

ADDRESSING DISPARITIES FOR PEOPLE LIVING WITH MULTIPLE CONDITIONS

PERSPECTIVES FROM AFRICA

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Outline

- Background
- Burden of disease
- Patient journey
- Health system gaps
- Chronic Care models
- Summary



Question 1

Which is the leading cause of death in Africa?



Background

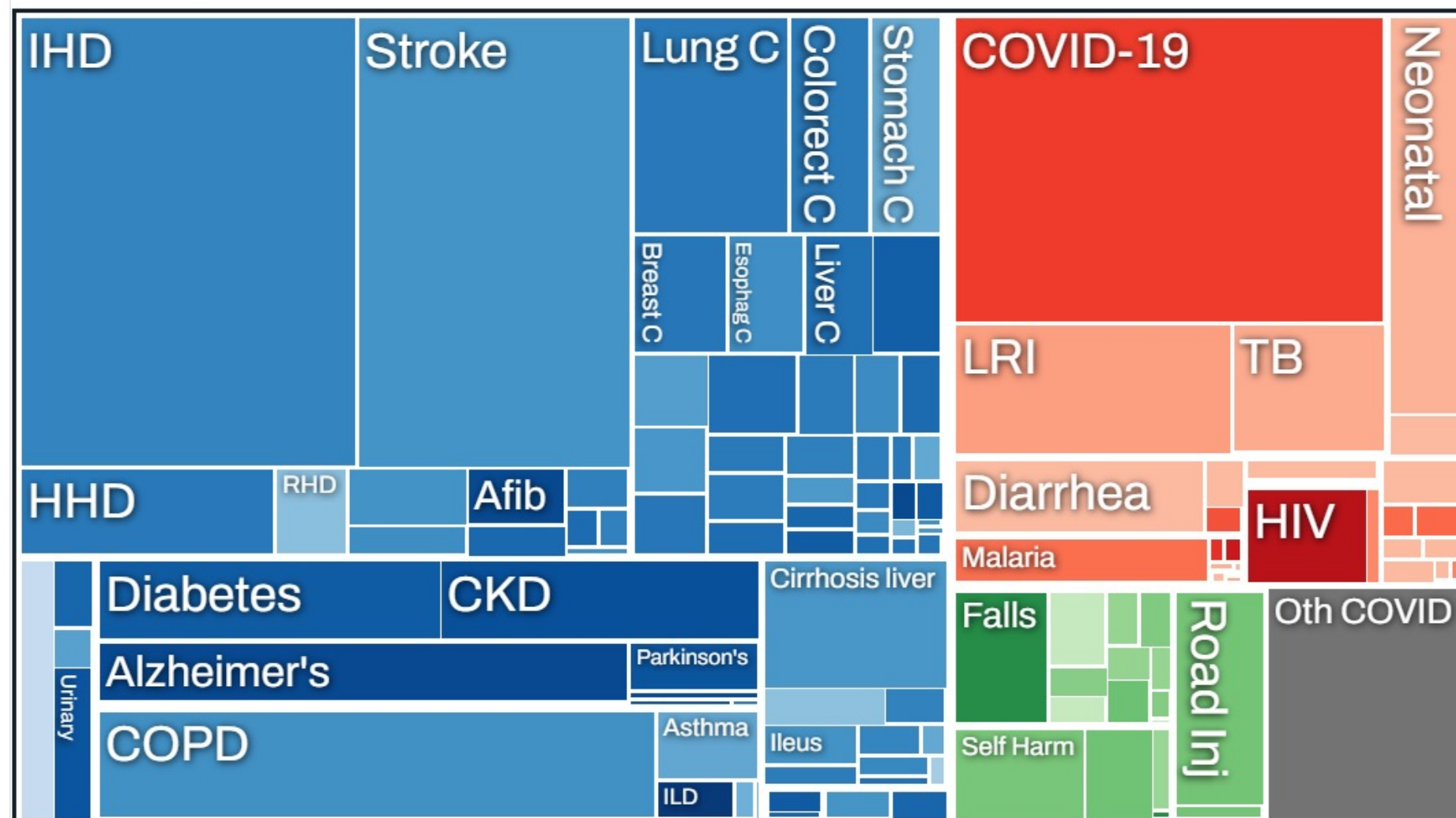


- Most African countries are facing a **double burden of diseases**
- Persistent burden of **infectious diseases** (HIV, TB, Malaria) and rising burden of **NCDs**
- **Underfunded health systems**
 - Reducing donor funding
- Infectious diseases are risk factors for developing NCDs (HIV) and NCDs are associated with development and severity of infections (COVID-19, TB)
- Neglected diseases such as Rheumatic Heart Disease – eradicated in many parts of the world

