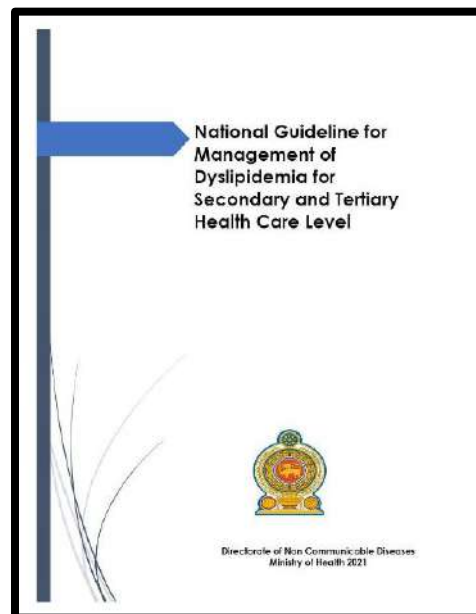
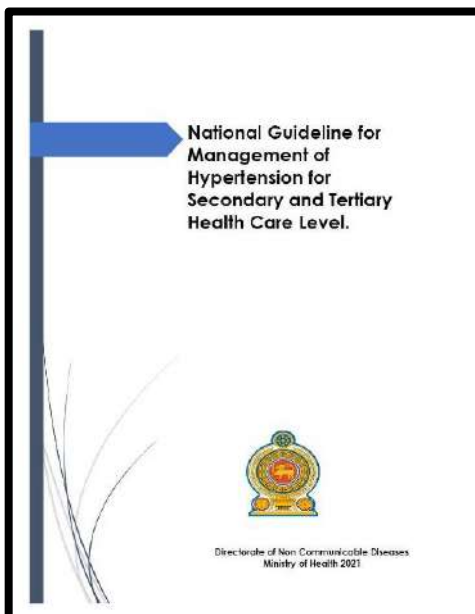
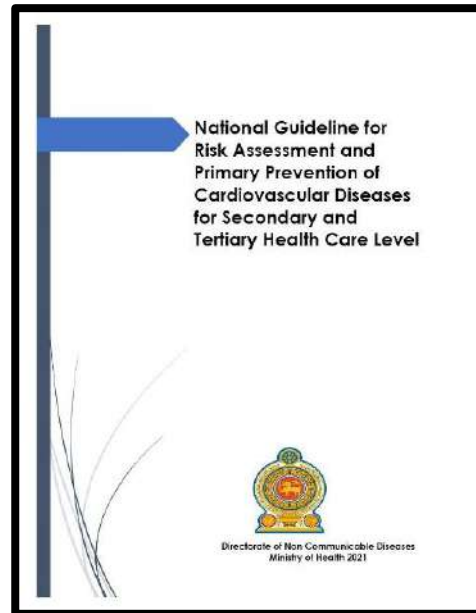
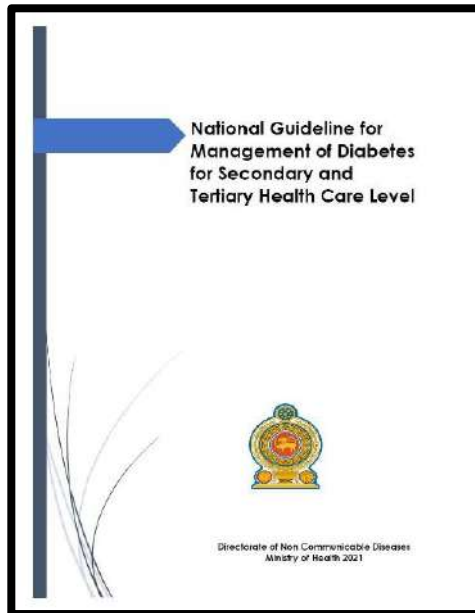


