

Contents

WHO CVD-Risk Management Package for low- and medium-resource settings	2
Introduction	3
Overview of the WHO CVD-Risk Management Package	3
Contents of the WHO CVD-Risk Management Package	5
Core module content	5
Scenario One	7
Protocols applicable for implementation of the package	7
Protocol for CVD-Risk Assessment and Management	9
Protocol for counselling on diet and physical activity	10
Protocol for counselling on cessation of tobacco use	11
Patient record card	12
Scenario Two	15
Protocols applicable for implementation of the package	15
Protocol for CVD-Risk Assessment	16
Protocol for CVD-Risk Management	19
Protocol for counselling on diet and physical activity	20
Protocol for counselling on cessation of tobacco use	21
Patient record card	22
Scenario Three	23
Protocols applicable for implementation of the package	23
Protocol for CVD-Risk Assessment	25
Protocol for CVD-Risk Management	26
Protocol for CVD-Risk Management in Diabetics	27
Protocol for counselling on diet and physical activity	28
Protocol for counselling on cessation of tobacco use	29
Patient record card	30
Evidence-based recommendations	31
Evidence-based recommendations on blood pressure goals	31
Evidence-based recommendations on choice of cost-effective drug therapy	31
Evidence-based recommendations on compelling indications for the use of specific antihypertensives	32
Recommendations on blood pressure measurement devices	33
Useful additional information	34
Table 1. Drugs: dosage and contraindications for use	34
Table 2. Hypertensive crises: emergencies and urgencies	35
Table 3. Secondary hypertension: causes and clinical features	36