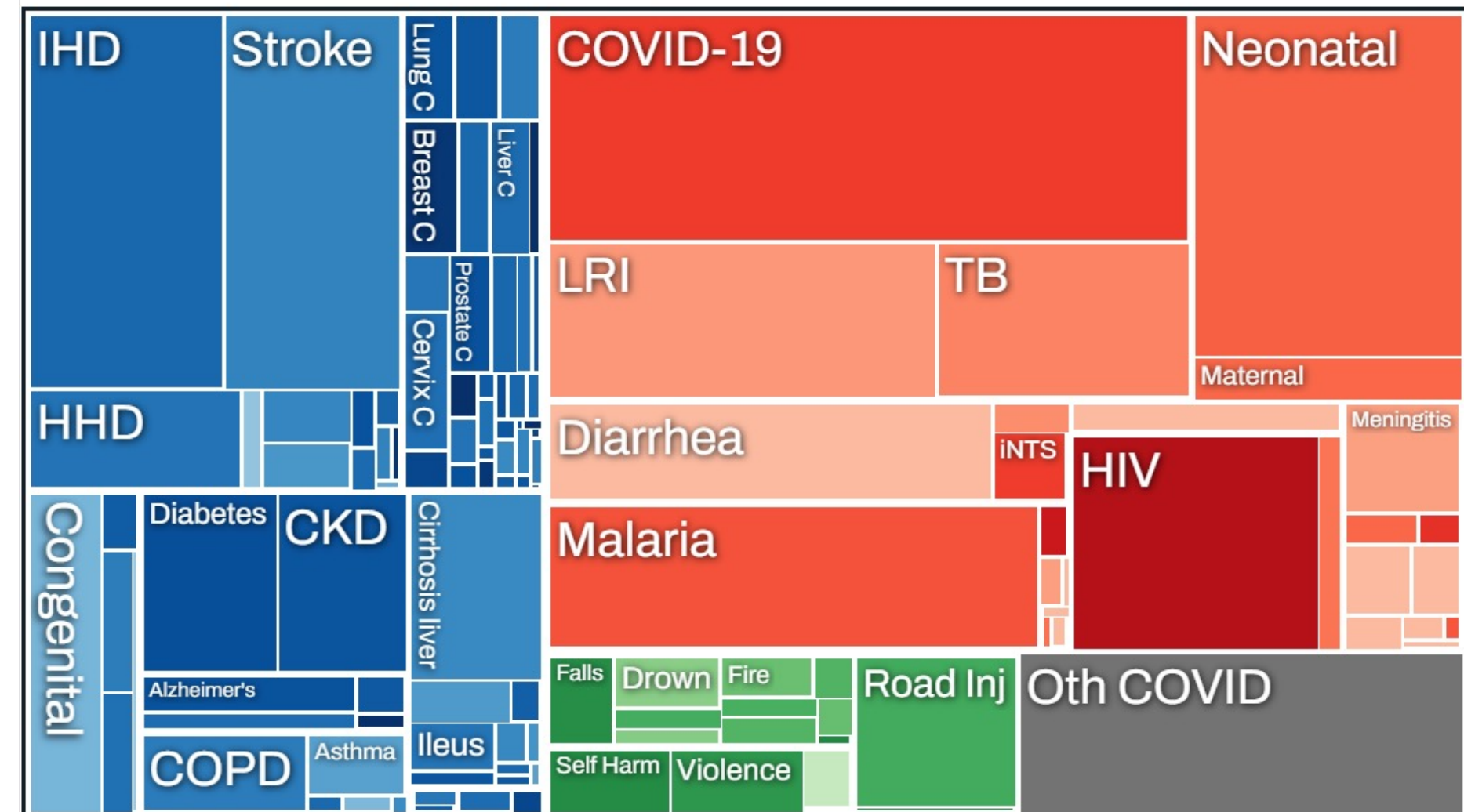
Global burden of disease – deaths

Global vs. Africa, all ages

Global
Both sexes, All ages, 2021, Deaths



