓	.	✓	✓	.	7
	Iran (Islamic Republic of)	✓	✓	✓	✓	✓	✓	✓	✓	✓	9
	Iraq	✓	✓	✓	✓	✓	.	✓	✓	.	7
	Jordan	✓	✓	✓	✓	✓	✓	✓	✓	✓	9
	Lebanon	✓	✓	✓	✓	✓	.	✓	.	✓	7
	Libya	0
	Morocco	.	✓	✓	✓	.	.	✓	✓	✓	6
	Palestine	✓	✓	✓	✓	✓	✓	✓	✓	✓	9
	Syria	✓	✓	✓	✓	✓	5
	Tunisia	✓	✓	✓	✓	.	.	✓	.	✓	6
Group 2		80%	90%	80%	80%	60%	30%	90%	70%	70%	6.5
Group 3	Afghanistan	✓	✓	✓	.	.	✓	.	.	.	4
	Djibouti	na	na	na	na	na	na	na	na	na	0
	Pakistan	.	✓	✓	✓	✓	.	✓	✓	.	6
	Somalia	✓	✓	.	✓	✓	.	✓	✓	.	6
	Sudan	✓	✓	✓	✓	✓	✓	✓	✓	✓	9
	Yemen	✓	✓	2
Group 3		50%	67%	50%	50%	50%	33%	50%	67%	33%	4.5
Eastern Mediterranean		77%	86%	73%	73%	68%	50%	82%	73%	68%	6.6













% of PHC facilities offering CV risk stratification in EMR countries



Which CVD risk scoring chart is used?



EMR Member States with provision of drug therapy, including glycemic control and counselling for eligible persons at high risk to prevent heart attacks and stroke (Progress Indicator 10)

Group	Country	Fully achieved	Partially achieved	Not achieved
Group 1	Bahrain	✓	.	.
	Kuwait	✓	.	.
	Oman	✓	.	.
	Qatar	✓	.	.
	Saudi Arabia	✓	.	.
	United Arab Emirates	✓	.	.
Group 1		 100%	 0%	 0%
Group 2	Egypt	.	✓	.
	Iran (Islamic Republic)	.	✓	.
	Iraq	.	✓	.
	Jordan	✓	.	.
	Lebanon	.	✓	.
	Libya	.	.	✓
	Morocco	.	✓	.
	Palestine	✓	.	.
	Syria	.	.	✓
	Tunisia	na	na	na
Group 2		 20%	 50%	 30%
Group 3	Afghanistan	.	.	✓
	Djibouti	na	na	na
	Pakistan	.	.	✓
	Somalia	.	.	✓
	Sudan	.	.	✓
	Yemen	.	.	✓
Group 3		 0%	 0%	 100%
Eastern Mediterranean Region		 36%	 23%	 41%

Regional experiences/models for CVD prevention and control in the EMR

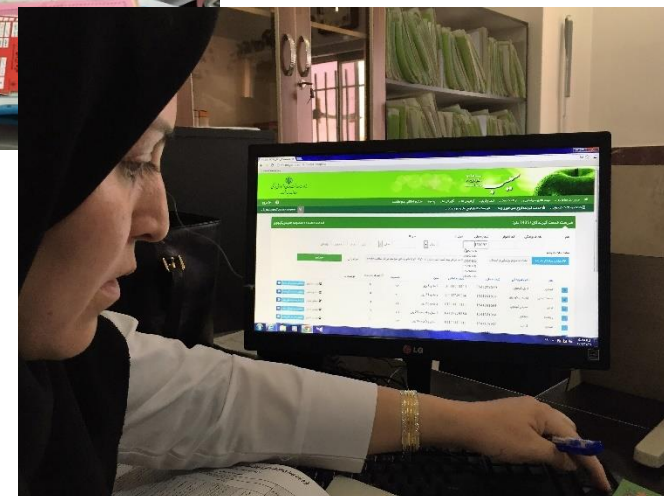
- **No uniform approach/model**
- Longstanding **vertical programs** on HTN, DM with country tools, but **limited integration** and focus on **total CVD risk** and **limited monitoring of health system performance/impact**
- Overall **limited uptake and/or sustainable use** of **WHO PEN** tools/protocols
- **Missing 'health system lens'** to identify and address key bottlenecks
- Renewed interest to with launch of **Global HEARTS initiative**

Highlight any country success stories

- Palestine WHO PEN implementation (M/E tools), Oman, Bahrain
- IraPEN pilot implementation through community health workers (bevharzes)
- CVD-SUPPORT Trial (Iran)

