

Title:**Hearts in Our Hands: Outcomes of a Community Pharmacy-Led Multidisciplinary Cardiovascular Outreach Initiative in Lagos, Nigeria****Authors' names and affiliations:**

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Background

Cardiovascular diseases (CVD) are a leading cause of preventable deaths in Nigeria, accounting for approximately 29% of all annual deaths. Early detection and rapid linkage to care are vital for managing CVD and could significantly prevent catastrophic cardiac events while enhancing overall quality of life and long-term health outcomes. In partnership with a multidisciplinary team comprising a cardiologist, a medical laboratory scientist, a general medical practitioner, a nutritionist, a psychologist, and an implementation scientist, pharmacists at Victory Drugs developed a CVD outreach model to promote community-based CVD risk screening, expert rapid review, and linkage to care. This is a narrative study to describe the outcomes of implementing the model in Festac Town.

Aim

This study describes the outcomes of implementing the pharmacy-led multidisciplinary team CVD model in Festac Town, Lagos.

Method

The outreach program was held at a local event center in Festac Town on October 1, 2025, to mark World Heart Day. Community mobilization was done through various social media platforms and local flyer distribution. CVD risk screening included point-of-care testing (POCT) and screening for high blood pressure, diabetes, hypercholesterolemia, and obesity. Participants with significant risk factors received rapid, personalized professional advice from specialists on the team – cardiologists, general medical practitioners and a psychologist. Referrals were made for those requiring additional expert management. Outcome measures include the frequency of CVD risk factors and the proportion of participants requiring linkage to care for risk-factor management.

Results

A total of 151 individuals attended the outreach. The majority were females (70.9%), and 40.4% were aged 60 and above. More than half of the participants (56.3%) had high blood pressure ($>140/90$ mmHg), 76.1% reported high or borderline cholesterol levels (≥ 5.2 mmol/L), and 69.2% were either overweight or obese. Blood glucose results showed that 20% had hyperglycaemia (>7 mmol/L), while the total number of participants with CVD-risks requiring experts' care was 116, representing 76.8%.

Conclusion

This study shows that a pharmacy-led community-based multidisciplinary team can promote early detection and management of cardiovascular disease risk factors in the community.

Keywords: Community pharmacy; multidisciplinary care model; cardiovascular diseases in Nigeria; Community outreach;