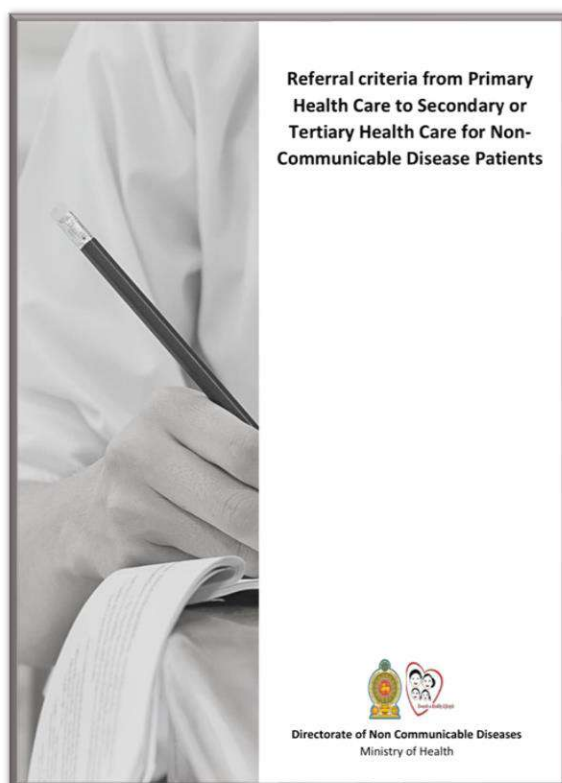
National Guidelines on clinical management of Diabetes, Hypertension, Dyslipidemia, Cardiovascular Diseases for Secondary/Tertiary Healthcare providers.

National Guidelines on clinical management of Diabetes, Hypertension, Dyslipidemia, Cardiovascular Diseases for Secondary/Tertiary healthcare Providers were developed by the College of Consultant Physicians which was finalized after taking consensus from the relevant professional colleges and reviewed by the Directorate of NCD.



Referral criteria from Primary Healthcare to Secondary or Tertiary Healthcare for NCD Patients.

The main objective of developing a referral criterion was to ensure provision of quality care for NCD patients at secondary and tertiary healthcare institution by reducing patient crowd. Based on National Guidelines developed by the Directorate of NCD and technical Working Group for NCD, referral criteria were formulated



Revision of the Essential NCD drug list

Considering the unavailability of some drugs of the updated National management guidelines for primary health care providers, a revised essential NCD drug list has been prepared by the technical working group for NCD. Essential drug list was finalized with the approval of DDG MSD, D/MSD and secretary to State Ministry of Pharmaceutical, Production and Supply. Ensuring the availability of essential NCD drugs at primary healthcare institutions was identified as a timely intervention to strengthen primary healthcare system.

Essential Investigations for Primary Healthcare Institutions.

