



## News | May 2023

The IHCOR-Africa newsletter will be produced thrice a year with the aim of informing members, partners and collaborators about activities, events and progress on the project. It will also be used to disseminate findings and new developments in the field of hypertension in rural Africa.

### What is IHCOR-Africa?

The *Improving Hypertension Control in Rural Sub-Saharan Africa (IHCOR-Africa) National Institute for Health and Care Research (NIHR) Group* is a collaboration between the KEMRI-Wellcome Trust Research Programme ([KWTRP](#)) in Kenya, the Medical Research Council Unit at The Gambia ([MRCG](#)), and the London School of Hygiene & Tropical Medicine ([LSHTM](#)) in the UK, that aims to strengthen research and improve hypertension management in sub-Saharan Africa.

Its objectives are:

- Understand the experiences, needs, and practices at the individual, organisational and system levels to detect, treat and control hypertension;
- Determine the optimal diagnostic and risk stratification approaches for people with hypertension; and,
- Develop and evaluate the feasibility of a community-centred programme to improve the management of hypertension.

The group is led by two co-principal investigators Pablo Perel (LSHTM) and Anthony Etyang (KWTRP) shown below from right to left.



### Training

#### IHCOR-Africa Online Training

IHCOR-Africa group will be offering a portfolio of training in collaboration with the Initiative to Develop African Research Leaders ([IDeAL](#)), the Pan African Society of Cardiology ([PASCAR](#)), the Kenyan Cardiac Society ([KCS](#)), and Science for Africa Foundation ([SFA Foundation](#)). As part of this portfolio of training, the team has offered the first of these courses entitled, “*Introduction to hypertension research*”.

The course that ran from 15 March to 5 April covered the following topics:

- Setting the scene of hypertension in sub-Saharan Africa
- An introduction to the epidemiology of hypertension
- An introduction to health systems factors in hypertension management
- An introduction to clinical trials for hypertension research

The course brought together 60 participants from the following 15 countries in Sub-Saharan - Cameroon, Gambia, Ghana, Kenya, Malawi, Mauritius, Mozambique, Nigeria, Senegal, Sierra Leone, South Africa, Tanzania Uganda, Zambia, and Zimbabwe.

The next course, running in June, will cover the basics of study design for hypertension research, bias, and confounding interpreting data and critically appraising literature.

### IHCoR-Africa Ideas Club



The IHCoR-Africa Ideas Club is held every second Friday of the month.

The topics discussed so far are:

- Do we really need to measure Blood Pressure?
- What are the implications of advancements in AI for public health research?
- HIV and cardiovascular disease

More thought-provoking topics to follow.

## IHCoR-Africa Community Engagement



Visit by IHCoR-Africa team to Matsangoni Health Center in Kilifi County, Kenya



Visit to Community Health Center in Matsangoni, Kilifi, Kenya by the IHCOR-Africa team

## IHCOR-Africa Activities



Participants at the IHCOR-Africa Launch Meeting in Kilifi, Kenya from 7-9 November 2022



Visit to MRC Gambia by members of Work Package Two

## Research Leadership and Grant Writing Workshop



IHCoR-Africa organized a training workshop on research leadership and grant writing for early career researchers who are working on hypertension and related chronic diseases in Sub-Saharan Africa. The workshop, held in The Gambia, provided experience and skills required for professional and personal career development in health research.

Participants included post-doctoral fellows, mid-level clinical researchers and PhD students from 12 countries – Cameroon, DRC, Ethiopia, Gambia, Ghana, Kenya, Malawi, Nigeria, Senegal, Tanzania, Uganda, and UK. 11 male, 7 female.



For more information on the course kindly contact the Research Training and Career Development Department, MRCG at LSHTM ([Training@mrc.gm](mailto:Training@mrc.gm)).

## Upcoming Activities

### The IHCoR-Africa Kilifi Dialogues



The meeting will be held on the 10<sup>th</sup> and 11<sup>th</sup> July 2023 in Kilifi, Kenya. It will bring together leading researchers and research groups from different disciplines, including epidemiology, clinical trials, and health system research, to collaborate and share knowledge on hypertension research in sub-Saharan Africa.

The meeting aims to identify innovative strategies and best practices, highlight gaps in current knowledge and research, and explore potential collaborations and partnerships to improve hypertension prevention, diagnosis, and treatment in the region.

## CONTACT

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