

# DAI

Practical Approach to Lung Health

# ITAL



World Health Organization  
Geneva





## 1 What is PAL?

# *What is PAL?*

- The Practical Approach to Lung health (PAL) is a syndromic approach to the management of patients who attend primary health care services for respiratory symptoms.
- The PAL strategy targets multi-purpose health workers, nurses, doctors, and managers in primary health care settings with successful TB control programmes in low- and middle-income countries.



## 2 Why is PAL useful?

### *Why is PAL useful?*

- Up to one-third of patients over the age of 5 years attending primary health care (PHC) settings seek health care for respiratory symptoms.
- Ideally, TB cases should be detected among patients with respiratory symptoms within PHC settings.
- In many countries, standardized procedures have been clearly defined for the management of TB and acute respiratory infections (ARI) in children, but no such formulations exist for patients over 5 years of age with respiratory symptoms.
- In PHC facilities, the majority of patients with respiratory symptoms aged 5 years or more are identified as non-TB cases, and at least 80% of them are considered to be ARI cases.
- Antibiotics are prescribed for more than two-thirds of patients with respiratory symptoms.



### 3 How is PAL a component of the Global DOTS Expansion Plan?

## *How is PAL a component of the Global DOTS Expansion Plan?*

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- PAL has been designed to contribute to improving the case detection component of the Global DOTS Expansion Plan (GDEP) for TB control.
- PAL improves the quality of TB diagnoses through the appropriate management of patients with respiratory symptoms.
- PAL contributes to improving the quality of health care services.



#### 4 What are the objectives of PAL?

## *What are the objectives of PAL?*

- To improve the quality of respiratory case management for the individual patient.
- To improve the efficiency and cost-effectiveness of respiratory care within health systems.

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## 5 What are the components of PAL?

# *What are the components of PAL?*

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- Standardization of health service delivery through the development and implementation of clinical practice guidelines.
- Coordination among different levels of health care as well as between TB control programmes and the organization and management of general health services.



## 6 What is the focus of PAL?

# *What is the focus of PAL?*

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- PAL focuses on four priority respiratory diseases among patients aged 5 years or more who seek treatment for respiratory symptoms:
  - TB,
  - ARI, with a focus on pneumonia,
  - asthma,
  - chronic obstructive pulmonary disease.



## 7 How to adapt PAL implementation?

# *How to adapt PAL implementation?*



- The development and implementation of the PAL strategy need to be adapted to the regional and country health context.
- PAL adaptation must take into account differences in epidemiological situations, population age structures, levels of economic development, and resources available within each level of health care.



## 8 What is the impact of PAL on TB control?

# *What is the impact of PAL on TB control?*

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- Secures and empowers TB control in epidemiological transition and/or when health system changes.
- Improves TB case detection and the quality of TB diagnosis.
- Assists national health authorities with ongoing health sector reform, and keeps TB high on the agenda.
- Provides information on TB detection within general health care services.



## *What is the impact of PAL on general health services?*



- Improves planning and health resource management.
- Addresses the challenge of the burden of respiratory diseases in PHC through the provision of an essential health care delivery package.
- Improves the health management information system.
- Improves the referral system for respiratory conditions in general and TB in particular.
- Strengthens PHC services to increase attendance by patients with respiratory symptoms.
- Reduces the prescription of drugs in general and antibiotics in particular.
- Strengthens the competence of PHC workers.
- Strengthens the confidence of the population in PHC services.



## *What are the requirements for introducing PAL in a country?*



- Political commitment to adapt and develop the PAL strategy.
- Assessment of the existing conditions to adapt the PAL strategy.
- Formulation of an agenda for adapting, developing and implementing the PAL strategy.
- Establishment of a national/regional working group on PAL.
- Adaptation and development of national PAL guidelines and training materials for PAL implementation.
- Baseline survey on respiratory care management, testing of training materials, PAL implementation in pilot sites, and a study of the impact of PAL in these same pilot sites.
- Review of PAL activities carried out so far.
- Development of a plan for PAL expansion nationwide, including implementation costs.
- Adoption and support of the PAL expansion plan by the national health authorities.