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Purpose: To develop a culturally tailored guide for management of cardiovascular diseases (CVD) in Sub-Saharan Africa.

Project Description: Morbidity and mortality due to CVD are on the rise in Sub-Saharan Africa. More innovative, culturally appropriate methods are required to assist in early detection, management, and prevention of CVD. The Kenya *Heart and Sole* project team comprised of clinicians and students from the US and Kenya developed a tool to improve the prevention and management of CVD in Kenya (Kenya *Heart and Sole* Quick look guide for CVD evaluation). This pocket guide is based on the successful Preventive Cardiovascular Nurses Association (PCNA) Lipid Pocket Guide and is meant to be a quick reference tool for clinicians. The pocket guide contains; elements of clinical assessment, a schema for risk stratification, lifestyle change recommendations, effective patient-centered communication, and locally available pharmacologic treatments. The tool was piloted among clients who attended a cardiovascular screening in five community health centers in Central province of Kenya. The project design uses rapid cycle change methods for practice improvement (plan/do/study/act).

Evaluation and outcomes: Following implementation of the pilot in June 2010, the US/Kenyan team interviewed key stakeholders for feedback regarding the pilot tool; updated their literature search including international treatment guidelines; and solicited expert opinion. Based on this qualitative assessment, several themes were identified that need revision. 1) Treatment guidelines should reflect WHO guidelines as well as US guidelines; 2) layout of the tool may need to be slightly revised to be more user-friendly; 3) lifestyle change recommendations need additional cultural tailoring.

Implications for practice: Global risk assessment is important for both prevention and management of CVD; however, due to resource constraints costly laboratory tests are not feasible in Kenya. This tool is user friendly and culturally tailored, allowing clinicians at the point of service to quickly assess, risk-stratify, and appropriately manage individuals with CVD.

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