Africa
Both sexes, All ages, 2021, Deaths

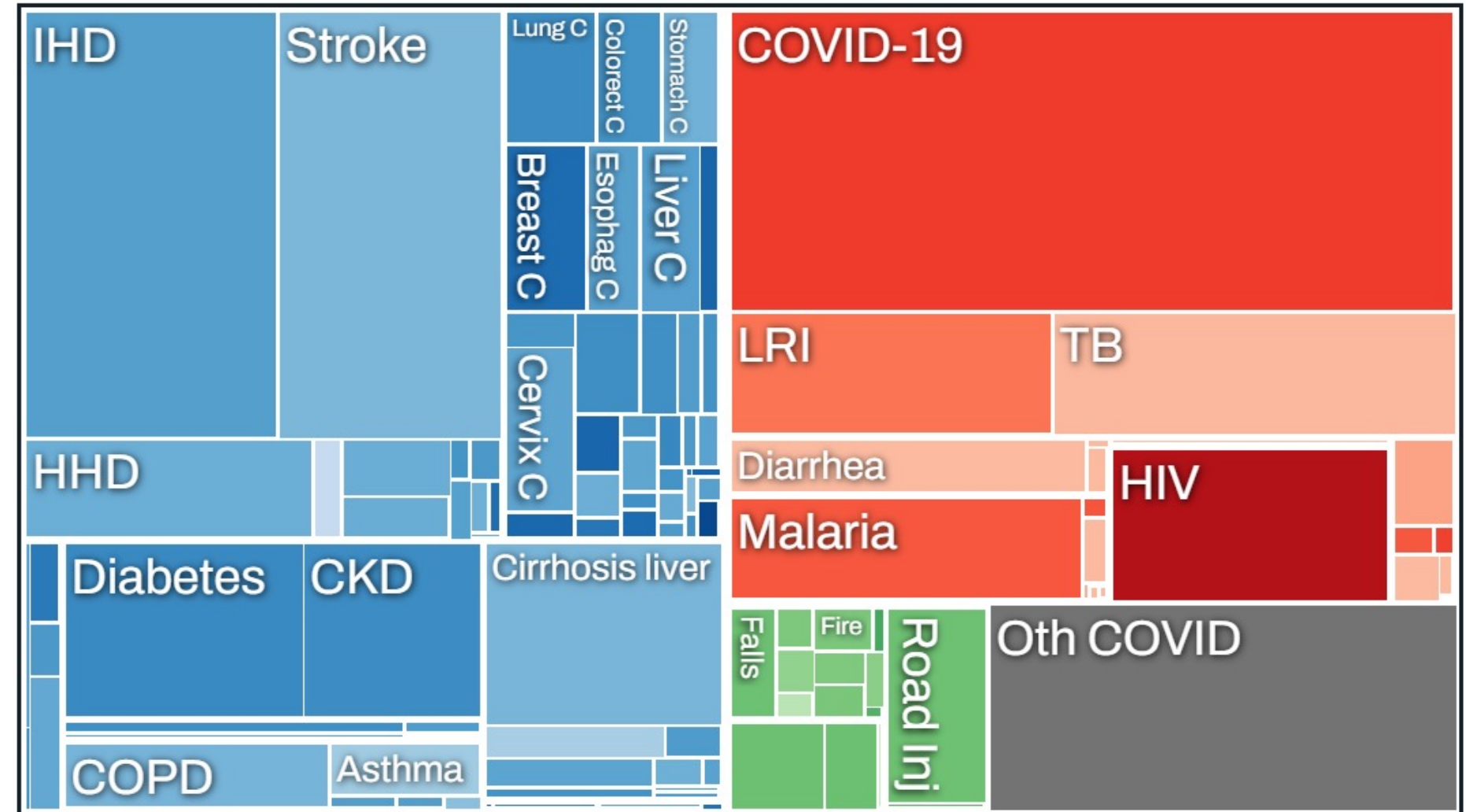
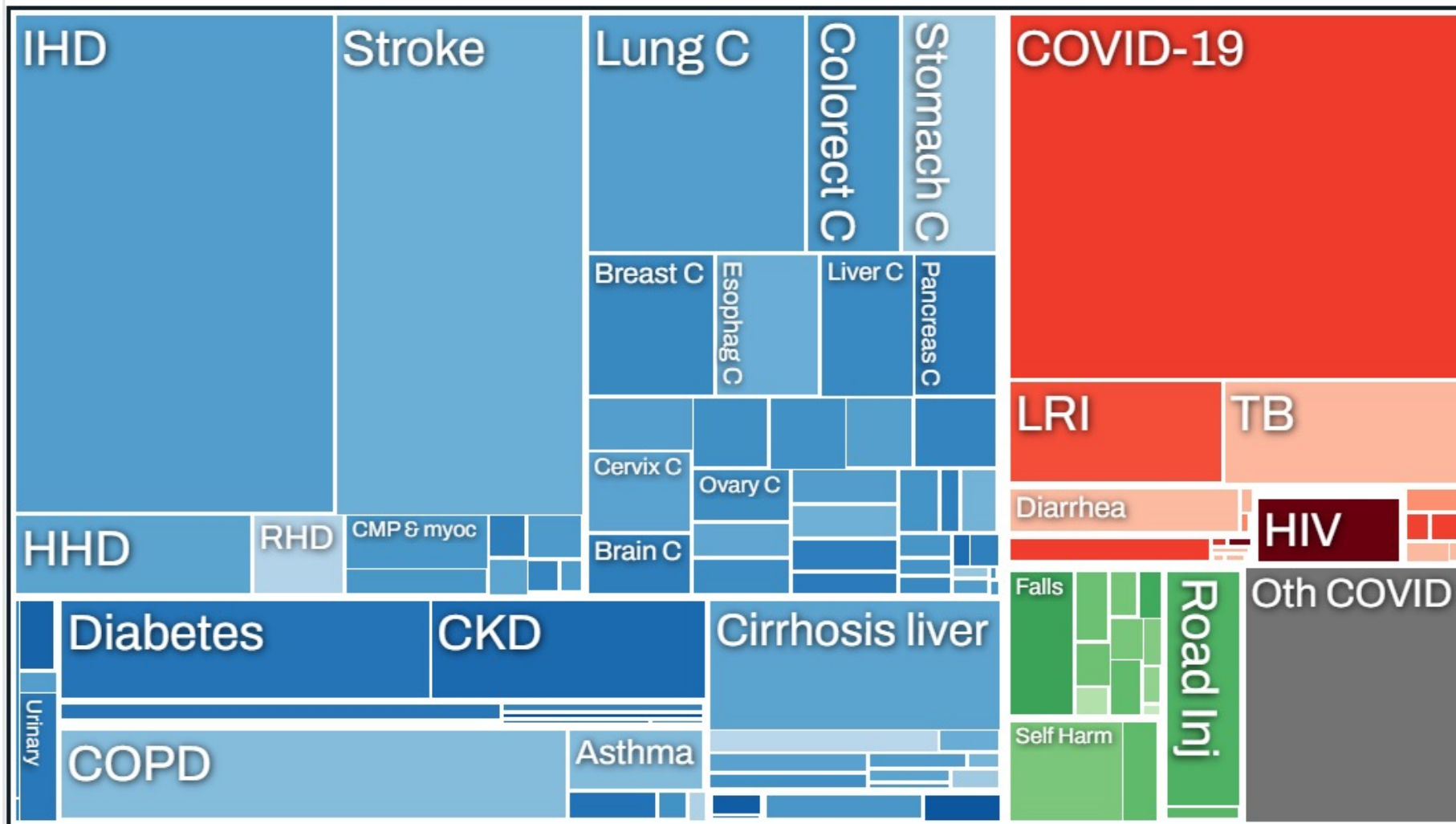


