



# WEBINAR

28<sup>th</sup> May, 2026 from 14.00-15.30 (CET); 12.00-13.30 (GMT)

## Transforming Care for Patients with Multiple Long-Term Chronic Conditions in Africa: Challenges, Innovations & Opportunities

### OVERVIEW

Multiple long-term chronic conditions - especially the dangerous intersection of cardiometabolic diseases and common mental health disorders - are rising at an alarming pace across sub-Saharan Africa. The result is a rapidly escalating burden on patients, families, communities, and already-stretched health systems. Traditional, single-disease care models can no longer keep up. They leave too many people undiagnosed, unsupported, and without access to the integrated, person-centred care they urgently need.

This webinar, hosted by the **M-CARE Consortium** in collaboration with **Amsterdam Public Health – Global Health**, brings together leading experts to confront this challenge head-on. Together, we will explore practical, scalable solutions to strengthen primary care for people living with multiple chronic conditions across Africa. We will unpack the true scale of the problem, examine why whole-person primary care is essential, and highlight how evidence-based tools such as **WHO PEN** and **mhGAP** can transform frontline services.

The session will also spotlight real-world insights from the European Commission-funded **M-CARE Project** (<https://www.mcareproject.org>), currently evaluating integrated care strategies in **Ghana, Kenya, and Uganda**. Expect rich insights, actionable strategies, and a forward-looking discussion on how to improve care for millions across the region.

The event will be chaired by **Prof. Charles Agyemang** (Amsterdam UMC, University of Amsterdam) and will feature presentations from eminent speakers, followed by an interactive Q&A and panel discussion.

### PROGRAMME

14.00-14.05: **Welcome and scene setting** - Prof. Charles Agyemang (Amsterdam UMC, The Netherlands & PI of M-CARE ).

14.05-14.20: **Confronting the Rising Burden of Multiple Chronic Conditions in Sub Saharan Africa: Insights from the WHO-AFRO** - Prof. Kofi Nyarko (Team Lead for NCDs/ Mental Health and Injuries, WHO-AFRO)

14.20-14.35: **The Dutch Approach to Integrated Chronic Care: What Other Systems Can Learn** - Dr Monika Hollander, (Amsterdam UMC, The Netherlands)

14.35-15.05: **M-CARE - A model of integrated, patient-centered care for patients with multiple long-term chronic conditions in sub-Saharan African countries** - Prof Alfred Doku (University of Ghana Medical School )

15.05-15.25: **Panel discussion** with speakers & Prof. Ama de-Graft Aikins (LSE), Dr Gershim Asiki (APHRC, Nairobi, Kenya), Dr. Bernard Omech (Lira University, Uganda) & Mr Labram Musah (NCD Alliance, Accra, Ghana) - Facilitated by (Dr Wouter Munneke, Amsterdam UMC, The Netherlands)

15.25-15.30: **Closing remarks** - Prof. Marie Norredam (University of Copenhagen, Denmark)

### SPEAKERS



**Prof. Charles Agyemang**

Chair & Project Lead, Univ. of Amsterdam



**Prof. Kofi Nyarko**

NCDs Lead, WHO, African Region



**Dr. Monika Hollander**

Assist. Prof., Amsterdam UMC



**Prof. Alfred Doku**

Ghana Lead, University of Ghana



**Prof. Marie Norredam**

WP 5 Lead, Univ. of Copenhagen



**Prof. Ama de-Graft Aikins**

WP 2 Lead, LSE



**Dr. Wouter Munneke**

Project Coordinator, Univ. of Amsterdam



**Dr. Gershim Asiki**

Kenya Lead, APHRC, Kenya



**Mr. Labram Musah**

Nat. Coordinator, Ghana NCD Alliance



**Prof. Bernard Omech**

Uganda Lead, Lira University, Uganda

**Registration:** [Webinar MLTC registration form](#) Deadline for registration: 25th May, 2026

**Webinar link:** <https://eu01web.zoom.us/j/61172360132?pwd=YbHRk3dSylrwlakK3JcRCRAAlAJBtod.1>

### DETAILS

[mcareproject.com/webinar](https://mcareproject.com/webinar)

