WHO/PAHO CV Risk Calculator

A free mobile and web application by WHO/PAHO to estimate the 10-year risk of cardiovascular diseases using WHO 2019 risk charts and HEARTS protocols.

https://www.paho.org

Overview

The WHO/PAHO CV Risk Calculator, also known as the HEARTS app, is a free public health tool developed by the Pan American Health Organization (PAHO) and the World Health Organization (WHO) to estimate an individual's 10-year risk of experiencing a major cardiovascular event, such as a myocardial infarction, stroke, or cardiovascular death.

Product Overview and Key Benefits This application transforms the traditional, printed WHO 2019 cardiovascular disease risk charts into an electronic, user-friendly format for use on computers and smartphones. It is designed for two primary audiences: healthcare workers, especially those in primary care, to quickly assess patient risk and guide treatment discussions; and the general public, to raise awareness and motivate them to seek medical advice if their risk is high.

Main Features and Capabilities

10-year Cardiovascular Risk Estimation: Calculates the risk based on key factors like age, sex, smoking status, blood pressure, and cholesterol level (optional).
HEARTS Clinical Pathway: Includes treatment recommendations and protocols based on the HEARTS in the Americas Initiative, often with country-specific clinical pathways.
Risk Modification Modeling: Allows users and providers to see how modifying factors like smoking or blood pressure could change the estimated risk.
Body Mass Index (BMI) Calculation: A separate module to calculate BMI based on height and weight.
Glomerular Filtration Rate (GFR) Estimation: An updated module to assess kidney function using creatinine, age, gender, and African descent status.
Medication Reminder: Functionality to register medication and set alarms to improve treatment adherence.

Target Users and Use Cases Target users include physicians, nurses, and other technical personnel in primary care settings (Use Case: **Cardiovascular Risk Assessment in Primary Care**). It is also intended for individuals concerned about their health (Use Case: **Patient Education and Motivation**). The app is a complementary tool and explicitly states it is not a replacement for medical consultation or clinical judgment.

Key Features

- 10-year Cardiovascular Risk Estimation (WHO 2019 charts)

- HEARTS Clinical Pathway Protocols

- Body Mass Index (BMI) Calculation

- Glomerular Filtration Rate (GFR) Estimation

- Medication Reminder Functionality

- Regional and Country-Specific Risk Adjustment

Pricing

Model: free

Free to download and use on all supported platforms (web, iOS, Android, desktop).