

# TRAINING COMMUNITY HEALTH WORKERS FOR CVD RISK SCREENING: A CALL TO ACTION



## INCREASING BURDEN OF NCDs

- **NCDs** are among the top causes of death in South Africa, with more than one third (36%) occurring before the age of 60 years and accounting for nearly 60% of deaths in 2018.
- **Cardiovascular diseases (CVDs)** are the leading cause of NCD death and driven by lifestyle risk factors associated with Type-2 diabetes and hypertension, which are often called the 'silent killers' and severely impact health systems both in terms of burden and cost.
- **There is considerable evidence** of unmet need for diabetes and hypertension care with poor levels of screening, treatment and treatment control

## NEED FOR COMMUNITY-BASED CVD PREVENTION

- ❖ CVD contribute to premature mortality in South Africa and threaten its socio-economic development. Early detection and screening of CVDs is crucial to increasing life expectancy and to reducing health care costs associated with complications from these diseases.
- ❖ Shifting the focus from curatively orientated health care services to community-based approaches for CVD prevention and linkage to care is urgently needed.
- ❖ Expanding the role of CHWs to support CVD risk screening, referral and care needs to be considered, as this could free up time from trained health professionals to do other tasks that need high levels of formal, professional training.

## KEY FINDINGS FROM RESEARCH

- ✓ CHWs can be trained to screen for and identify people at high risk of CVDs, refer for care, and monitor them using a mobile app.
- ✓ This intervention using a simple non-invasive risk screening tool/app saves time and cost of screening.
- ✓ The mobile app is user friendly and only takes four hours of training.
- ✓ Linkage to care and monitoring post referral needs to be improved.
- ✓ The cost per screened adult using the mobile application is R18.



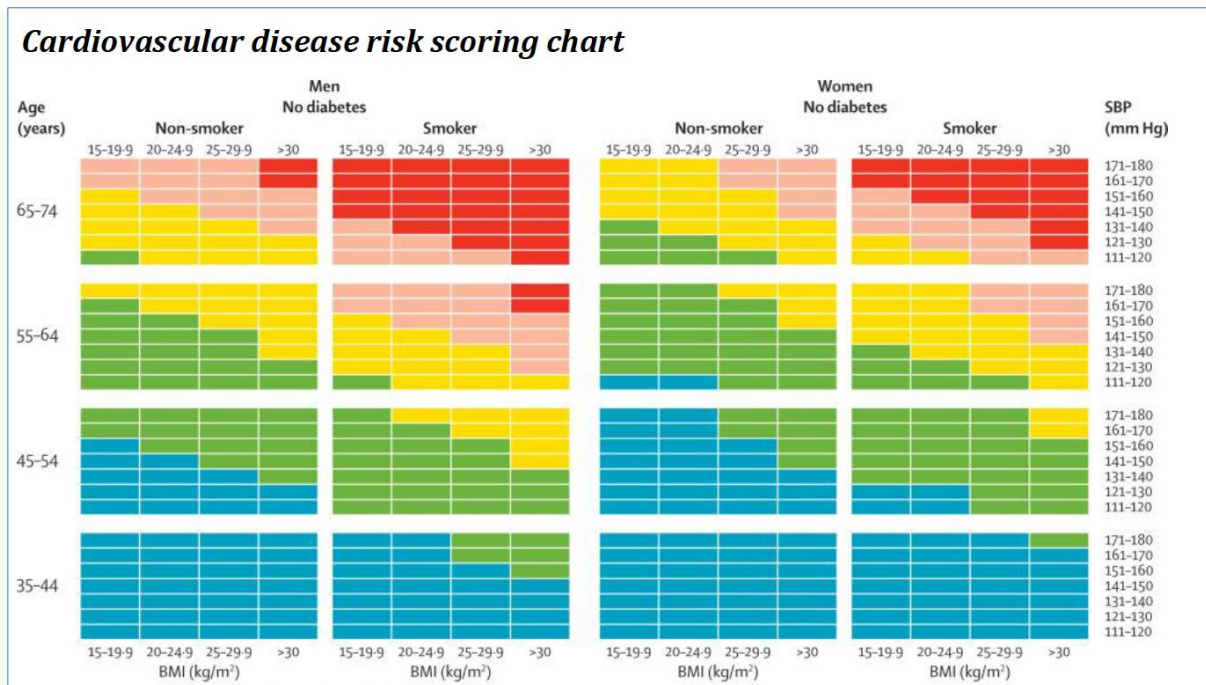
**PRIORITY**

## ACTIONS

**SCALING THIS INTERVENTION WILL HELP ADDRESS THE GROWING BURDEN OF NCDs IN LINE WITH NATIONAL AND GLOBAL HEALTH POLICIES**

# IMPLICATIONS OF PROGRAMME ROLL-OUT

- Using CHWs for CVD risk screening in the community can increase access to care for vulnerable populations
- Integration of CHWs within primary care is critical
- The programme is in alignment with the goals of the National Strategic Plan for NCD prevention and control.
- About 450 CHWs per million are needed to screen the entire adult SA population.
- This equals about 20,000 CHWs, a small proportion of the 700,000 CHW positions proposed by the South Africa National Planning Commission.



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