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Better Care
for NCDs

Accelerating Actions in Primary Health Care

Better Care for NCDs in primary health care: **Care pathways and essential interventions**



This document provides a practical overview of the **main interventions associated with each NCD** to guide the organization and planning of services within the Integrated Health Service Delivery Networks (IHSDN) framework.

This brochure complements the Implementation Guide for the Better Care for NCDs Initiative.

How can the integration of NCDs in primary health care (PHC) be strengthened?

The initiative proposes Integrated Health Service Delivery Networks (IHSDNs) as a means to achieve this.

IHSDNs are a set of organizations and health services that coordinate and integrate their functions and interventions to meet the health needs of a **defined population within an assigned territory**.



The roles of the IHSDNs include:



Use a **territorial approach** to address gaps in coverage, access, and quality, with a focus on equity and taking social determinants into account.



Strengthen ties with communities from an **intercultural perspective**.



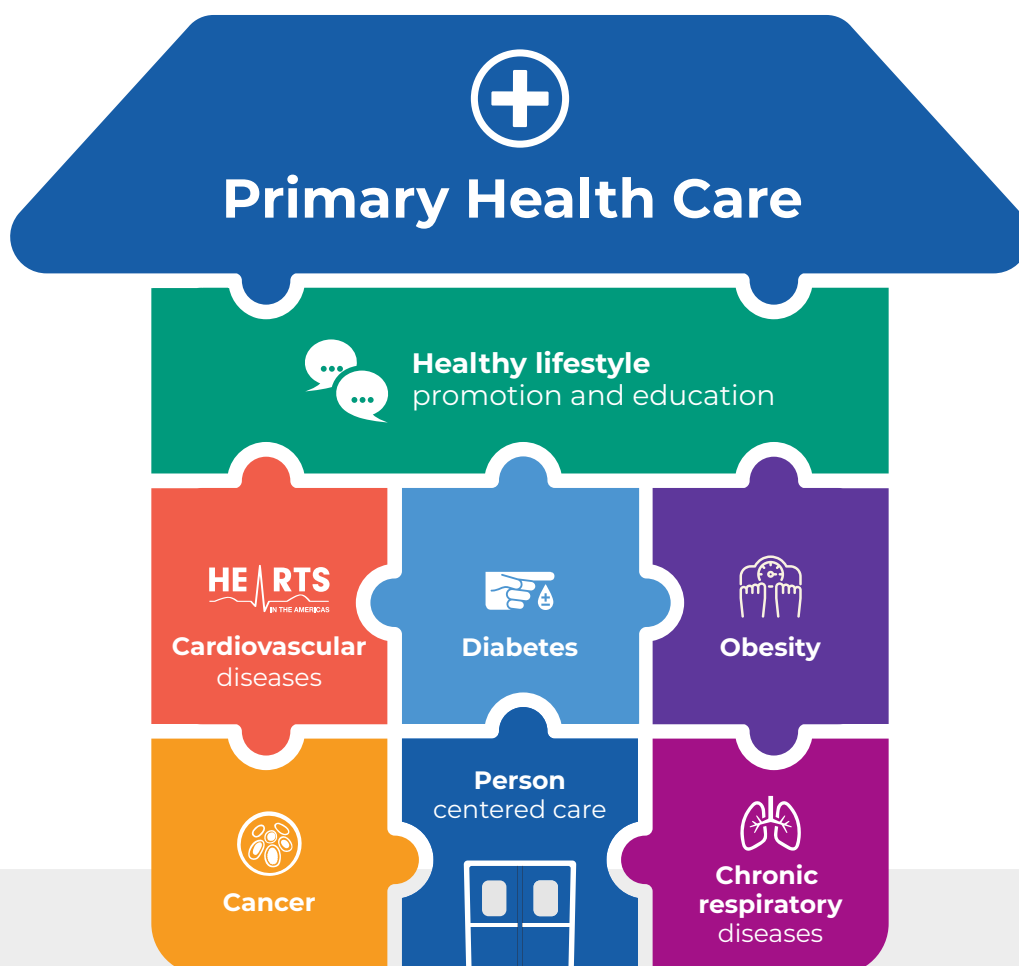
Use a **multidisciplinary approach** at every stage of the continuum of care.



Have evidence-based **policy guidance**.



What care pathways and interventions should be integrated into PHC to improve care for people with NCDs?



Line of care	Essential interventions
Health promotion, counseling, and education for healthy living 	Counseling on nutrition and healthy diet, promotion of physical activity, prevention and management of overweight and obesity, tobacco cessation, alcohol use screening and intervention, support for self-care, and promotion of community participation and linkages to health services. HPV, flu, pneumococcal, COVID-19, and hepatitis B vaccinations.
Cardiovascular (CVD) diseases 	Prevention and CVD risk assessment based on the WHO CVD risk chart. Hypertension detection and diagnosis through blood pressure measurement. Lifestyle changes and drug therapy to control hypertension and reduce CVD risk delivered in primary care.
Diabetes 	Prevention and early diagnosis of diabetes. Pharmacological treatment and clinical follow-up to achieve control of blood glucose and associated risk factors. Prevention of complications through adequate metabolic control, retinopathy screening, diabetic foot prevention and evaluation, and cardiovascular and renal screening.
Asthma and Chronic obstructive pulmonary disease (COPD) 	Prevention, diagnosis, pharmacological treatment, and follow-up of asthma and COPD.
Cancer screening 	Cervical cancer prevention and detection through HPV testing and ablation treatment of precancerous cervical lesions. Breast cancer screening through physical examinations and referrals for mammograms. Colorectal cancer screening through laboratory fecal occult blood testing. Childhood cancer screening.

Access the Implementation Guide for the Better Care for NCDs Initiative, including all related resources, **here**.

