



## News | January 2024

The IHCOR-Africa newsletter is produced thrice a year with the aim of informing members, partners and collaborators about activities, events, and progress on the project. It is also used to disseminate new developments and findings in the field of hypertension in rural Africa.

# Optimal diagnostic and risk stratification approaches of people with hypertension in rural SSA

The clinical epidemiology Work Package 2 (WP2) of the IHCOR-Africa project is taking place alongside the Health Systems Work Package 1. WP2 aims to generate evidence for a Community Health Worker (CHW) led hypertension programme for the diagnosis and risk-estimation of hypertension and associated complications at primary health care level. Members of this team are drawn from The Gambia, Kenya and the UK with fieldwork taking place in The Gambia and Kenya.

To achieve this, WP2 research activities include:

- i. Evaluation of the accuracy of different blood pressure measurement methods as performed in the community by CHWs.
- ii. Determination of the prevalence of hypertension related complications in the heart, kidneys, and the eyes in the study population
- iii. Evaluation of the accuracy and cost-effectiveness of point of care devices to detect hypertension related complications.
- iv. Evaluation of the relationship between hypertension and potential risk factors in the study population

Currently, data collection is ongoing across the two study sites and the team is looking forward to analysing preliminary findings to inform the development of a prototype community-based hypertension management intervention.



IHCOR Clinic, Kilifi



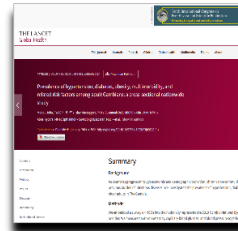
Members of WP2 team. From left to right – Pablo Perel, Anthony Etyang, Anoop Shah, Modou Jobe, Juliet Otieno Awori, Alexander Perkins, and Ruth K Lucinde

# Selected Publications and News from IHCoR-Africa Group Members

1. Alexander D Perkins, Juliet Otieno Awori, Modou Jobe, Ruth K Lucinde, Meike Siemonsma, Robinson Oyando, David A Leon, Emily Herrett, Andrew M. Prentice, Anoop SV Shah, Pablo Perel, Anthony Etyang, **Determining the optimal diagnostic and risk stratification approaches for people with hypertension in two rural populations in Kenya and The Gambia: a study protocol for IHCoR-Africa Work Package 2.** NIHR Open Research. doi: 10.3310/nihropenres.13509.1



2. Jobe M, Mactaggart I, Bell S, Kim MJ, Hydrara A, Bascaran C, Njai M, Badjie O, Perel P, Prentice AM, Burton MJ. **Prevalence of hypertension, diabetes, obesity, multimorbidity, and related risk factors among adult Gambians: a cross-sectional nationwide study.** Lancet Glob Health. doi: 10.1016/S2214-109X(23)00508-9



3. Mariachiara Di Cesare, Pablo Perel, Sean Taylor, Chodziwadziwa Kabudula, Honor Bixby, Thomas A Gaziano, Diana Vaca McGhie, Jeremiah Mwangi, Borjana Pervan, Jagat Narula, Daniel Pineiro, Fausto J Pinto, **The heart of the world.** Glob Heart. doi: 10.5334/gh.1288. eCollection 2024.



4. Global Heart Podcast – first episode hosted by Prof. Pablo Perel focused on hypertension <https://www.buzzsprout.com/1764982/14368266>



## Training

### IHCoR-Africa Online Training

As part of the group's training portfolio IHCoR-Africa is running a series of free online courses in hypertension research and methods for researchers in sub-Saharan Africa. The 2023 cohort is currently completing the final course in clinical trials, and applications for the 2024 cohort have just closed. 190 applications were received from 17 countries in sub-Saharan Africa.

The first course taken by the 2024 cohort is Introduction to Hypertension Research. It runs over four weeks (on Tuesdays from 5 March to 26 March), with 3 contact hours per week, and an additional 8 hours of self-directed learning per week. The topics covered include:

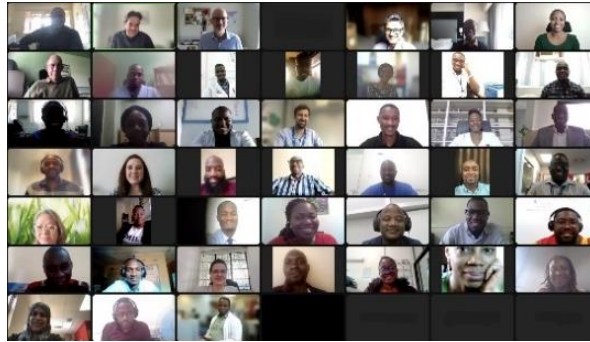
- Week 1: Setting the scene of hypertension in sub-Saharan Africa.
- Week 2: An introduction to the epidemiology of hypertension
- Week 3: An introduction to health systems factors in hypertension management
- Week 4: An introduction to clinical trials for hypertension research

A certificate of attendance will be provided for students who engage fully in the course. Those who complete this first course will be eligible to apply for places on the three subsequent courses in the series, running across the year, looking more deeply into the topics of Weeks 2-4.

