Integrating Rehabilitation into NCD PHC Agenda

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Outline

• NCD Problems
• REHAB Solutions
• Jointly Progressing through PHC
### What are Noncommunicable Diseases (NCD)?

<table>
<thead>
<tr>
<th>Noncommunicable diseases</th>
<th>Causative risk factors</th>
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<tbody>
<tr>
<td></td>
<td>Tobacco use</td>
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<tr>
<td>Heart disease and stroke</td>
<td>✓</td>
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<tr>
<td>Diabetes</td>
<td>✓</td>
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<tr>
<td>Cancer</td>
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<tr>
<td>Chronic lung disease</td>
<td>✓</td>
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<tr>
<td>Mental Health conditions</td>
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</table>
Noncommunicable disease (NCD) are leading causes of death and disability worldwide.

40 million deaths due to NCD / yr

These 15 million premature deaths could have largely been prevented.

Communicable, maternal, perinatal and nutritional conditions

Noncommunicable diseases (NDS)

Injuries
NCD is a major cause of disability

Rule of 75/80:

• 75 - 80% adult admission to general wards
• 75-80% of general surgery for NCD
• 75-80% in Renal Dialysis Unit due to NCD
NCD is a major cause of disability

• 1 in 10 has amputations
• Diabetic cataract is leading cause of adult blindness
NCD is a major cause of disability

- An increasing problem in the Pacific with some coexistence of micronutrient def.
- Definite risk factor for Adult Obesity & Diabetes
- Increasing prevalence of Type 2 or adult-onset diabetes in children (7 yrs)

We’re possibly facing the first generation who would die before their parents....International Conference on Obesity
NCD is a major cause of disability

- Worsens poverty
  - treatment cost exceed 25% of household income,
  - women leave work to be carers,
  - children leave school to care and/or supplement household incomes
Healthy System Strengthening for NCD & REHAB

WHERE WE ARE NOW

- Crowded, limited capacity, no referral systems, lack of unique ID numbers, just not enough

WHERE WE WANT TO BE

Structured, adequate capacity, referrals, efficient, access through referral, follow up possible

Slide from Dr Cherian Varghese
Health Systems for NCD & REHAB

THE WHO HEALTH SYSTEM FRAMEWORK

SYSTEM BUILDING BLOCKS

SERVICE DELIVERY
HEALTH WORKFORCE
INFORMATION
MEDICAL PRODUCTS, VACCINES & TECHNOLOGIES
FINANCING
LEADERSHIP / GOVERNANCE

ACCESS
COVERAGE
QUALITY
SAFETY

OVERALL GOALS / OUTCOMES

IMPROVED HEALTH (LEVEL AND EQUITY)
RESPONSIVENESS
SOCIAL AND FINANCIAL RISK PROTECTION
IMPROVED EFFICIENCY
Integrated Primary Care & Essential Public Health Functions

Determinants of Health → Ill Health → Where → What → Health → Productive Life

Care & Services

Quality  Providers

Primary Care + Public Health

Comprehensive Continuous Coordinated First Contact

World Health Organization
HEALTH & WELL-BEING

Primary care & essential public health functions as the core of integrated health services

Multisectoral policy & action

Empowered people & communities
NCD & Primary Health Care

- Maternal and Child Health
- Communicable diseases
  - Immunization
- Health Centre
- Hygiene, sanitation, healthy settings
- NCDs and Mental Health

Primary Health Care
Now More Than Ever
NCD & Primary Health Care

Technical Packages & Tools

- PEN
- MPOWER
- SHAKE
- ACTIVE
- SAFE
- REPLACE
- mhGap
- REHAB
Public Health Strategies

PROMOTION

PREVENTION

TREATMENT

REHABILITATION

Objective

Health

Morbidity and Mortality

Mortality - Mortality
Recovery
Disease control

Functioning
Public Health Strategies

- PROMOTION
- PREVENTION
- REHABILITATION
- TREATMENT

Objective

- Health
- Morbidity and Mortality
- Mortality - Mortality
  Recovery
- Disease control
- Functioning
Rehab through NCD and REHAB through NCD

• Rehab through-out instead of post-complication
• What gets measured gets done - Function data
• Technical Package – same workers, tools are needed
  – Stand-Alone
  – Integrated into PEN
• NCD – intergrade REHAB into the different facets of prevention and management
Thank you

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