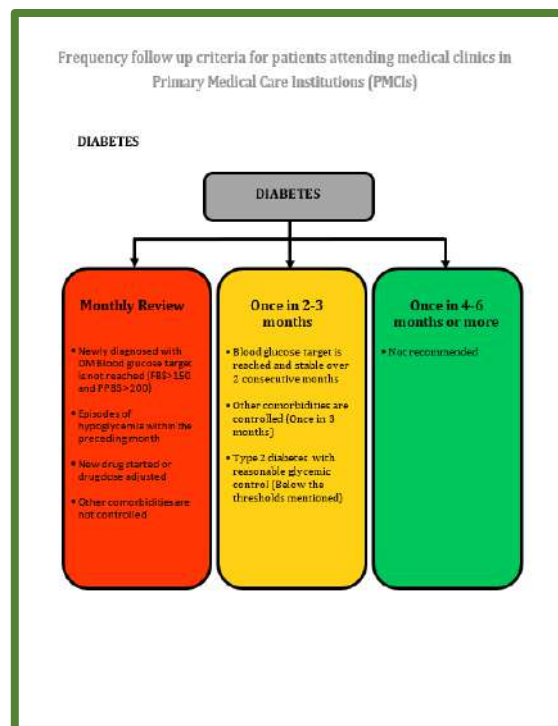
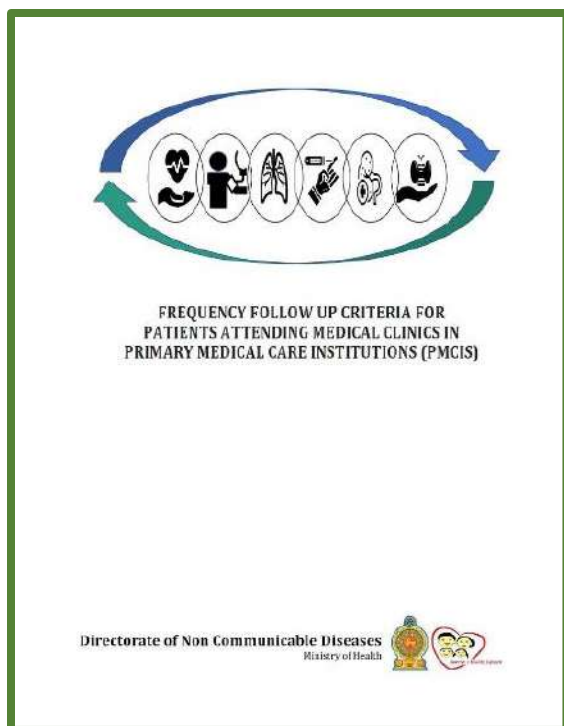
Considering the unavailability of some investigations at primary health care institutions, The Directorate of NCD developed the list of essential investigations for primary health care institutions after having several discussions with the Technical Working Group. Essential investigation list was finalized after obtaining consensus from the Deputy Director General Laboratory services, provincial and district health directors.

Medical Clinic Registers

Medical clinic registers were identified as one of the main sources of gaining NCD related national data for surveillance. Unavailability of medical registers have created a huge gap in NCD burden surveillance of the country. Considering the imposed issue on surveillance, Directorate of NCD developed Medical Clinic registers for registration and follow up of NCD patients. Development process took several steps including different stakeholders. Initially registers were developed by the planning unit of the Directorate of NCD. After conducting several consultative meetings with regional CCPs, Regional Directors of Health Services and Provincial Directors of Health Services, Medical registers were finalized. Newly developed Registers were piloted among few districts.

Guideline on Frequency Follow up for Medical Clinics at Primary Healthcare Institutions.

During the COVID 19 epidemic, the routine NCD services including provision of medication, patient monitoring and investigation provided at government health institutions were affected and accessibility was reduced due to restriction of movements. Alternative methods were adopted to ensure continuity and quality of care for those with diagnosed disease conditions. Development of the guideline for frequency follow up for medical clinics at primary health care institutions was one of the alternative methods introduced by the Technical Working Group and approval was taken from the DGHS.



Development of the Screening Guideline for NCDs

The Directorate of Non-Communicable Diseases (NCD), the national focal point for the prevention and control of Non-Communicable Diseases in the Ministry of Health, conducts activities as per the National policy and the strategic frame work (2009). Early detection of NCDs and their main modifiable risk factors among people 35 years and above is one such strategy adopted since the year 2011, through the Healthy Lifestyle centers (HLC), which are established mostly at primary care level hospitals. The clients detected with major NCDs are referred to the medical clinic of the same hospital or specialist care according to the necessity and not reviewed again at HLCs. The NCD Directorate is in the process of establishing HLCs at secondary and tertiary level hospitals. Patients who are diagnosed with one or more NCDs and being followed up at a medical clinic, should also be screened for other NCDs (co-morbidities) by offering a screening package during their follow up care at medical/specialist clinic annually. Considering the importance of screening for NCDs, The Directorate of NCD has developed the Annual Screening Guideline for NCDs after obtaining consensus and suggestions from the relevant representatives of the professional colleges.

WHO SEAR NCD Service Delivery Network

Several staff members of the Directorate of NCD and MONDs successfully followed the course on People-centered NCD Service Delivery in PHC conducted by the WHO SEAR NCD Service Delivery Network in 2020. The Director NCD was invited to be a facilitator for the Induction Training for People-centered NCD Service Delivery in Primary Health Care for professionals in SEAR countries in December 2021.



