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Shaping and managing
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Addressing Cardiovascular Diseases in Romania: An Analysis to Develop Strategies for Healthcare Workforce in Cardiology

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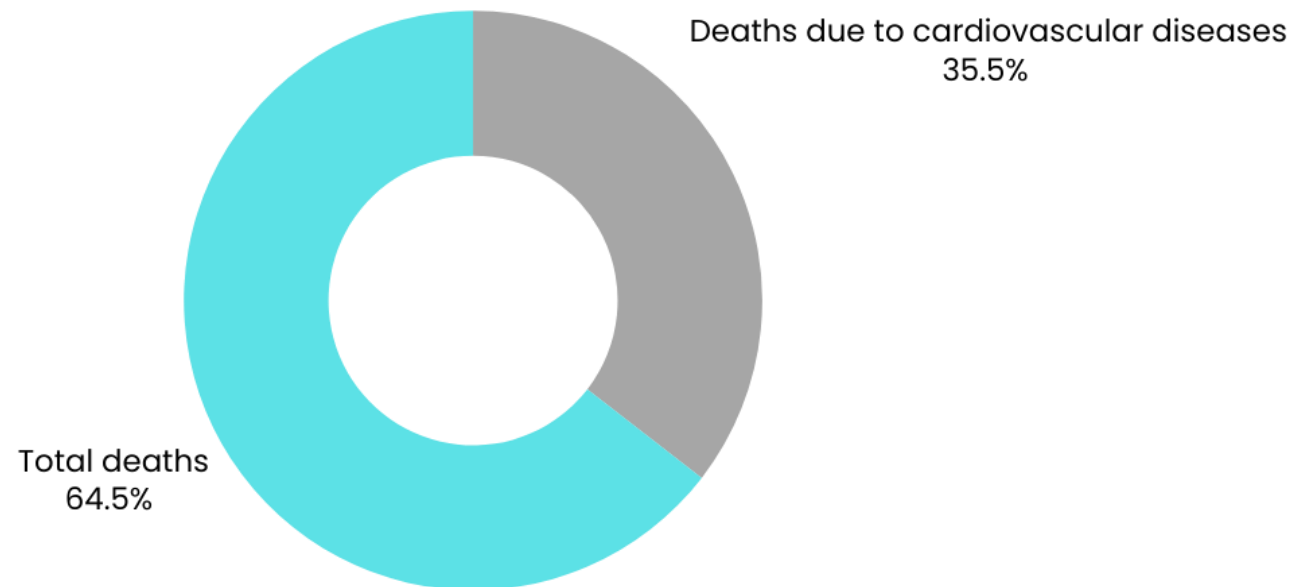
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Context

Cardiovascular diseases are one of the main causes of death in Romania.

The identified risk factors are:

- Hypertension and high cholesterol
- Lack of physical activity
- Obesity
- Smoking



(Romania: Country Health Profile 2023, 2023)

Objectives

1. To enhance the distribution and availability of cardiologists nationwide;
2. To explore the needs for prevention and objectives for lowering cardiovascular diseases from 2023 to 2030, compared to the European benchmarks;
3. To emphasize the need for specialized healthcare professionals, increased allocation of funds for non-communicable diseases and development of awareness and early detection campaigns.

Methodology

A secondary data analysis was conducted to explore the problem of cardiovascular diseases in Romania.

Data resources:

