CVD in the rural setting

Mayange MV, Rwanda

Fred Hersch
fredhersch@gmail.com
University of Sydney, School of Medicine
TOTAL DEATHS 2005
58 million

- Cardiovascular diseases: 30%
- Communicable diseases, maternal and perinatal conditions, and nutritional deficiencies: 30%
- Cancer: 13%
- Other chronic diseases: 9%
- Chronic respiratory diseases: 7%
- Diabetes: 2%
- Injuries: 9%
Projected global distribution of chronic disease deaths
by World Bank income group, all ages, 2005

- **High income countries**: 20%
- **Low income countries**: 35%
- **Upper middle income countries**: 8%
- **Lower middle income countries**: 37%
Projected deaths by major cause and World Bank income group, all ages, 2005

- Low income countries
- Lower middle income countries
- Upper middle income countries
- High income countries

Legend:
- Communicable diseases, maternal and perinatal conditions, and nutritional deficiencies
- Chronic diseases*
- Injuries
## Situation in East Africa

### Prevalence of Hypertension by Country

<table>
<thead>
<tr>
<th>Blood Pressure Status</th>
<th>Malawi (n=408)</th>
<th>Rwanda (n=535)</th>
<th>Tanzania (n=542)</th>
<th>Total (n=1485)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>n (%)</strong></td>
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</tr>
<tr>
<td>Normal</td>
<td>149 (37)</td>
<td>220 (41)</td>
<td>145 (27)</td>
<td>514 (35)</td>
</tr>
<tr>
<td>Pre-Hypertension</td>
<td>166 (41)</td>
<td>230 (43)</td>
<td>252 (46)</td>
<td>648 (43)</td>
</tr>
<tr>
<td>Hypertension</td>
<td>93 (23)</td>
<td>85 (16)</td>
<td>145 (27)</td>
<td>323 (22)</td>
</tr>
<tr>
<td>Stage 1 Hypertension</td>
<td>57 (14)</td>
<td>70 (13)</td>
<td>99 (18)</td>
<td>226 (15)</td>
</tr>
<tr>
<td>Stage 2 Hypertension</td>
<td>36 (9)</td>
<td>15 (3)</td>
<td>46 (8)</td>
<td>96 (7)</td>
</tr>
</tbody>
</table>

Credits: Sarah Stewart, 2007
Research project

Aim: To develop a “practical” model for cardiovascular disease care in a rural setting

Method: Literature review / site visit to Rwanda

Outputs: Needs assessment / Key findings / Recommendations
Key findings

1. Opportunities exist for addition of CVD program into existing health system
2. Importance of education of health professionals
3. Challenge of culture!
“Our challenge is to convince the public that heart attacks are sexy.”
Thank you

Fred Hersch
fredhersch@gmail.com