IraPEN

- **Well designed package** of interventions covering 4 main NCD and related risk factors adapted from WHO PEN
- **Good clinical pathways** for early detection CVD, 3 priority cancers and asthma delivered through a **multidisciplinary team** (behvarzes, moraghebs, midwives, GPs/FPs)
- **Coordinated care** based on defined tasks with support of other disciplines relevant for NCD care (mental health, nutritionists) and strong **focus on self-care**
- Behvarzes, moraghebs, midwives' **expanded scope of work with demonstrated pilot feasibility of IRA PEN model** (good knowledge, skills to assess, advice and manage CV risk and other NCD)
- Good **availability, affordability of essential medicines and technologies**
- **Elaborate organizational structure** from PHC centres to central level for **oversight/support of IRA PEN**, with **health information management tools for programme monitoring at different levels**



IraPEN implementation through community health workers (bevhazres)

Good news

کارت ارزیابی سلامت

دانشکده علوم پزشکی و خدمات بهداشتی درمانی مراغه

دانشکده علوم پزشکی
و خدمات بهداشتی درمانی مراغه
معاونت بهداشتی

نام: سلیم
کد ملی: ۹۵۱۴۱۲۶
تاریخ ارزیابی: ۹۵/۵/۱۳

نام خانوادگی: سلاما
تاریخ مراجعه بعدی: ۹۵/۵/۱۳

شهرستان: مراغه
مرکز جامع سلامت: مراغه
خانه بهداشتی: ۹۵/۵/۱۳

بیماری: ...
نوع بیماری: ...

آزمایش فعالیت فیزیکی: ...
آزمایش تغذیه سالم: ...
مشاوره کارشناس تغذیه: ...
آزمایش ترک دخانیات: ...
مشاوره کارشناس روان: ...

تکمیل خانوار: ...
تکمیل خانوار: ...
تکمیل خانوار: ...
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تکمیل خانوار: ...
تکمیل خانوار: ...

من تصمیم می گیرم:
I hereby commit to do more physical activities in order to reach the goal of 150/min per week
I will also try to increase vegetables and fruit consumption and reduce intake of fatty food.

Support-C D

Seamless User-centred Proactive Provision Of
Risk-stratified Treatment for Cardiovascular
Disease prevention

Support-CVD

Main Objective

A randomized controlled trial to assess effectiveness and cost-effectiveness of an innovative, low-cost (polypill, tablets) and community-based healthcare intervention in reducing at least 20% risk of serious cardiovascular events among high-risk individuals in rural communities in Iran

Support-CVD from a health system lens

Health workforce	Behvarzes as key healthcare providers
Affordable health technologies	Polypill along side Life style modification recommendations Pill includes: Atorvastatin (40 mg), Hydrochlorothiazide (25 or 12.5 mg), Valsartan (40 or 80 mg), ASA (80 mg)
Health information system	Technology based health care with apps and tablets to support decision making and monitor programme

Setting & Target Population

- 306 rural health centers
- about 450 community health workers,
- 55,000 patients with complete CVD screening and 30,000 high-risk individuals (aged >45 years old)
- 6 Medical Universities: Kurdistan, Kermanshah, Yazd, Gilan, Northern Khorasan, Khuzestan

What is being measured?

Baseline

- Demographic Information
- Height
- Weight
- FBS
- Total Cholesterol
- Life Style (PA, Smoking)
- Past Medical History (CVD Events, Medication, Diabetes, Hypertension)
- Past Family History (CVD Events in first degree relatives)

Follow-up

- CVD Events
- Hospitalization
- Death

Project duration

- 5 years
- Training in 2015
- Pilot phase to assess feasibility, test tools completed in March 2016
- 268 patients recruited, 51 (19%) estimated at high risk



Sponsor & Funders



Sponsor: University of Oxford

Funders:

- UK MRC/Wellcome Trust/DFID,
- Iranian Ministry of Health and Medical Education

Challenges and opportunities in the EMR

Challenges

- Uneven progress and needs across the region
- **Emergencies** and political instability
- **Siloed vertical approaches & programs**
- Lack of human & financial **resources** (both MOH and WCO) & other **health systems** weaknesses:
 - **Capacity for Guidelines** adaptation and development of simple tools
 - **Availability/affordability NCD medicines**
 - **Training & Supportive Supervision**
 - **NCD related HIS**
- **Insufficient & unsustained country support for NCD integration**
- **WHO PEN framing/communication**

Opportunities

- **SDG & UHC** agenda offer an opportunity to **revisit EHSP**
- Willingness to **prioritize CE interventions and what works** (Appendix 3 update)
- **Better alignment with HSS and integrated service delivery initiatives**
- **One WHO Integrated Country Support**

Expectations from this meeting?

- Insights from PAHO CVD Risk Reduction Project that could be transposed to EMR
- Health system challenges encountered and experiences/approaches to overcome them
- Expected contribution from Global HEARTS initiative

Thank You
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