Delivery For Impact (DFI) Knowledge Hub

Several staff of the Directorate of NCD and the MDPU, Ministry of Health and WHO colleagues from country office participated at the Delivery for Impact WHO Knowledge Hub country training over a 6-month course. The program focused to increase delivery of screening services for hypertension at PHC. The team set a goal that all adults who visit a PHC facility for any purpose should have their blood pressure checked, recorded and interpreted appropriately, then referred to an appropriate health care provider if warranted, identified a clear target and process-related indicators. Advocacy meetings were held with all categories of staff at PHC on the importance of promoting opportunistic screening, developed self-monitoring guides for interpretations with referral pathway to appropriate health care provider, trained staff on the protocol, established corners in OPD of 5 hospitals in Kalutara district whilst allowing all PHC visitors (patients and accompanying persons alike) to access screening.



රුධිර පීඩන මට්ටම අනුව අනුමැතිය කළ යුතු මිනා මාර්ගය
இரத்த அழுத்த நிலைக்கு ஏற்ப ரிஸ்பந்த வேண்டிய நடவடிக்கை

රුධිර පීඩන මට්ටම (mmHg)	මට්ටම (mmHg)	අනුමැතිය ලබාදීමේ කොටස
160/100	160/100	මෙම මට්ටමේ රුධිර පීඩනය සඳහා සෞඛ්‍ය සේවකයන් විසින් පිළිගැනීමේ අවස්ථාවක පිටුවීමට යාම.
140/90	140/90	මෙම මට්ටමේ රුධිර පීඩනය සඳහා සෞඛ්‍ය සේවකයන් විසින් පිළිගැනීමේ අවස්ථාවක පිටුවීමට යාම.
130/80	130/80	මෙම මට්ටමේ රුධිර පීඩනය සඳහා සෞඛ්‍ය සේවකයන් විසින් පිළිගැනීමේ අවස්ථාවක පිටුවීමට යාම.
120/80	120/80	මෙම මට්ටමේ රුධිර පීඩනය සඳහා සෞඛ්‍ය සේවකයන් විසින් පිළිගැනීමේ අවස්ථාවක පිටුවීමට යාම.
110/70	110/70	මෙම මට්ටමේ රුධිර පීඩනය සඳහා සෞඛ්‍ය සේවකයන් විසින් පිළිගැනීමේ අවස්ථාවක පිටුවීමට යාම.

සෞඛ්‍ය සේවකයන් සඳහා අදාළ කරුණු

- මෙම මට්ටමේ රුධිර පීඩන සඳහා සෞඛ්‍ය සේවකයන් විසින් පිළිගැනීමේ අවස්ථාවක පිටුවීමට යාම.
- මෙම මට්ටමේ රුධිර පීඩන සඳහා සෞඛ්‍ය සේවකයන් විසින් පිළිගැනීමේ අවස්ථාවක පිටුවීමට යාම.

මෙහි ඇති සෑම මට්ටමක්ම අදාළ කරුණු සඳහා සෞඛ්‍ය සේවකයන් විසින් පිළිගැනීමේ අවස්ථාවක පිටුවීමට යාම.

සෞඛ්‍ය සේවකයන් සඳහා අදාළ කරුණු

මෙම මට්ටමේ රුධිර පීඩනය සඳහා සෞඛ්‍ය සේවකයන් විසින් පිළිගැනීමේ අවස්ථාවක පිටුවීමට යාම.

