



## Strengthening hypertension services and performance measures using Simple App

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### Abstract:

India Hypertension Control Initiative (IHCI) Launched in November 2017 with an objective To strengthen the hypertension treatment component till community level. IHCI Strategies based on WHO HEARTS package. IHCI Partners: Ministry of Health, ICMR, WHO-India, State Governments & Resolve to Save Lives. Cardiovascular diseases and hypertension burden in India. Cardiovascular diseases now contribute to one-third of the total deaths in India. A large proportion of cardiovascular events (heart attacks and stroke) and deaths can be prevented if high blood pressure is detected and treated at an early stage.

There are five steps needed to effectively control blood pressure

1. Implement practical treatment protocols

which are drug- and dose-specific and which establish steps to take if blood pressure is not controlled.

Use of standardized, evidence-based protocols reduces clinical variability, and results in more efficient and cost-effective selection of medications and treatment approaches.

2. Regular and uninterrupted supply of medications and equipment

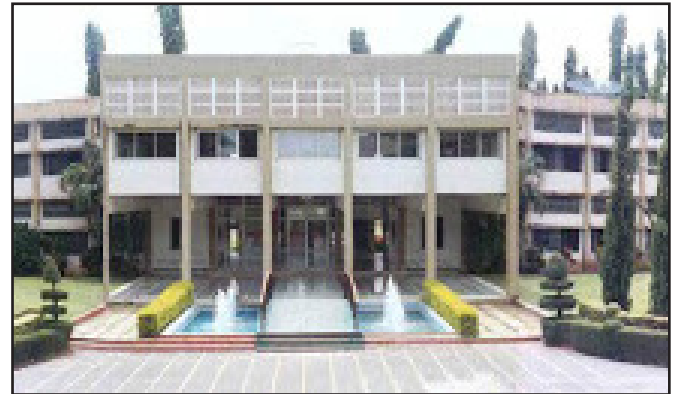
to ensure that the right medications and equipment get to the right place at the right time, and reach the patients who need them.

3. Team-based care and task sharing to involve nurses, health workers, and ASHAs for counseling and follow up of the patients and to improve adherence to treatment.

4. Patient-centred services reduce barriers to care by increasing the convenience of medical visits and refills at Health & Wellness Centres and other primary health care facilities, and improving access to BP monitoring.

5. Information systems that allow continuous, real-time monitoring

to improve follow-up of patients whose blood pressure is not under control, measure program quality and coverage, and allow analysis of program data to improve patient care and system performance



### Biography:

He is a Preventive Medicine physician with a great interest towards epidemiology and research. He started his career as Assistant professor in one of the esteemed medical college. He hold 6 publications under his name in indexed international journals and was the chairperson and co chair for various college committees and 17 th Maharashtra state IAPSM conference. Have Supported Earlier WHO NPSP unit for MR campaign in two different states Maharashtra and Rajasthan and currently working as WHO Cardiovascular Health Officer for India hypertension control initiative under the national programme of NPCDCS. His aim is to practice preventive care rather than reactive care. He is open to opportunities both nationally and internationally..

### Recent Publications:

1. Preliminary results of SAMEER-Dibrugarh University Digital Ionosonde at Dibrugarh
2. A clinical study on efficacy of sameer pannadhi yoga in the management of sandhigata vata
3. Qualitative evaluation of visibility enhancement techniques on SAMEER-TU database for security and surveillance

[Webinar on Hypertension and Healthcare, November 16, 2020, Dubai, United Arab Emirates](#)

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