



Kareemah Eissa Alraesi

Emirates Health Services
UAE

Risk prediction of Cardio Renal Metabolic (CRM) disease in the primary care setting

Abstract:

Background: Cardio Renal Metabolic (CRM) disease encompasses a spectrum of interconnected conditions including cardiovascular disease, chronic kidney disease, and metabolic disorders such as diabetes. These conditions share common risk factors and pathophysiological mechanisms, leading to significant morbidity and mortality worldwide. Primary care providers are at the forefront of managing these diseases, offering a unique opportunity for early risk identification and intervention.

Objective: This presentation aims to underscore the importance of risk prediction for CRM disease in the primary care setting. By identifying patients at high risk for CRM diseases, primary care practitioners can implement proactive management strategies that may prevent or delay the onset of these conditions, thereby improving patient outcomes and reducing healthcare costs.

Significance: Early identification of individuals at risk for CRM diseases enables timely and targeted interventions, which are crucial for preventing disease progression and complications. Risk prediction models utilize a comprehensive array of patient data— including demographic, clinical, and lifestyle factors—to stratify risk and guide clinical decision-making. These models empower primary care providers to deliver personalized care and adopt a more preventive approach to managing CRM diseases.

Conclusion: Integrating risk prediction tools into primary care practice is essential for enhancing the early detection and management of CRM diseases. This proactive approach not only aligns with preventive healthcare principles but also supports the delivery of personalized and effective patient care. Continuous professional development and the adoption of evidence-based risk prediction models will enable primary care providers to better address the complex needs of patients with, or at risk for, CRM diseases.

Biography

Alraeesi, a Family Medicine Consultant and Director of Primary Health Care, holds a PhD in Family Medicine. She pioneered the development of knowledge management via the Maharati platform. Her innovative approach enhanced e-clinic services through the initiation of the virtual digital care center, interested in empowering physicians in decision-making and upskilling through ambulatory care and GP capacity building. With a passionate dedication to managing non-communicable diseases, she continuously seeks initiatives to advance research accessibility and promotion.