



AC045

Adult Cardiology & Clinical Cardiovascular Medicine • Poster Presentation

NATIONAL RESEARCH PRIORITIES, BARRIERS AND FUTURE DIRECTIONS FOR LIPIDOLOGY AND PREVENTIVE CARDIOLOGY IN NIGERIA: A DELPHI SURVEY.

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Background: Despite the rising public health significance of lipid disorders, research priorities for lipidology and preventive cardiology in Nigeria remain poorly defined. This study aimed to identify national research priorities, barriers, and future directions for lipidology and preventive cardiology research in Nigeria through a Delphi-based expert survey.

Methodology: A national cross-sectional Delphi survey was conducted between August 2025 and March 2026 among clinicians and researchers actively involved in lipidology and preventive cardiology research in Nigeria. Eligible participants were recruited through professional networks, specialist societies, and published research databases. Data were analyzed using descriptive statistics and presented as frequencies and percentages.

Results: A total of 143 experts participated. Cardiovascular medicine (86.7%) and lipid metabolism research (79.7%) were identified as the principal domains of lipidology. Dietary patterns (35.0%) and genetics (34.3%) emerged as the most frequently cited priority research areas. Major barriers included poor public awareness (68.5%), limited access to affordable lipid-lowering therapies (65.7%), inadequate diagnostic capacity (57.3%) and low participation in lipid research (56.6%). Urban populations (76.2%) and individuals living with diabetes mellitus (74.8%) were identified as priority groups for preventive cardiology interventions. Mobile health applications, artificial intelligence-driven risk prediction, genomic sequencing, and telemedicine were identified as promising future research directions.

Conclusion: Nigerian experts identified critical gaps spanning dietary, genetic, health-system, and population-level determinants of dyslipidemia and cardiovascular disease. Addressing these gaps will be essential to strengthening cardiovascular prevention. These findings provide a strategic framework for researchers, policymakers, funding agencies, and professional societies seeking to advance lipidology in Nigeria.

Keywords: Dyslipidemia; Lipidology; Preventive Cardiology; Research Priorities; Delphi Survey.