

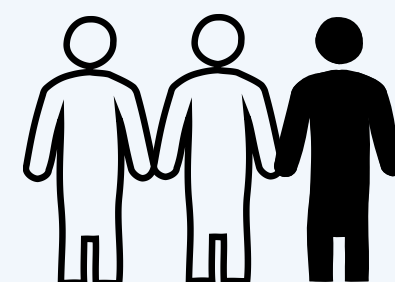
# Integrating HIV and hypertension care for enhanced health outcomes



**38 million** People are living with HIV  
**1.3 billion** People have high blood pressure

## Rationale for integration

- Improve access to services for advancing towards universal health coverage
- Contribute to sustaining the gains made in survival by the introduction of antiretroviral therapy
- WHO recommends integration of hypertension care with HIV services



## Key facts

### 01 Hypertension burden in people living with HIV

Increasing prevalence of hypertension risk factors and ageing of people living with HIV, antiretroviral treatment (ART) effects

### 02 Common concerns on risk factors

Behavioural and socioeconomic Factors: sedentary lifestyle, unhealthy diets, tobacco and alcohol use, combined with limited access to health care

### 03 Impact of comorbidity

High morbidity and mortality rates in people living with HIV with cardiometabolic diseases

## Benefits of programmatic integration

### ✓ Streamlined health care delivery:

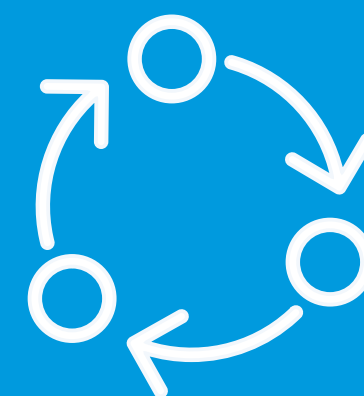
- Reduces the need for multiple clinic visits, saving time and costs for patients and health care systems

### ✓ Efficient resource utilization

- Shared health care resources (e.g. infrastructure, workforce, budgets) reduces costs
- Streamlined services prevent duplication

### ✓ Improved health outcomes

- Early detection and management of hypertension in people living with HIV
- Enhanced adherence to treatment regimens



## Strategies for effective integration

### ✓ HEARTS technical package<sup>\*</sup>

- Implement HEARTS framework for managing hypertension within HIV care settings.
- Standardize quality hypertension care with focus on blood pressure control.<sup>\*\*</sup>

### ✓ People centred care<sup>#</sup>

- DSD is an opportunity and upcoming evidence from countries is important to follow.
- Enhance people-centred care and leveraging HIV infrastructure.
- Added value of HIV peer supporters and community-based services.
- Opportunities of aligning with reduced frequency of clinical visits and ART refills.

### ✓ Governance and cross-sector collaboration

- Partner HIV and NCD departments at ministries of health for streamlined policies and resources.
- Strengthen monitoring systems and cross-departmental coordination.

### ✓ Priority hypertension indicators

- Establish indicators, emphasizing BP control, to monitor and improve outcomes.

### ✓ National hypertension treatment protocol

- Develop/adapt a protocol for consistent, evidence-based care within HIV settings.

### ✓ Use of automated or semi-automated blood pressure measuring devices validated for clinical use

### ✓ Integrate hypertension medications into ART provision services and supply chain for consistent access in HIV programmes

## A call to action

- Urgency: The integrated management of HIV and NCDs, with special focus on hypertension can reduce the risks of NCDs among people living with HIV and improve HIV treatment outcomes.
- Collaborative effort: Success depends on the combined efforts of policy-makers, health care providers, communities, national and international partners.
- Vision for the future: Integrated programmes will lead to healthier populations, resilient health systems and more cost savings.



Scan for more WHO  
resources

## References

<sup>\*</sup> HEARTS technical package for cardiovascular disease management in primary health care. Risk-based CVD management. Geneva: World Health Organization; 2020 (<https://apps.who.int/iris/bitstream/handle/10665/333221/9789240001367-eng.pdf>, accessed 29 November 2024).

<sup>\*\*</sup> Guideline for the pharmacological treatment of hypertension in adults, Geneva: World Health Organization; 2021 (<https://apps.who.int/iris/bitstream/handle/10665/344424/9789240033986eng.pdf>, accessed 25 April 2023).

<sup>#</sup> Consolidated guidelines on HIV prevention, testing, treatment, service delivery and monitoring: recommendations for a public health approach. Geneva: World Health Organization; 2021 (<https://www.who.int/publications/i/item/9789240031593>, accessed 29 November 2024).