

Adaptation, Implementation, and Evaluation of HEARTS Technical Package in Health Care Settings in North of Jordan to Improve the Management of Hypertension

Project Information

- ◆ Department: Public Health Programs
- ◆ Unit: Health Protection and Promotion

OBJECTIVES

The HEARTS technical package implementation will aim to standardize the treatment protocol to control hypertension at the primary health care level. It is anticipated that it will positively impact the quality of clinical care and variability and simplify the treatment options in primary health care. Evaluation of the intervention will take place to assess the effectiveness of the package for future scaling up.

REGIONS OF WORK

HEARTS project will be implemented in Irbid and Mafrqa Governorates.

PROJECT DESCRIPTION

EMPHNET will build on and foster collaboration with the Ministry of Health, LINKS, WHO in Jordan, and key stakeholders namely engaged in the strengthening and delivery of the primary health services with focus on improving the management of Hypertension. EMPHNET will also benefit from the existing local networks and established committees through other EMPHNET projects in the area of non-communicable diseases and operational research during the implementation of this project.

BENEFICIARIES

The *LINKS* beneficiaries are the inhabitants of Mafrqa and Irbid Governorates seeking hypertension management services.

PROJECT PHASES

HEARTS project involves two phases, each of which will last for one year.

Phase I – Preparations: Adapting and implementing the HEARTS technical package for one year in 25 health care centers in two governorates in the north of Jordan and evaluate its effectiveness on hypertension management and control.

Phase II - Implementation: Determining the effect of the implementation of HEARTS technical package for one year in 25 health care centers in two governorates in the north of Jordan on secondary outcomes including physical activity, sodium intake, and adherence to medication.

Project Start and End Date	November 1st, 2019 – November 30th, 2021
Partner Organizations	LINKS Community; Ministry of Health, Jordan
Funded by	Resolve to Save Lives
Collaborators	World Health Organization (WHO)



Currently . . .

Studies in Jordan showed several factors being responsible for suboptimal control of hypertension at primary health care level such as lack of national guidelines for hypertension treatment, inadequate counseling from physician, non-adherence to medicine, lack of consistent medical follow-up, communication barriers between health-care providers and recipient, and poor adherence of patients to lifestyle modifications.

What's next . . .

The main steps of the project implementation include engaging stakeholders, selecting demonstration site, planning implementation, implement and monitoring, and evaluation and scaling up. At the health-facility level, individual patient monitoring involves monitoring of the health status and the management of a single patient over time, using an individual patient treatment card.

ABOUT HYPERTENSION

The prevalence of hypertension in Jordan has been increased from 29.4% in 1994 to 32.0% in 2018

The humanitarian crisis in Syria resulted in an unprecedented burden of NCDs, borne primarily by primary care services.

More than two thirds of Jordanians on antihypertensive had uncontrolled hypertension.

By the Numbers

25

Total health facilities

100%

Health facilities have general practitioners

4.3%

Healthcare staff are trained on the most updated guidelines/protocols of hypertension management

100%

Health facilities have Blood Pressure Measuring devices services

>73%

Health facilities provide counselling services

GHD and EMPHNET: Working together for better health

Global Health Development (GHD) is a regional initiative created to support countries in the Eastern Mediterranean Region strengthen their health systems in response to public health challenges and threats. GHD was initiated to advance the work of the Eastern Mediterranean Public Health Network (EMPHNET) by building coordination mechanisms with Ministries of Health, International Organizations, and other institutions to improve population health outcomes. As an implementing arm to EMPHNET, GHD aligns its strategies with national policies and directions, while serving as a collaborative platform dedicated to support national efforts in promoting public health policies, strategic planning, sustainable financing, resource mobilization, public health programs, and other related services.

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