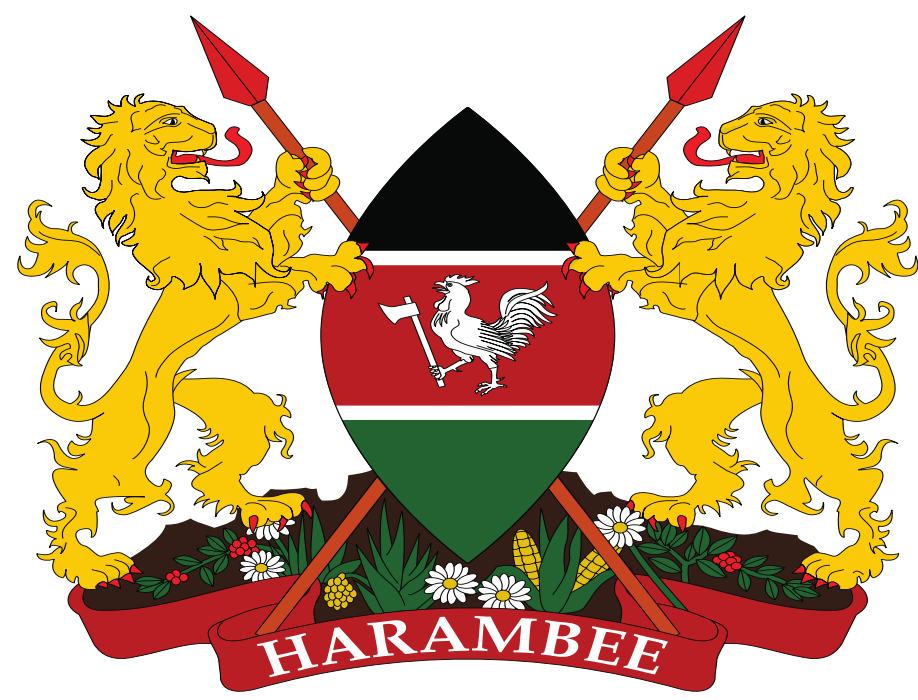


Integrating Hypertension and Diabetes Screening within Community ART Groups: Insights from Kirwara Sub County Hospital, Murangá County



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BACKGROUND / INTRODUCTION

The increasing prevalence of non-communicable diseases (NCDs), notably hypertension and diabetes, possess a new challenge for individuals living with HIV. In Kenya, where standalone HIV clinics predominantly focus on HIV management, screening for NCDs remains suboptimal. To address this gap, Kirwara Sub County Hospital initiated community Hypertension and Diabetes Mellitus screening within various Community ART Groups (CAGs) affiliated to the facility.