Global burden of disease – deaths

Global vs. Africa, 50 – 69 years

Global
Both sexes, 50-69 years, 2021, Deaths

Africa
Both sexes, 50-69 years, 2021, Deaths



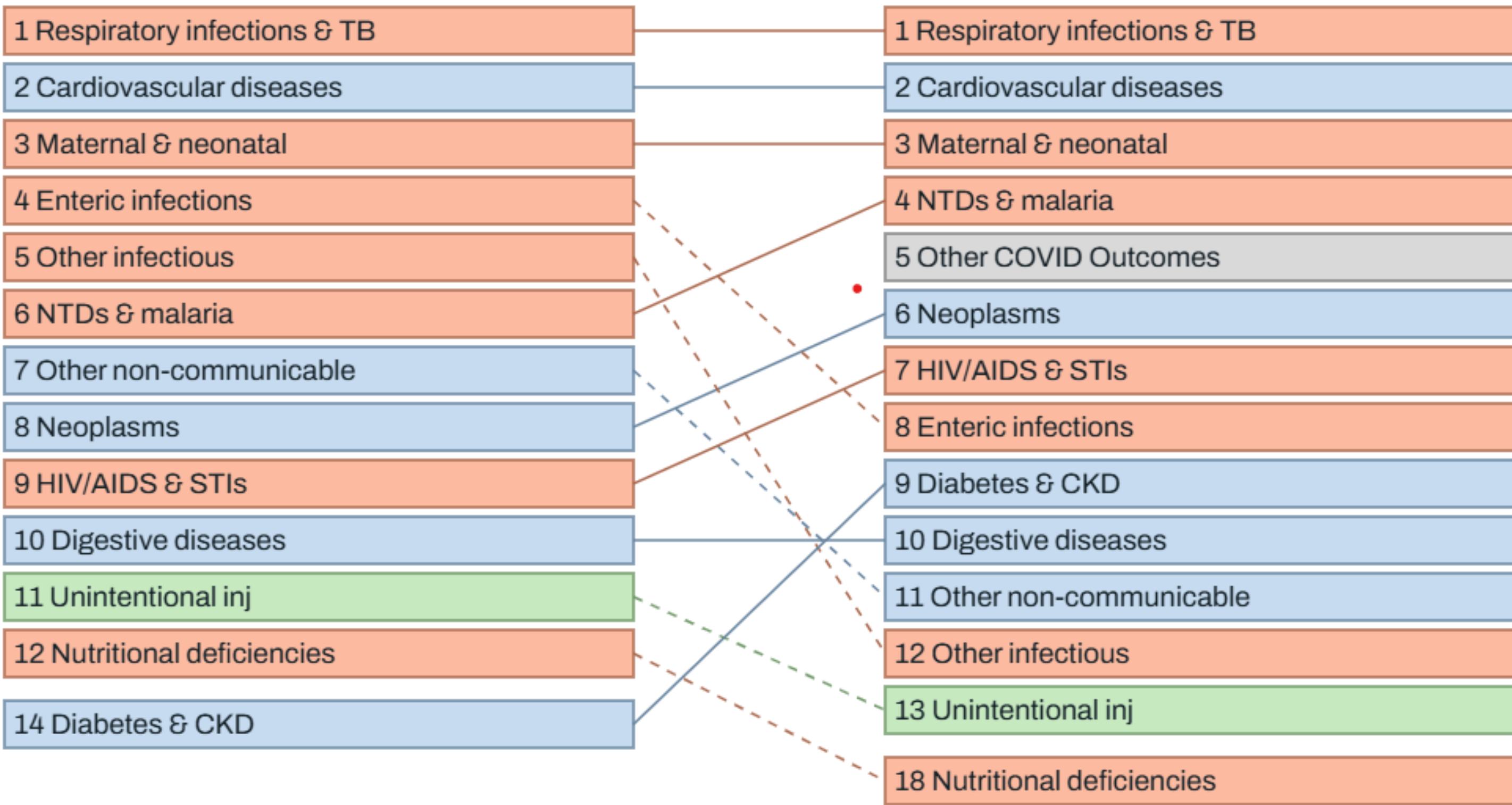


Africa

Both sexes, All ages, Deaths per 100,000

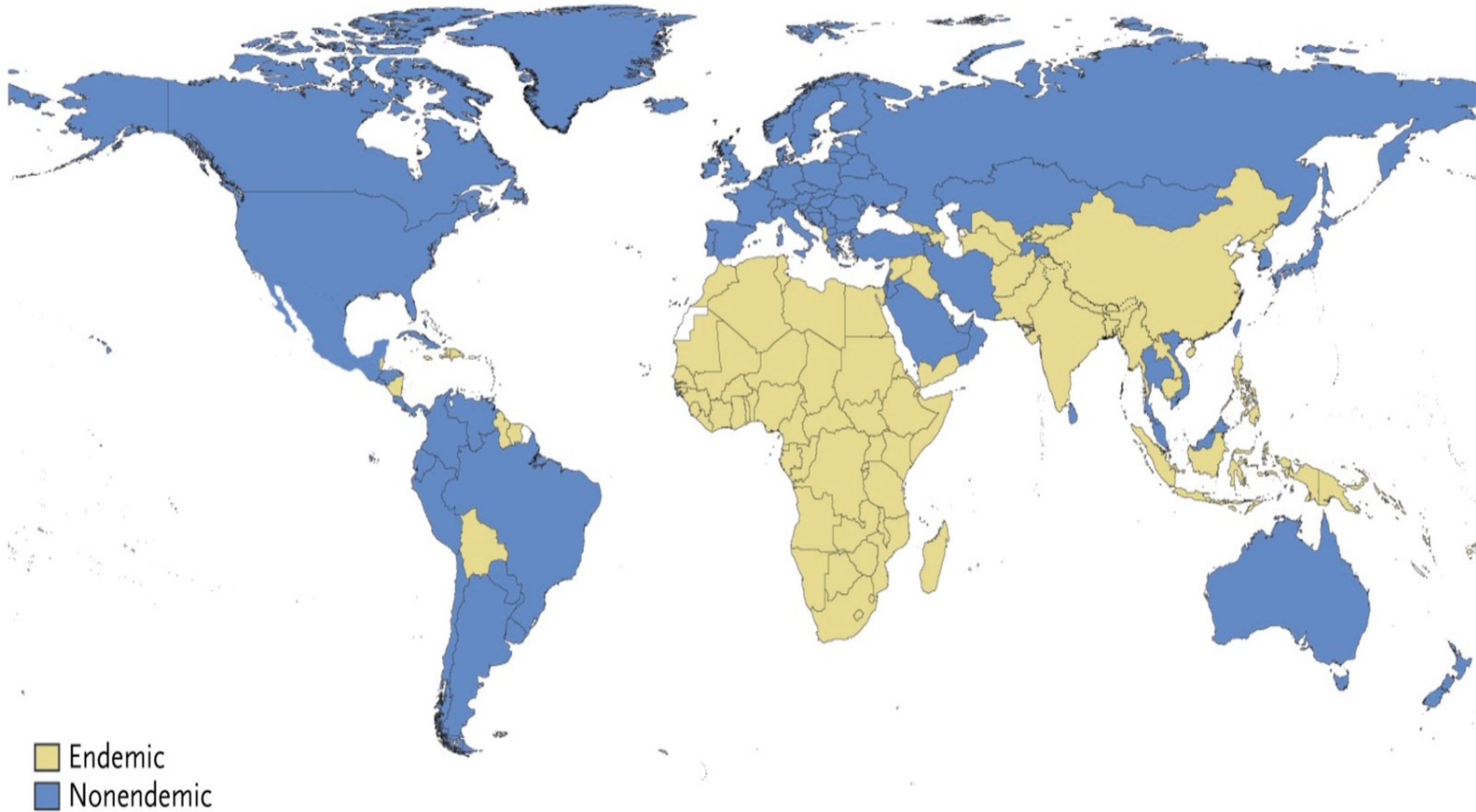
1990 rank

2021 rank



- Communicable, maternal, neonatal, and nutritional diseases
- Non-communicable diseases
- Injuries
- Other COVID-19 pandemic-related outcomes

Rheumatic Heart Disease – global disparity



- Fully preventable
- Burden driven by poverty and health system weaknesses

Rheumatic Heart Disease burden




- **Has disabling long-term complications** - heart failure, atrial fibrillation, stroke, infective endocarditis and pregnancy-related complications.
- Burden of RHD is **disproportionately borne by young, economically active people**
- **Increase in women of childbearing age with RHD**
- **Maternal mortality is nearly ten-fold higher among the pregnant women with RHD**

