

# HEALTHY AGEING MANIFESTO

## HEART VALVE DISEASE IN SCOTLAND

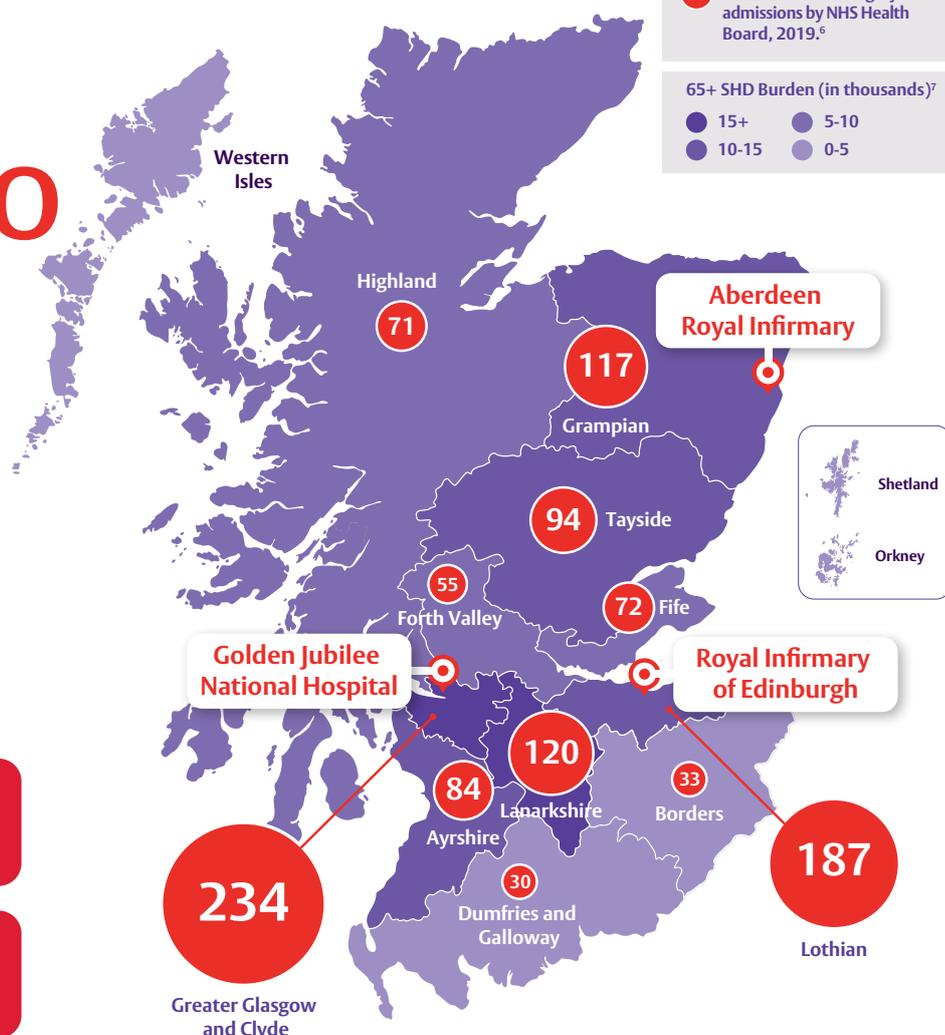
Scotland is facing an ageing population challenge. Increasingly widespread, debilitating age-related conditions such as heart valve disease demand urgent action to ensure Scots have access to appropriate and timely care and treatment that enables healthy ageing.

The total population of over 65s in 2018/19 was 1,034,066,<sup>1</sup> and is projected to increase by 29% by 2030<sup>2</sup>

The prevalence of heart valve diseases increases with age and affects approx. 13% of over 65s<sup>3</sup>

An estimated 134,428 Scots age 65+ had clinically significant heart valve disease in 2018/19<sup>4</sup>

There were only 1,117 valve surgeries performed in Scotland in 2018/19, treating less than 1% of heart valve disease patients age 65+<sup>5</sup>



Heart valve disease acts as a **major impediment to healthy and active ageing, limiting healthy life years and increasing premature mortality**; as Scotland's population ages, without effective treatment such debilitating conditions will only make a greater impact on society.

Scotland's demographic shift requires a proportionate change in health policy and health systems. All parties are therefore called to commit to structuring resources and healthcare planning to meet the needs of Scotland's ageing population and to **tackle the growing heart valve disease challenge in Scotland's elderly population.**

## CALL TO ACTION ON HEART VALVE DISEASE

- Retain, retrain and recruit healthcare professionals in Scotland's cardiac services to meet the healthcare needs of Scotland's ageing population
- Encourage the development of a national heart valve disease management pathway and improve the timely detection of cardiac defects through the routinisation of stethoscope checks
- Level up Scottish elderly patient outcomes with the rest of the UK by improving access to medical technology to proactively and curatively treat heart valve disease
- Support the introduction of clinical targets in heart valve disease care to drive clinical improvements and the allocation of appropriate resources

<sup>1</sup> National Records Scotland (2018). Projected Population by Sex and Single Year of Age, Principle Projection, Scotland 2018-43.

<sup>2</sup> Figures extrapolated from National Records Scotland (2018).

<sup>3</sup> Figure extrapolated based upon the burden of SHD provided in the OxVALVE Population Cohort Study, J. D'Arcy et al. (2016).

<sup>4</sup> National Records Scotland (2020). Health Board (2019) Population Estimates.

<sup>5</sup> Figures extrapolated from D'Arcy et al. (2016). OxVALVE Population Cohort Study.

<sup>6</sup> Public Health Scotland (2020). Scottish Heart Disease Statistics. Table OC1 - Operations.

<sup>7</sup> National Records Scotland (2020). Health Board (2019) Population Estimates.