METHODS

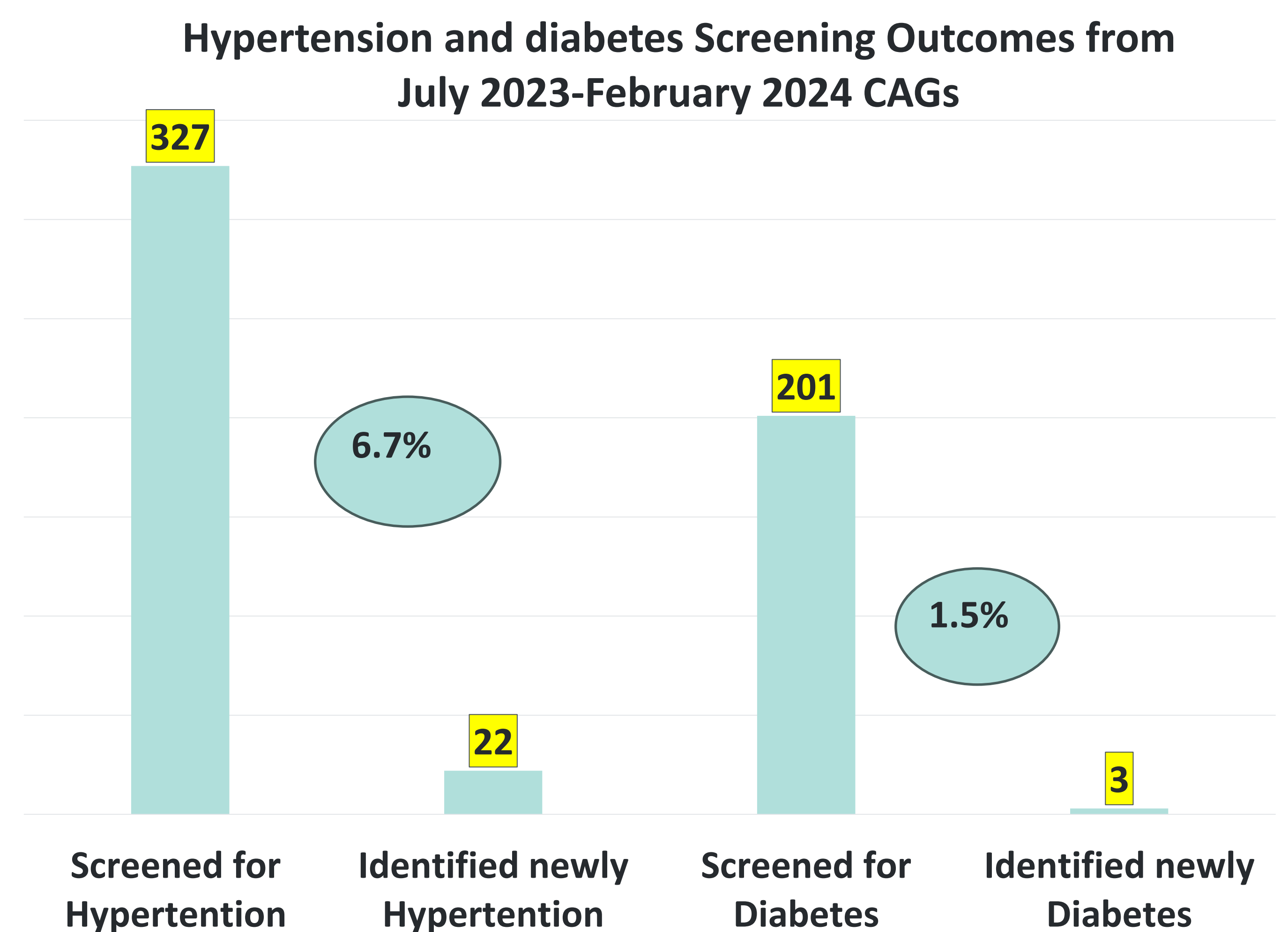
- Through routine data review, we noticed none of patients in the 13 peer led CAGs had been screened for Diabetes Mellitus and hypertension.
- We sensitized peers on how to take blood pressure, use glucometer and interpret results.
- Conducted structured health education to inform patients on importance of Diabetes Mellitus and hypertension screening.
- Provided Blood pressure machine, Glucometer and glucose strips for use during CAGs.
- Provided Standard operating procedures on Diabetes Mellitus and hypertension screening, identification and referral.
- Screening started in the July 2023 and is routinely done during clinical and refill visits.
- Documented screening outcomes in electronic medical records.
- Health care providers provided continuous mentorship and support to the peers during CAGs.
- Identified patients referred to the nearest health for further evaluation and management.
- We extracted Diabetes Mellitus and hypertension data from electronic medical records for analysis

Kirwara Sub County CAG Group



RESULTS

- Of 327 patients screened for hypertension, 22 (6.7%) were newly diagnosed with hypertension.
- Additionally, 3 (1.5%) of 201 patients screened for diabetes were identified as new diabetics.



IMPLEMENTATION CHALLENGES

- Some clients could not honour follow-up appointments for BP and blood sugar recheck to confirm diagnosis.

DISCUSSION

- Integration of Diabetes Mellitus and Hypertension screening in CAGs is feasible and may improve treatment and control of Diabetes Mellitus and Hypertension among HIV positive clients.
- Integration of Diabetes Mellitus and Hypertension screening within CAGs can improved Diabetes Mellitus and Hypertension case identification.

ACKNOWLEDGEMENT

This project has been supported by the U.S. President's Emergency Plan for AIDS Relief (PEPFAR) through US Centers for Disease Control and Prevention (CDC) through grant number GH002449. The findings and conclusions are those of the authors and do not necessarily represent the position of the funding agencies.