Limited of data on the burden of multimorbidity in Africa



Chronic multimorbidity among older adults in rural South Africa

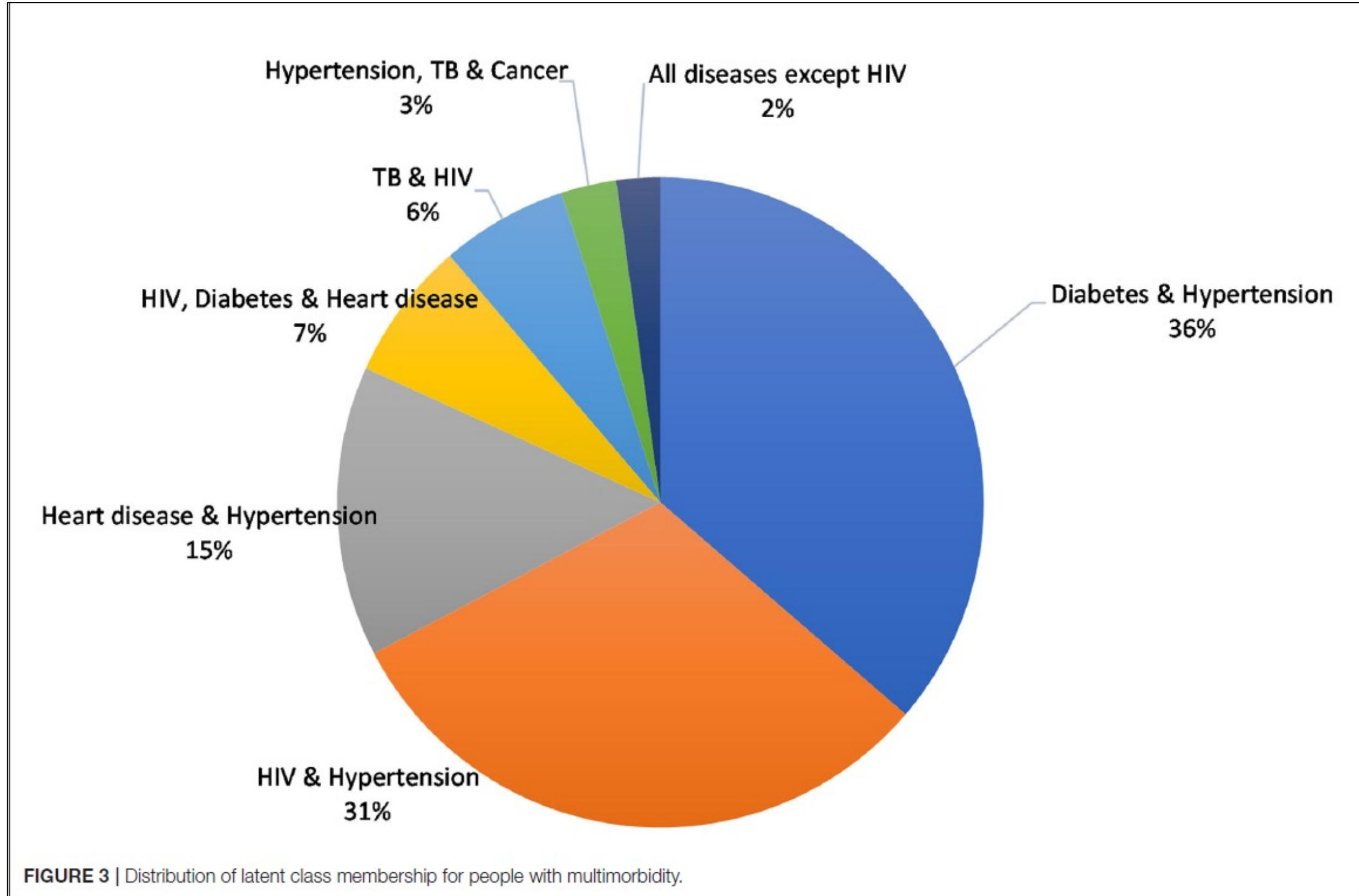
 Angela Y Chang¹, Francesc Xavier Gómez-Olivé², Collin Payne³, Julia K Rohr⁴, Jennifer Manne-Goehler⁵, Alisha N Wade², Ryan G Wagner², Livia Montana⁴, Stephen Tollman², Joshua A Salomon⁶

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- Individuals 40+
- 69.4 % of the respondents had at least two conditions
- Common conditions: Cardiometabolic, mental disorders, HIV, anemia

Multimorbidity Patterns in a National HIV Survey of South African Youth and Adults

[Rifqah Abeeda Roomaney](#)^{1,2,*}, [Brian van Wyk](#)², [Annibale Cois](#)^{1,3}, [Victoria Pillay-van Wyk](#)¹

