



CARDIO4Dakar

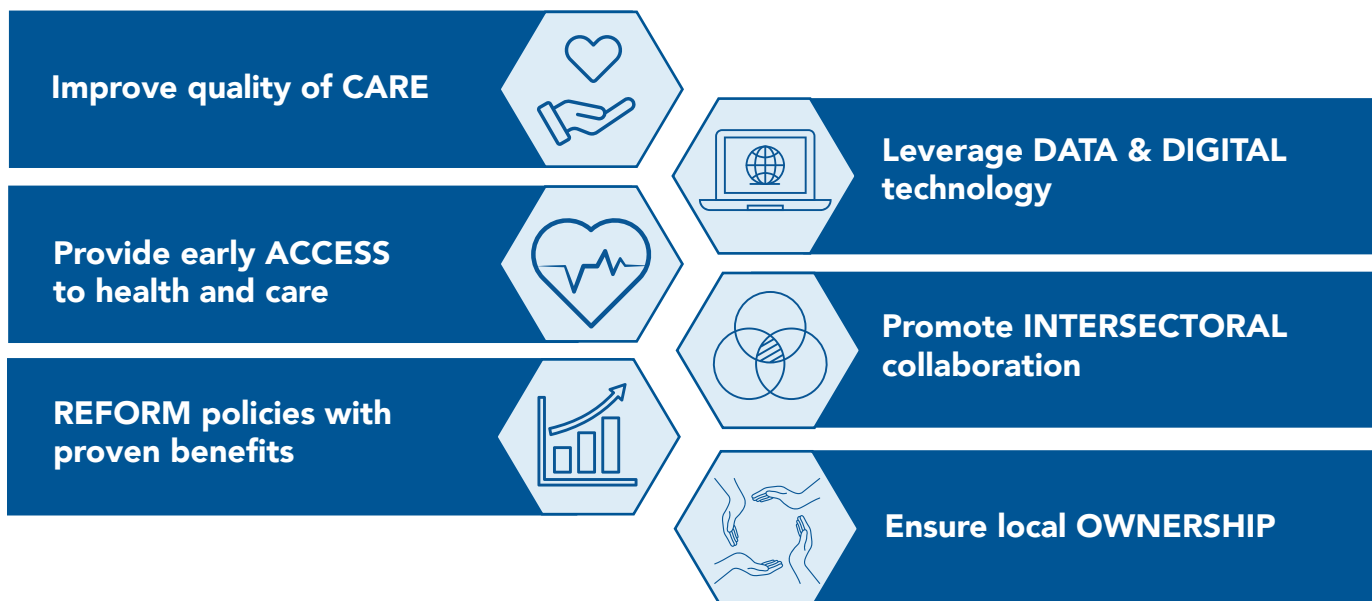
Addressing hypertension and other cardiovascular risk factors in Dakar, Senegal
2018-2024

WHAT IS CARDIO4Dakar?

According to the World Health Organization (WHO), noncommunicable diseases (NCDs) cause more than 41 million deaths every year, equivalent to 74% of all deaths globally – and 86% of these happen in low- and middle-income countries. In Senegal, in 2022, 45% of deaths were due to NCDs and 17% were linked to cardiovascular disease (CVD). The STEPS study conducted in Senegal in 2015 found that the prevalence of hypertension (a primary risk factor for CVD) was 29.8%, while strokes were the second leading cause of death in neurology services and set to double by 2030.

To address the growing burden of CVD in Senegal, **CARDIO4Dakar**, an initiative funded by **The Novartis Foundation** and implemented by **IntraHealth International** in partnership with the Ministry of Health (MOH), launched in 2018 to diagnose, treat, and manage hypertension in Dakar.

THE SIX PILLARS OF THE CARDIO APPROACH



CARDIO4Dakar partners with various health entities, all of which apply the standardized hypertension management protocols.

