



Ministry of Health and Sports

Diabetes Control Program Activities



National Strategic Plan for Prevention and Control of NCDs (2017-2021)

Health System Strengthening

- Expanding Implementation of Package of Essential NCD Interventions to the whole country in phased manner
- Strengthening Secondary and Tertiary Health Facilities for provision of NCD related Care for those who need them
- increasing the competency of the health work force in NCD prevention and control
- Universal coverage of Population with an essential package of NCD services
- Increase competence of primary health care workforce to address NCDs
- Availability of continuum of care from home to tertiary level
- Improved access and coverage with various NCD care diagnostic and treatment services

Evidence Generation for decision making

- Strengthening capacity for regular monitoring of NCD programme
- Establishing and Implementation sustainable surveillance for different component of NCDs
- Strengthening research in the priority areas of NCD prevention and control
- Time trends of key indicators identified as a part of the national monitoring framework are regularly available
- Establishment of a national system for surveillance of NCDs and their risk factors
- Mechanism for regular comprehensive evaluation of the National Strategic Plan is developed



Indicators with targets	Baseline Levels (2010 WHO estimate)	Target	
		2021	2025
Relative reduction in the prevalence of raised blood pressure (%)	28.9	10%	20%
Relative reduction in the prevalence of overweight and diabetes (%)	Overweight – 25.4 Diabetes – 10.5	Halt the rise	
Increase in the proportion of eligible people receive drug therapy and counseling (Including glycemic control) to prevent heart attacks and stroke (%)	32 (2014)	25%	50%
Increase in the availability of affordable basic technologies and essential medicines, including generics, required to treat major NCDs in public facilities (%)	N/A	50%	80%



ရည်ရွယ်ချက်များ

- ဆီးချိုသွေးချိုကာကွယ်ထိန်းသိမ်းရေးနှင့် စောင့်ကြပ်ကြည့်ရှုရေးအတွက် ဆီးချိုသွေးချိုရောဂါ ဖြစ်ပွားစေတတ်သော အကြောင်းအရာများကို စောစီးစွာ ဖော်ထုတ်ရေးနှင့် ဆီးချိုသွေးချိုရောဂါရှင်များအား ထိရောက်စွာ ကုသနိုင်ရေးအတွက် လိုအပ်သော အသိပညာနှင့် ကျွမ်းကျင်မှုများ မြင့်မား တိုးတက်ရေး။



လုပ်ငန်းများဆောင်ရွက်ထားမှုအခြေအနေ

Sr.No	Name & Site of Activities	Current activities	Remarks (Supporting Agency)
<u>1.</u>	<u>Training</u> 1. <u>Tertiary Level</u>	<p>Consultant Physicians training on Updates on DM Management the whole country every 2 years</p> <p>HCP training on “Diabetes Care’ (including Insulin therapy) to physicians/nurses from both public hospitals; private clinics and hospitals.</p> <p>Monthly Insulin Workshop for CAS of NOGTH</p> <p>Capacity building on diabetic foot care for health care provider (CAS and Nurses)</p>	<p>WHO</p> <p>Myanmar Diabetes Care Program (MDCP))</p> <p>Novo Nordisk Pharmaceutical Company Ltd., Denmark,</p> <p>Phamaceutical companies(Novonordisk,Mega,Workhardt)</p> <p>WDF</p>



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<u>1.</u>	<u>Training(Cont'd)</u>		
<u>2. Secondary Level</u>		<p>TMO,AS and GP of all States and Divisions on 'Preventive Cardiology, DM Emergency, High risk Management and Proper Referral'</p> <p>HCP training on "Diabetes Care' (including Insulin therapy) to doctors/nurses from both public hospitals; private clinics and hospitals.</p> <p>PEN training – Preventive Cardiology Training TMO, BHS in all States & Divisions</p>	<p>MDCP</p> <p>MDCP</p> <p>HelpAge EU,</p>



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<u>1.</u>	<u>Training</u> <u>3.Primary Level</u> To all 330 townships	PEN training – Preventive Cardiology Training TMO, Multiplier Course	<i>WHO</i> <i>Helpage</i>

As of 2020, PEN services are being implemented in 240 townships out of 330 townships with the low resources.

The implementation levels are set at 9,518 health centers including rural health centers and subcenters as Wednesday clinics including mobile outreach by the basic health staff.

This is to pave the way for implementation model for nationwide expansion, give rooms to the elderly people and to narrow the gap of services between primary and tertiary level.



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<i>Sr. No</i>	<i>Name of Activities</i>	<i>Current activities</i>	<i>Remarks</i> (Supporting Agency)
2.	<u>Awareness Activity</u> 1. World Diabetes Day 2. Public Talk	1. <i>World Diabetes Day 2020</i> 2. <i>Public Awareness Campaign</i>	WHO (Joint with MSEM and MMDA)
3.	<u>Supporting Screening Diagnosis and treatment</u>	1. Wednesday Clinic (240 townships led by TMO, HA/nurses) 2. Center of Excellent (MDCP) (Screening of DM, Thyroid, Eye, Foot, Mx,Health Education) 3.Provision of Services and Supplies (clinic renovation, insulin, glucometers, strips, lancets etc..) for Changing Diabetes in Children (CDiC) program Diabetes Foot Clinic Diabetes Retinopathy Screening (Pilot) Project in Kyauk Se Township	Myanmar Diabetes Care Program (MDCP)) Novo Nordisk Pharmaceutical Company Ltd., Denmark, WDF HelenKeller Foundation



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<u>4.</u>	Producing of IEC Material	<p>Health Education Booklet, Diabetes Education Video Clip, Poster, Diabetes Education Pamphlet, Diabetes Foot Guideline for Health Care Provider(Medical Officer and Nurses), Preventive Cardiology Guideline, Insulin Guideline</p> <p>Diabetes education programs on Patient Dialogues (including Six Diabetes Subjects with Audiovisual animations in Myanmar Version) and Diabetes Wikipedia (Ten Diabetes Subjects in English) have been inserted in the mobile tablets distributed to medical officers and BHS</p>	<p>WHO/WDF/HelpAge (Co-operation with Health Literacy Unit)</p> <p>Myanmar Diabetes Care Program (MDCP)) Novo Nordisk Pharmaceutical Company Ltd., Denmark,</p>
<u>5.</u>	Fellowship	<p>Dr. Mohan's Diabetes Specialties Center Chennai, Tamilnadu, India (Diabetes Foot Training)</p> <p>International Training in Diabetes Foot Clinic Management (Dr.Mohan's Center)</p>	<p>WHO</p> <p>WDF</p>



Data and information system

Through

- HMIS
- Quarterly Report from RHC, Township Health Department, State & Regional NCD unit, NCD department NPT
- The NCD unit regulates the information system for the quality of care.



Future Plans with MDCP

1. Continue setting up Centers of Excellence in Mawlamyine and Taunggyi in 2020; in all States and Division Hospital
2. Online web-based Healthcare Professional Training (Doctors and Nurses)
3. Online-Refresher Insulin Workshops
4. Diabetes Data Registry in all tertiary hospitals and all States & Divisions Hospitals (Preliminary set up)



Future Plans

1. Expansion of PEN
2. PEN refresher training – Training TMO, BHS in selected States & Divisions
3. Diabetes Control Rate (SEARO/NCD)
4. Monitory & Evaluation
5. NCD Surveillance system

