

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: Center of Excellence for Applied Epidemiology
- ◆ Unit: Research and Policy

OBJECTIVES

The HEARTS technical package implementation aims at standardizing the treatment protocol to control hypertension at the primary health care level. It was 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 took place to assess the effectiveness of the package for future scaling up.

REGIONS OF WORK

HEARTS project was implemented in Irbid and Mafraq Governorates.

PROJECT DESCRIPTION

EMPHNET built on and fostered collaboration with the Ministry of Health, LINKS, WHO in Jordan and key stakeholders engaged in the strengthening and delivery of the primary health services with focus on improving the management of Hypertension. EMPHNET benefited 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 were the inhabitants of Mafraq and Irbid Governorates seeking hypertension management services.

PROJECT PHASES

HEARTS project involved two phases, each of which lasted for one year.

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

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

Project Start and End Date	November 1, 2019 – November 30, 2021
Partner Organizations	Jordan Ministry of Health, LINKS Community
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 project aimed at evaluating the adoption of the PHCs to standardized protocols for the treatment of hypertension and diabetes mellitus. The results of the evaluation will assist policy makers to take an informed decisions to adopt the most effective protocols and apply them at the national level. Consequently, it will lead to improving the quality of clinical care, reduce clinical variability, and simplify the treatment

BY NUMBERS

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

- Two third of Jordanian are on anti-hypertensive medication

An overall, 92 healthcare providers from Irbid, Ramtha, and Mafraq were trained on how to apply the newly updated guidelines and protocols for the management of the HTN and DM.

Material including HTN and DM clinical guidelines and CVD risk assessment tool, the service delivery model for DM, HTN, and CVD, two educational brochures targeting health care providers and the HTN patient were developed and disseminated to the 6 PHCs.

Outcomes By Numbers

1	3 Clinical Guidelines	25	92	
Manuscript Published	3 Service Delivery Models	Total Healthcare Services Evaluated	Total Healthcare Providers Trained on the Most Updated Guidelines/Protocols	The Evaluation Study is ongoing
	2 Educational Brochures			

EMPHNET Information: Eastern Mediterranean Public Health Network (EMPHNET) works at achieving its mission by responding to public health needs with deliberate efforts that allow for health promotion and disease prevention.