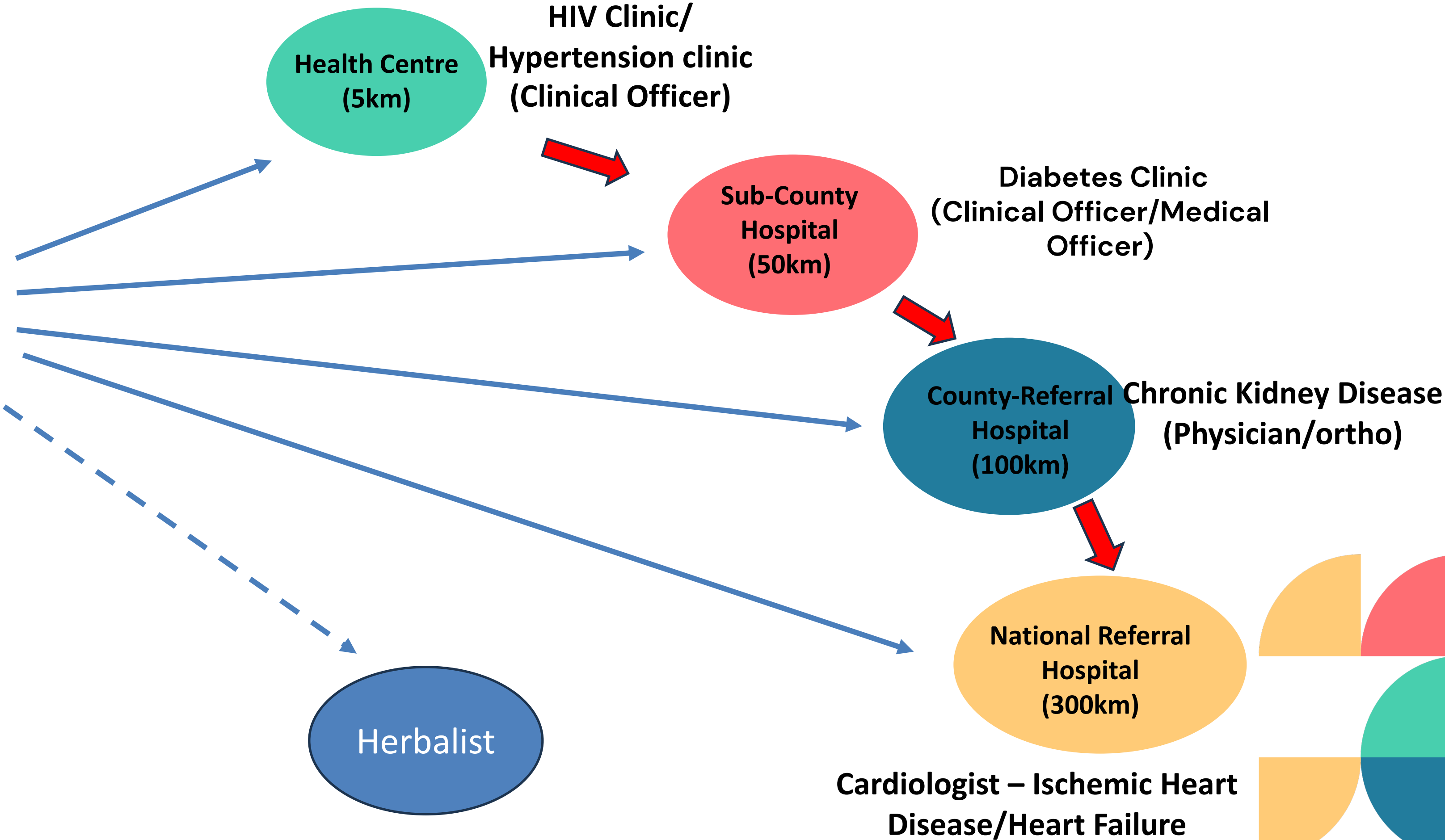


Multimorbidity 5.9%
Higher among females

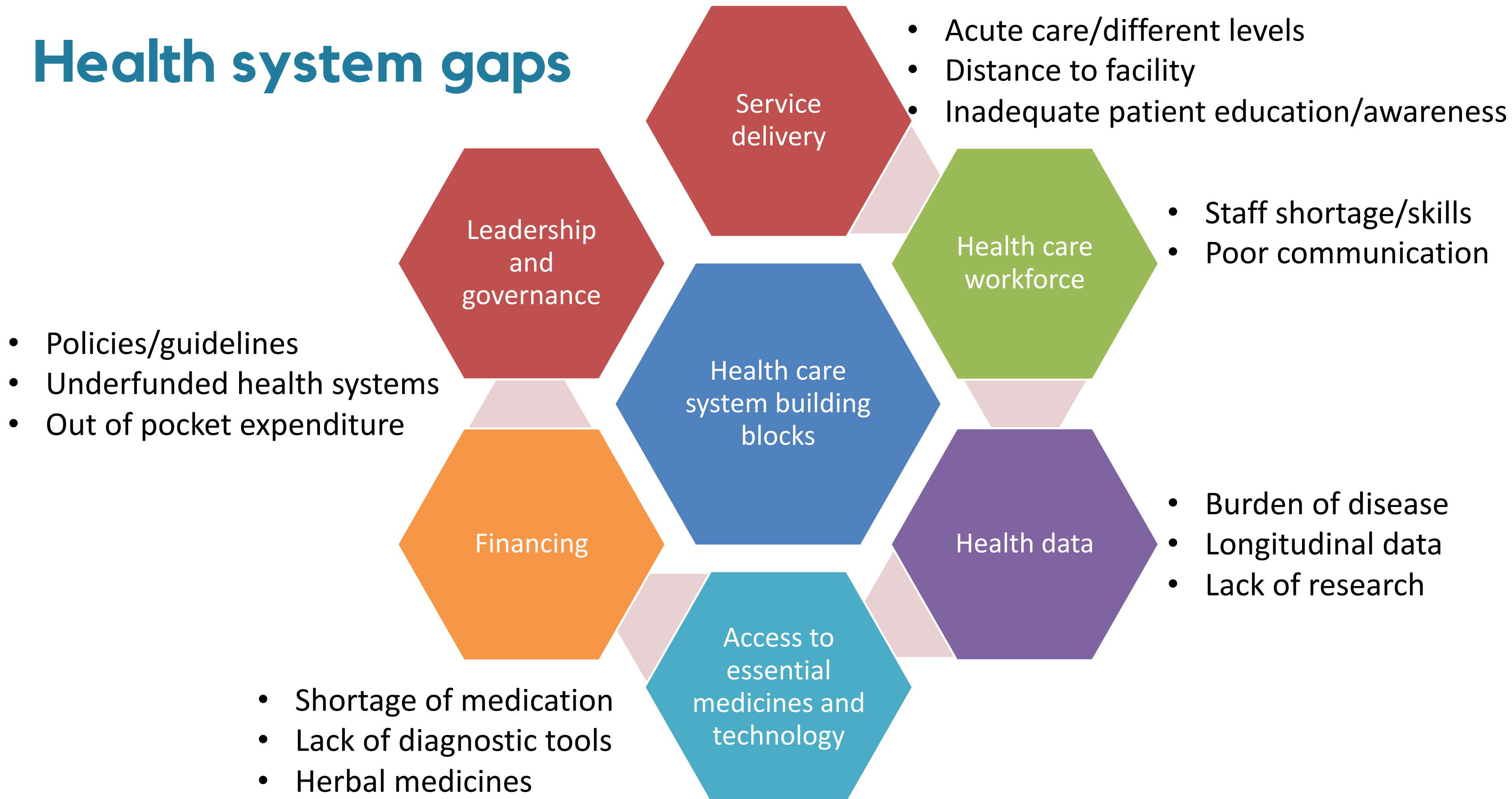
Patient journey



Amina
50 years



Health system gaps



Health Financing

- Underfunded health systems
 - Domestic government spending on health – 7.3% (Abuja declaration 15%)
- Low insurance coverage (20%)
- High out of pocket expenditure (OOP) – (15-20%)
- Majority of funds at tertiary care level
- Limited funding for prevention

OOP

WHO region	2021
Global	28.16
Africa	32.95
Americas	29.04
South-East Asia	36.35
Europe	26.07
Eastern Mediterranean	33.38
Western Pacific	16.46

Health Workforce

- Disparity
 - Africa: 24% disease burden, 3% health workforce
- Inadequate local training opportunities
- Redesign workforce – generalist vs. specialist
- Role of task-shifting/task-sharing while retaining quality

Data



Limited understanding of the burden, risk factors and effective interventions and treatments

Health research in Africa


- 15% world population
- 25% burden of disease
- 2% of health research output

Research

- Not a priority in national policy
- Over reliance on external funding hence loss of control
- Negative perceptions about research feasibility in Africa
- Commercial (dis)interest

Integrated care

▶ AIDS. Author manuscript; available in PMC: 2019 Oct 7.

Published in final edited form as: AIDS. 2018 Jul 1;32(Suppl 1):S33–S42. doi: [10.1097/QAD.0000000000001887](https://doi.org/10.1097/QAD.0000000000001887) 

Models of integration of HIV and noncommunicable disease care in sub-Saharan Africa: lessons learned and evidence gaps

[Benson Njuguna](#)^a, [Susan Vorkoper](#)^b, [Pragna Patel](#)^c, [Mike JA Reid](#)^d, [Rajesh Vedanthan](#)^e, [Colin Pfaff](#)^f, [Paul H Park](#)^g, [Lydia Fischer](#)^h, [Jeremiah Laktabai](#)ⁱ, [Sonak D Pastakia](#)^j

Challenges:

- What to integrate
- Underfunded health system
- Lack of guidelines
