



Uganda Heart Institute – World Heart Federation
Roundtable discussion on Hypertension
Venue: Protea Hotel by Marriott, Kampala, Uganda
and online
30 June-1 July 2022

Purpose of the roundtable

Raised blood pressure is the leading cause of death globally, claiming approximately 10.8 million lives in 2019. Prevalence of hypertension in LMICs appears to be increasing, due to low levels of awareness, treatment and control of hypertension. The WHO Guideline for the pharmacological treatment of hypertension in adults, published in 2021, provides the most current and relevant evidence-based guidelines on the initiation of treatment with pharmacological agents for hypertension in adults. The successful implementation of the WHO Guidelines requires concerted advocacy efforts at the national level to ensure effective policies for the management of hypertension are in place. The World Heart Federation produced a Roadmap on Hypertension in 2021 providing a generic global framework for local adaptation, which will serve as basis for developing country-specific action plans for hypertension.

Drawing on the content of these two critical documents, this roundtable aims at bringing together a diverse group of stakeholders to assess the roadblocks preventing the implementation of existing guidelines on hypertension and identify local solutions. Roundtables represent an effective tool to catalyse discussion between local and national stakeholders that translates into concrete actions for the prevention, treatment and control of hypertension.

In Uganda, around 32% of the 30-79 population age group has raised blood pressure, with 1.13% of deaths caused by hypertensive heart disease. Only 33% of the population is aware of being affected by hypertension, indicating the existence of gaps in the screening and detection of hypertension among adults. Of those who are aware of their hypertension condition, only 18% are under treatment, which might indicate significant roadblocks in access to and availability of treatment in the country. An even lower proportion of the population (7.5%) taking treatment for hypertension has their blood pressure under control. The roundtable will represent an opportunity for key stakeholders from the Ministry of Health, health professionals, representatives from the private sector and academia to discuss roadblocks to the implementation of existing guidelines to reduce the burden of hypertension at the national and local level and identify concrete actions to address them.

Day 1

Time	Activity	Speaker
	Opening Plenary	
9:00-9:10	Overview of the roundtable agenda, objectives and format of the meeting	Dr. Emmy Okello, UHI
9:10-9:15	Welcome remarks by the Deputy Executive Director, UHI	Dr. Peter Lwabi, UHI
9:15-9:25	Welcome remarks from WHF President	Dr. Fausto Pinto, WHF
9:25-9:35	Remarks by Commissioner NCDs Department, MOH	Dr. Akiya Oyo Charles, Ministry of Health of Uganda
9:35-9:45	Opening address by Hon Minister of Health	Hon. Dr Jane Ruth Aceng, Ministry of Health of Uganda
	Overview of global and regional hypertension guidelines and roadmaps	
9:45-10:00	WHO Guideline on the pharmacological treatment of hypertension in adults	Dr. Taskeen Khan, WHO (TBC – virtual)
10:00-10:15	HEARTS Package	Dr. Taskeen Khan, WHO (TBC – virtual)
10:15-10:30	World Heart Federation Roadmap on hypertension	Dr. Dike Ojji, PASCAR (virtual)
10:30-10:45	The PASCAR Roadmap on Hypertension	Dr. Dike Ojji, PASCAR (virtual)
10:45-11:00	Break	
	Uganda Clinical Guidelines and hypertension, existing programmes and initiatives on hypertension in the country	
11:00-11:30	Overview of existing guidelines and tools for the management of hypertension in Uganda	Dr. Isaac Ssinabulya, UHI
11:30-12:00	Ongoing strategies and programmes in the Ministry of Health for hypertension prevention and care in Uganda	Dr. Ann Akiteng, UINCD

12:00-12:30	<p>Country mapping results</p> <ul style="list-style-type: none"> • Presentation of the results from the country mapping • Overview of roadblocks to management of hypertension in Uganda 	<p>Dr. James Kayima, Makerere University School of Medicine</p> <p>Dr. Joselyn Rwebembera, UHI</p>
12:30-13:30	Lunch	
	Panel discussion (<i>Topics will be based on results of country mapping</i>)	Moderator: Dr. Joselyn Rwebembera, UHI
13:30-13:40	Task-sharing interventions as an effective strategy to control hypertension (presentation of a case study)	Dr. Martin Muddu, MJAP
13:40-13:50	Ensuring consistent availability of essential medicines to manage hypertension	Ms. Christine Ebong, National Medical Stores
13:50-14:00	Increase opportunistic screening for hypertension as a viable strategy to improve hypertension management	Ms. Jane Kabami, IDRC
14:00-14:10	The role of Village Health Teams and Community Health Workers in prevention, treatment and care of hypertension	Dr. Geoffrey Musinguzi, Makerere University School of Public Health
14:10-14:40	Q&A with participants	Participants & panellists
	Plenary	
14:40-15:00	<p>Brief introduction to the hypertension roundtables project</p> <p>Overview of breakout group's structure, discussion format and objectives</p>	<p>Mr. Jeremiah Mwangi, WHF</p> <p>Dr. Isaac Ssinabulya, UHI</p>
15:00-15:30	Break	

15:30-17:00	<p>Breakout group discussion</p> <ul style="list-style-type: none">• Participants to be divided into three different groups:<ul style="list-style-type: none">○ Group 1: Financing and governance○ Group 2: Physical and Intellectual resources for management of hypertension○ Group 3: Health care delivery and information systems• Facilitated discussion on finding solutions to previously identified roadblocks:<ul style="list-style-type: none">○ Each group will focus on specific roadblocks pertaining to their assigned area of work• A notetaker and a group facilitator will ensure the smooth running of the discussion	Participants & group facilitators
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Day 2

Time	Activity	Speaker
9:00-9:30	Plenary <ul style="list-style-type: none">• Summary of previous day's achievements• Overview of objectives for the day	Dr. Muddu Martin, MJAP Dr. Rose Muhindo, Mbarara University
9:30-11:00	Breakout groups (continued) <ul style="list-style-type: none">• Groups will start preparing a first draft of the outcomes of the discussion to be shared with the rest of the participants	Participants & group facilitators
11:00-11:30	Break	
	Plenary meeting	
11:30-12:30	<ul style="list-style-type: none">• Each group will present their conclusions and actionable solutions• Final document summarizing outcomes of the roundtable will be drafted and circulated among participants after the roundtable	Participants & group facilitators
12:30-13:00	Discussion	
	Overview of the outcomes, next steps and closure	
13:00-13:20	Organizers will provide an overview of the outcomes of the roundtable and inform participants on the next steps	Dr. Isaac Ssinabulya, UHI Dr. Emmy Okello, UHI
13:20-13:30	Closing remarks	Mr. Jeremiah Mwangi, WHF