



## NIHR CARisSA Project Online Training in Cardiovascular Disease Research Methods

The *Cardiovascular disease risk reduction in Sub-Saharan (CARisSA)* project funded by the National Institute for Health and Care Research (NIHR) *Right Programme* is a collaboration between the KEMRI-Wellcome Research Programme (Kenya), the MRC Unit The Gambia, and the London School of Hygiene & Tropical Medicine (LSHTM), UK. CARisSA will design and test a community-centred intervention to reduce the risk of cardiovascular disease in sub-Saharan Africa.

In collaboration with the Initiative to Develop African Research Leaders (IDeAL), the Pan African Society of Cardiology (PASCAR), Kenyan Cardiac Society, the Cardiac Society of The Gambia, and Science for Africa Foundation, the CARisSA project is delighted to launch our free online course:

### “Cardiovascular research in sub-Saharan Africa: epidemiology, health systems and clinical trials”.

The comprehensive eight-week-long weekly live sessions will cover the following topics:

- 1) Basic concepts and clinical recommendations in cardiovascular research
- 2) Fundamentals of epidemiology and biostatistics for hypertension research
- 3) Health Systems: An introduction to key concepts
- 4) Fundamentals of clinical trials

### Course Dates and Time Commitment

The first course will run for eight weeks from 28 October to 16 December 2026. Participants should expect:

- 3 contact hours every Wednesday every week,
- Up to 8 hours of self-directed learning per week.

### Eligibility and Selection Criteria:

Priority will be given to applicants who meet one or more of the following criteria:

1. A national of a Sub-Saharan African country who is working in a SSA country
2. Working in cardiovascular disease research within an organisation/institution/group that will benefit from the training
3. Working in cardiovascular disease (as a healthcare worker, or other non-research role)

### Application Process:

Applicants are required to complete the [application form](#) and submit the following supporting documents

### Within the application form:

- A brief statement (maximum 200 words) explaining why this course is relevant to your work





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To be emailed to [CARISSA\\_training@lshtm.ac.uk](mailto:CARISSA_training@lshtm.ac.uk):

- A one-page curriculum vitae (CV)
- A letter of support from your institution confirming:
  - Support for your participation in the course
  - Provision of protected time to attend the live sessions throughout the eight-week programme

**Please ensure the email address used to complete the application form is the same used to submit your supporting documents, as this will enable us to match your application successfully.**

### **Application Deadline**

The deadline for applications, including the supporting documentation, is **Monday, 07 September 2026**.

### **Certificate**

*A certificate of attendance will be awarded to participants who successfully complete the course requirements.*

### **Enquiries**

*For any questions regarding the programme or application process, please contact*  
[\*\*CARISSA\\_training@lshtm.ac.uk\*\*](mailto:CARISSA_training@lshtm.ac.uk)