Given the limited number of places in this first course of the series, students will be given priority for a place using these criteria:

1. A national of a SSA country who is working in a SSA country.
2. Working in hypertension/cardiovascular disease research within an organisation/institution/group that will benefit from the trainings.
3. Working in hypertension/cardiovascular disease (as a healthcare worker or other non-research role)

The training programme is scheduled to repeat once more in 2025. For more information on the NIHR IHCOR-Africa Group training portfolio and how to apply for the 2025 cohort, please get in touch through [IHCOR Africa training@LSHTM.ac.uk](mailto:IHCOR_Africa_training@LSHTM.ac.uk).

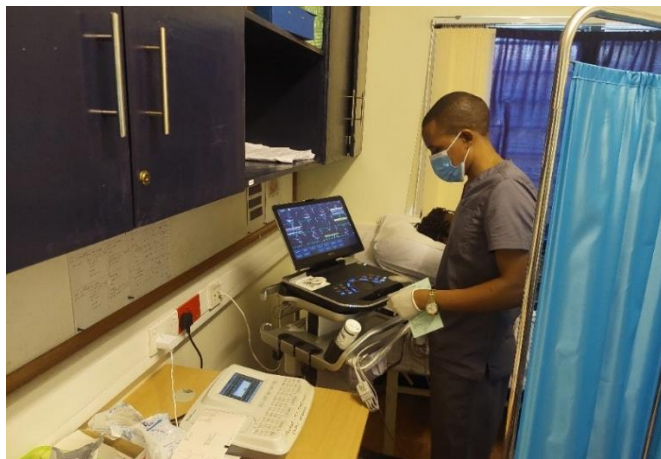


Some of the 2023 cohort of students and faculty on the Introductory course

## IHCOR-Africa Community Engagement & Clinic Activities



Community Health Volunteers (CHVs) with IHCOR team in The Gambia





IHCOR Clinic, Kilifi, Kenya

## IHCOR-Africa Activities

### Facilitated workshops for supervisors and students



NIHR Global Health Research Cohort Academic Development Award (GHR CADA) held facilitated workshops for supervisors and students in October 2023. A personal development workshop for students was held on the 19<sup>th</sup> of October in Kilifi and a workshop for supervisors on the 27<sup>th</sup> in Uganda. The workshops were conducted by IHCOR-Africa in conjunction with the NIHR Global Health Research Group on Vaccines for Vulnerable people of Africa (Vanguard).

## Kilifi Dialogues



IHCoR-Africa held the Kilifi Dialogues from 10-11 July 2023. During the meeting the landscape of hypertension research in sub-Saharan Africa, covering different disciplines including Epidemiology, Clinical Trials, and Health Systems. The meeting also helped to highlight gaps in current knowledge while providing

networking opportunities for potential future collaborations and partnerships.

For the meeting a brief report is being compiled to capture the insights shared during the meeting and gather interest and activities to share future cardiometabolic research collaborations in sub-Saharan Africa.

### REMINDER

We kindly request those who attended the meeting to complete the questionnaire whose link has been emailed to the attendees.

## IHCoR-Africa Advisory Committee Meeting

In November 2023, the IHCoR-Africa team held a meeting with the IHCoR-Africa Advisory Committee in which activities undertaken and progress made as well as challenges faced by the various work packages were presented. Updates were also provided on community engagement and involvement, training, and communication. The presentations were followed by a question-and-answer session where feedback and suggestions were received from the advisory committee.

Those in attendance were:

Advisory Committee: Professor Dorairaj Prabhakaran-Chair- (Public Health Foundation of India, India), Dr. George Mensah- Observer- (National Institute of Health Heart, Lung, and Blood Institute, United States)

IHCoR Team: Prof. Pablo Perel (Co-PI), Dr Anthony Etyang (Co-PI), Prof Benjamin Tsofa (WP1 Rep), Mr. Alexander Perkins (WP2 Rep), Ms. Noni Mumba (CEI Rep), Ms. Mavis Foster-Nyarko (Project Coordinator)

NIHR Observer: Ms Abigail Francisco, Research Programme Manager

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## Collaborating institutions



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