Cardiology in Kenya; ready to leap to the next decade?
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President KCS
Sarova White Sands, Mombasa 2017

KCS Congress: Impact through collaboration

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Disclosures

I have no conflicts of interest for this talk
I have no relationships to disclose
Mathematical formulae for Satisfaction

• $R/E > 1$
CVD Burden

- 85% of the global mortality and disease burden from CVD in developing countries
- NCD 30% of all deaths Kenya
- Cardiac diseases 12%
- RHD
Development of Cardiac Services in Kenya
Father of cardiology in Kenya

• Prof Hillary Peter Ojiambo 1963

• Dr Heywood Aseso - Paediatric cardiologist 1977
HISTORY

• 1st open heart surgery, KNH – 1973
• 1st cath lab, KNH – 1st catheterisation – 1975
• Mid 1990s, rapid expansion
• 7 Cath labs in Nairobi, 1 Mombasa
Cardiac Surgery

• 1973 – Unit of thoracic and Cardiovascular Services

• 1st Open Heart Surgery ASD under total body hypothermia Prof Edward knight originally from Jamaica, Dr Ayim Anaesthetist

• 1979 First Open heart by a local surgeon Prof P.A Odhiambo
Prof P. Odhiambo 1975
Cardiologist with a “big” heart
Cardiovascular Healthcare gaps & Challenges
Costs of Cardiovascular Services
Rapid revolution in Cardiology

• Technology
• New therapies, New data
• Guidelines
Low utilization of cardiovascular services
The Underuse of Proven Low-Cost Medicines for Secondary Prevention

Percent of Diagnosed CVD Patients Using Selected Medicines

- ACE or ARBs: 19.5%
- Statins: 14.6%
- Beta Blockers: 17.4%
- Antiplatelet: 25.3%

Use of secondary prevention drugs for cardiovascular disease in the community in high-income, middle-income, and low-income countries (the PURE Study): a prospective epidemiological survey. Salim Yusuf et al. www.thelancet.com Published online August 28, 2011 DOI:10.1016/S0140-6736(11)61215-4
Quality of cardiovascular care
Quality – Outcomes that matter to patients

•Our passion, helping patients live longer, healthier, and more productive lives.
Professionalism

Medical negligence .......... tip of the iceberg
The way forward
When we ask ourselves, “is it possible? “The answer must always be Yes.... together we are doing even more than helping patients
1st TAVI in Kenya 2015
NHIF @50

Cardiac Surgery Project Kenya
Results - Total no of Patients


<table>
<thead>
<tr>
<th>Date</th>
<th>31 May 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total no of patients under management</td>
<td>431</td>
</tr>
<tr>
<td>Procedures Done</td>
<td></td>
</tr>
<tr>
<td>Open-heart surgery</td>
<td>262</td>
</tr>
<tr>
<td>Interventional cardiology</td>
<td>179</td>
</tr>
<tr>
<td>Diagnostic procedures</td>
<td>40</td>
</tr>
<tr>
<td>Procedure done - surgical information not availed</td>
<td>9</td>
</tr>
<tr>
<td>Surgeries Scheduled</td>
<td>34</td>
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<tr>
<td>Medical Management</td>
<td>7</td>
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<tr>
<td>Awaiting Admission</td>
<td>141</td>
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<tr>
<td>Mortality</td>
<td></td>
</tr>
<tr>
<td>Pre-surgical</td>
<td>11</td>
</tr>
<tr>
<td>post-surgical - Open Heart</td>
<td>16</td>
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<tr>
<td>post surgical interventional</td>
<td>3</td>
</tr>
</tbody>
</table>
Open Heart Surgeries – By Hospital

- 155 cardiac surgeries
- 6 hospitals

- Mater Hospital: 76, 49%
- The Karen Hospital: 29, 19%
- Tenwek Hospital: 26, 17%
- Gertrudes Children Hospital: 11, 7%
- Nairobi Hospital: 10, 6%
- Coast Provincial General Hospital: 3, 2%
Training is critical

- More specialist
- Local training,
- Nurses, Cath lab Nurses, Echo technologists, etc
- Renumeration, retention
- Accreditation
Registries, Accreditation

• Registry data drive improvement by measuring performance and identifying gaps in treatment and patient outcomes

• Accreditation drives improvement by providing evidence based and nationally accepted standards
Training is critical

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• Accreditation
HealthCare Systems

- Protocols
- Check list
- Ability to implement
- Team work
- Electronic Medical records (EMR) systems
Humility
Discipline
Teamwork
Curiosity
thinking

THE BOX
DATA!
Research
Our vision is to be champions for the advancement of cardiovascular health in Kenya and in region, and to facilitate discovery and dissemination of best practices.

Our mission is to promote and maintain the highest standards of cardiovascular care through, the prevention of cardiovascular disease, the education of the public and professionals, the promotion of best practices, and the encouragement, support and coordination of research in collaboration with key stakeholders.
All men dream in the dark recesses of the nights with their eyes closed. Few men dream with their eyes wide open. These are the dangerous men for they make their dreams come true.

Seven pillars of wisdom. T.E Lawrence
Mathematical formulae for Satisfaction

• $R/E = > 1$

• Let us fly and have fun
THANK YOU