82 
Health Facilities

18 
Health Centers

21 
Private Clinics

38 
Health Posts

6 
Hospitals

CARDIO4Dakar ACHIEVEMENTS

Capacity Building

- ▶ **714 health workers including 215 physicians, 475 nurses and midwives, and 24 district health managers** trained in hypertension and risk factor management
- ▶ Integration of hypertension training modules and consolidation of **training material on the MOH eLearning platform**
- ▶ **Quarterly supervision and coaching visits** by MOH and Senegalese Society of Cardiology (SOSECAR) to health providers

Early Detection

- ▶ **Integration of 18 private clinics and 6 hospitals** to reach more clients
- ▶ **Task shifting screening, referral, and patient follow-up** from nurses to community health workers
- ▶ **Improved targeting of community screening**, increasing the number of suspected cases referred to health facilities (in Q3 2023, 53% of new cases diagnosed came from screening campaigns and community-based organizations' outreach)



Data & Digital

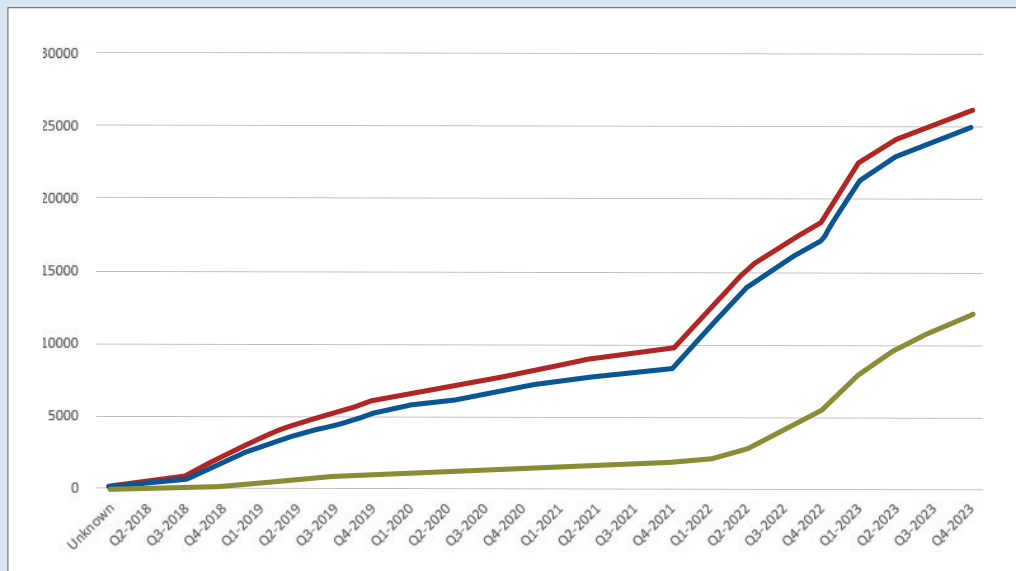
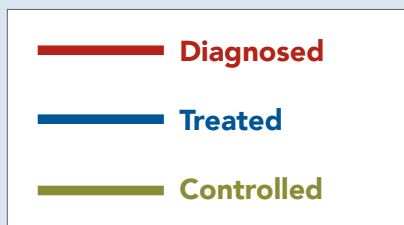
- ▶ Integration of **key performance indicators and data collection into district health information system (DHIS2) with dashboard**
- ▶ Development of **Saytu Tension, a multi-channel digital platform** (mobile application, web application and chatbot) to accelerate early detection and improve CVD prevention and care
- ▶ Development of an **eTracker to monitor hypertensive patients over time** and improve data-driven decision-making

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www.intrahealth.org/projects/cardio4dakar

Increase of hypertension diagnosis, treatment, and control in Dakar (2018-2023)



CARDIO4Dakar RESULTS

- ▶ From 2018 to 2023, a cumulative total of **26,102 people were diagnosed with hypertension, and 24,946 were treated** for hypertension. CARDIO4Dakar results showed a **91% increase in screening and diagnosis and a 92% increase in treatment** compared with the first year (2018).
- ▶ In 2023, the cumulative number of **controlled hypertension patients was 6,682.**
- ▶ From Q1 2022 to Q4 2023, **5,856 people were diagnosed and treated for diabetes.**



CARDIO4Dakar builds on the success of the Better Hearts Better Cities program and is part of the CARDIO4Cities initiative pioneered by the Novartis Foundation. Monitoring and evaluation support is provided by the Swiss Tropical and Public Health Institute.



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