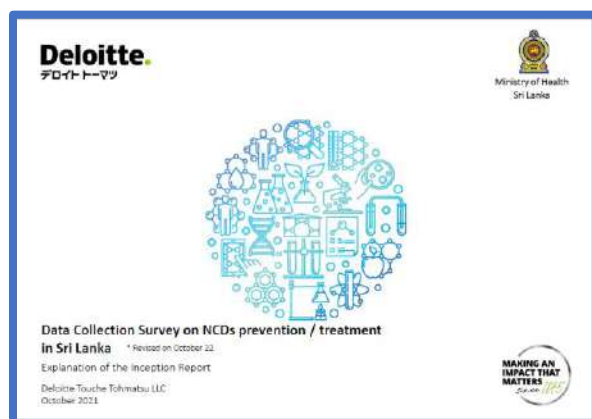
DM Compass

Sri Lanka is one of the first countries for the Diabetes Compass, supported by the World Diabetes Federation (WDF). The Sri Lanka College of Endocrinologists and the Directorate of NCD, Ministry of Health partner with the WDF to leverage technology-enabled solutions to reduce vulnerabilities in the Diabetes Care Pathway, with a focus on improving early detection, clinical assessment, and initiation of care. The Diabetic compass seeks alignment with national priorities within health and digitization. The Diabetes Compass will be initially launched in four Districts before being taken to scale nationally – Colombo, Kalutara, Matara, and Galle.



JICA survey on the prevention and treatment of NCD in Sri Lanka.

A survey on the prevention and treatment of NCDs was initiated by with JICA in collaboration with the Directorate of NCD to establish a roadmap for NCDs prevention and treatment through the utilization of Official Development Assistance (ODA) and technologies while considering the status of COVID-19 and the other aid agencies. A series of meetings were conducted through the online platform with the Directorate of NCD to plan preliminary activities and to develop data collection tools in 2021 to implement the survey in 2022. Stakeholder interviews with public and private sector healthcare institutions in Sri Lanka will be the main component of this survey to identify the current status of NCDs, arising challenges due to COVID-19, measures taken by the Sri Lankan government, and the support from donors for NCDs service delivery system. The roadmap will be developed as the output of the survey to plan sustainable measures against NCDs and to examine the possibility of applying Japanese technology.



Resolve to Save Lives (RTSL)

A pilot project was introduced by the Office of the DDG (NCD) and the Directorate of NCD collaborating with the Resolve to Save Lives (RTSL) organization to increase screening and improve management of Hypertension in Kalutara District. Project was launched in three divisional hospitals of Kalutara District DH Gonaduwa, DH Halthota, DH Bandaragama. Introduced WHO Hypertension Protocols after obtaining the consensus from DGHS. Hypertension protocols were implemented in these three divisional hospitals with the consensus of Consultant Physicians. SIMPLE mobile application was introduced to all three hospitals to collect data on newly diagnosed hypertensive patients of the region. Trainings were given to healthcare workers of the three hospitals on SIMPLE application and Hypertension Protocols. Android mobile phones were distributed with the training programs. Special training was given to community volunteers to improve screening for Hypertension and to educate people on lifestyle modification strategies to manage hypertension.



Calibrated Automated BP devices



Training on HT protocol



Community volunteer Training



Monthly Progress Review

Unit for promotion of healthy diet, public awareness and settings: schools and workplaces

Commemoration of the World Heart Day-29th September 2021

World Heart Day 2021 was commemorated on the 29th of September 2021, with numerous programs, despite the restrictions of COVID 19. The theme was “Use heart to connect” “සබැඳි දිවියක් - සුවැනි හදවතක්” “இணைப்பிற்கு இதயத்தைப் பயன்படுத்துங்கள்”. Several media interviews were conducted, and newspaper articles were published in this regard, in collaboration with the College of Cardiologists of Sri Lanka.

Rupavahini 8-9am Nugasevana 01.06.2021- <https://youtu.be/4Ip4ZBPbjwI> Advice for patients with heart disease and other non-communicable diseases during this COVID pandemic, with Dr Anidu Pathirana, Consultant Cardiologist and President SL College of Cardiology.



Link to read 📄 <https://www.themorning.lk/world-heart-day-2021-using-the.../>

Several district level awareness programs were conducted by the district MO NCDs, and these were quite successful.



DH Weeraketiya in Hambantota



DH Manapathy in Batticaloa



DH Kataragama in Monaragala



RDHS Office Ampara