- Lack of data on outcomes and cost-effectiveness
- Sustainability

Question 2

- Do you think technology can help address the challenges patients with multiple conditions in Africa face?
(Yes/No/I don't know)



Innovative service delivery models



- Leverage on technology – mobile health, telemedicine, decision support, Artificial Intelligence
- Factors to consider
 - Health/technology literacy
 - Infrastructure
 - Language barriers,
 - Inequities
 - Sustainability

Focus on prevention programs – Individual and population-level



Address common lifestyle-related risk factors

- Smoking status
- High alcohol intake
- Decreased physical activity
- Poor diet quality

Address social determinants of health

Summary



- LMIC face unique multimorbidity patterns and health system challenges
- Need effective care models (research), policies and guidelines
 - Involve persons living with multiple conditions
- Strengthen capacity at primary health care level – task-sharing, diagnostics, access to medicines
- Increase prevention programs: Individual and policy level
- Improve patient education and self-management
- Advocacy to reduce financial burden (out of pocket expenditure)
- Opportunity to leverage on technology

The image features a light gray background with decorative geometric shapes in the corners. In the top-left, there is a yellow semi-circle above a dark blue semi-circle. In the top-right, there is a cluster of semi-circles: a yellow one above a red one, a dark blue one to the left, a green one below the red one, and a dark blue one to the right. In the bottom-left, there is a red semi-circle above a green one, a red semi-circle to the left of the green one, and a dark blue semi-circle below the green one. In the bottom-right, there is a green semi-circle above a dark blue one, and a red semi-circle to the right of the dark blue one.

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