Activity of Health Care Units in Romania

- Number of cardiologists, 2015–2019

European Society of Cardiology

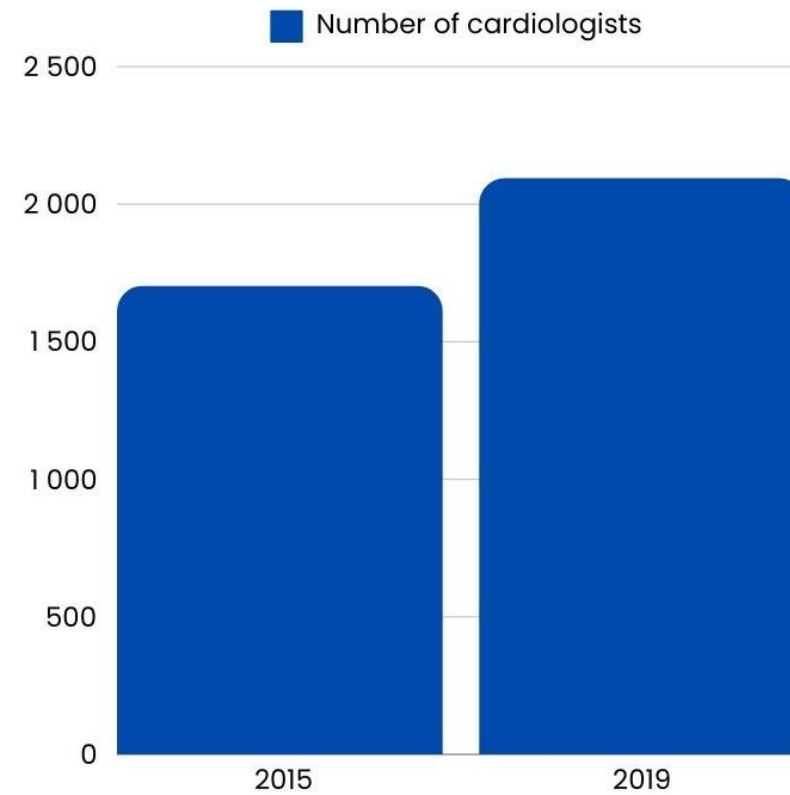
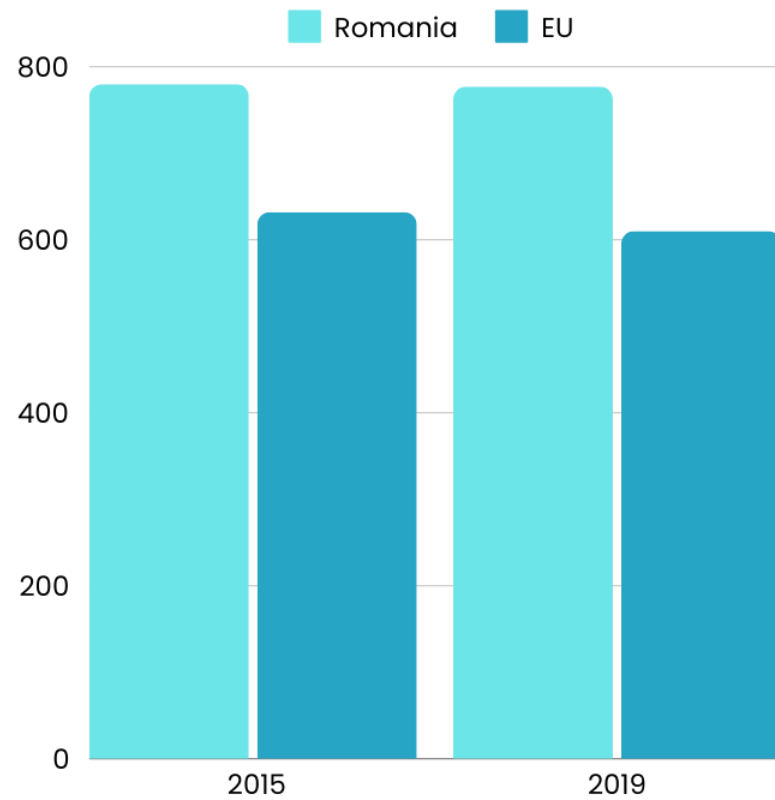
- Incidence rates for males and females, 2015–2019

National Strategy for Combating Cardiovascular and Cardiocerebral Diseases

- Prevention needs and objectives, 2023–2030

Results

Incidence Rate of Cardiovascular Diseases and Number of Cardiologists (2015 vs. 2019)



(European Society of Cardiology, 2019)

Results

Some of the specific objectives of The National Strategy for Combating Cardiovascular and Cardiocerebral Diseases:

- “Establishment of the national register of patients at high cardiovascular and cerebrovascular risk”;
- “Improve case management of patients with cardiovascular and cerebrovascular disease”;
- “Strengthen specialist human resources to ensure national need for treatment of diseases cardiovascular disease”.

(Ministry of Health, 2023)

Discussion

To improve the health of the population and lower the incidence rate of cardiovascular diseases, it is crucial to ensure an equitable distribution of healthcare professionals in the regions of Romania to guarantee equal access to prevention and treatment.

Unlike university hospitals, county and city hospitals have a shortage of cardiologists, due to migration or to private systems. The causes for low activity in the field of interventional cardiology are:

- the insufficient number of centers;
- uneven distribution of centers at the national level;
- inadequate funding.

Required Future Actions

- I. To increase the allocation of funds for non-communicable diseases;
- II. To develop awareness and early detection campaigns for primary and secondary prevention, especially in small cities;
- III. To ensure an equitable distribution of healthcare professionals in the regions of Romania to guarantee equal access to prevention and treatment.

References

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Thank you!

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