NCD Management in Low Resource settings during the Pandemic

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26 June 2020
NCDs in the Americas

81% Of all deaths are due to NCDs

5.5M Estimated NCD Deaths

39% Of NCD deaths are premature deaths (30-70 years of age)

6.9M Estimated Total Deaths

28% Cardiovascular diseases

20% Cancer

7% Respiratory diseases

5% Diabetes

10% Communicable, maternal, perinatal and nutritional conditions

9% Injuries

10% Other NCDs

Source: PAHO. NCD Facts and Figures, 2019
The NCD *Tsunami* facing our Health Systems

NCDs pose a major challenge to health systems organization and service provision:

- Fragmented health systems with inadequate coordination between public, private and mixed sub-systems
- Segmentation of services between income tiers
- Limited stewardship of the health sector, in particular of the private sector
- Principally hospital centric, however decentralization ongoing, with limited results in efficiency and quality
- Small island economies unable to finance progressively expanding comprehensive health services
- Inadequate availability and distribution of human resources, with constant emigration of nurses to the North
- Low perception of quality in health service provision
## COVID-19 AROUND THE WORLD (24 June)

<table>
<thead>
<tr>
<th>COUNTRY</th>
<th>CASES</th>
<th>DEATHS</th>
</tr>
</thead>
<tbody>
<tr>
<td>USA</td>
<td>2,329,463</td>
<td>120,955</td>
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<tr>
<td>BRAZIL</td>
<td>1,145,906</td>
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<tr>
<td>RUSSIA</td>
<td>606,881</td>
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<td>INDIA</td>
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<td>UK</td>
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<tr>
<td>MEXICO</td>
<td>191,410</td>
<td>23,377</td>
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</tbody>
</table>


[https://ais.paho.org/phip/viz/COVID19Table.asp](https://ais.paho.org/phip/viz/COVID19Table.asp)
COVID-19 IN THE AMERICAS (24 June) AND LINKS TO NCDs

No CASES 4,604,134
No deaths 230,165

Stay at home measures are leading to an increase in NCD risks
• Poor diets
• Less physical activity
• Smoking
• Drinking alcohol

Disruptions in provision of health care services, closures

Fear of attending care facilities have resulted in:
• Reduced elective clinic visits and lower access to renal dialysis,
• Reduced cancer care
• Delays in high priority treatments for patients with NCDs.

Patients at higher risk of complications and death from diseases which we know how to treat.
NCDs and COVID-19

- People with hypertension, diabetes, cancer, chronic kidney disease and chronic respiratory diseases are at higher risk of becoming severely ill with COVID-19
- USA: 6-fold higher hospitalizations and 12-fold higher mortality in those with NCD
- China: 28% of patients with cancer and COVID-19 died
- Among those with diabetes, the risk of death or a severe case of COVID-19 doubles
- Smoking increases the risk of respiratory diseases and NCDs
Health Systems: NCD Staff Reassigned to COVID-19 Response

Percentage of countries where the NCD staff were reassigned to COVID-19 response

- All NCD staff partially reassigned: 33% (9/27)
- Some NCD staff partially reassigned: 33% (9/27)
- Some NCD staff reassigned full time: 22% (6/27)
- All NCD staff reassigned full time: 7% (2/27)
- No NCD staff reassigned: 4% (1/27)
Essential NCD Services Disrupted

Percentage of countries with outpatient services during COVID-19

Outpatient NCD services are open with limited access and/or staff or in alternate locations or with different modes - 67% (18/27)

Outpatient NCD services are open - 22% (6/27)

Outpatient NCD services are closed - 7% (2/27)

No response - 4% (1/27)
NCD Activities Postponed Due to COVID-19

- Implementation of NCD Surveys: 59% (16/27)
- Public screening programs for NCDS: 44% (12/27)
- WHO HEARTS technical package: 30% (8/27)
- Mass communication campaigns: 26% (7/27)
- WHO Package for Essential NCDs (PEN) training and implementation in Primary Health Care or similar: 22% (6/27)
- Others: 19% (5/27)
- None: 19% (5/27)
WHAT IS NEEDED and WHAT PAHO IS DOING?

- Prevention and management of need to part of the response to COVID-19
- Timely access to health care and essential medicines for NCDs
- Maintain and strengthen policies to control risk factors

PAHO

- Technical guidance on maintaining NCD services during COVID-19
- Support policies to reduce smoking, alcohol, and unhealthy diets
- Communication materials and social media messages to raise awareness among people living with NCDs, health workers and the public
NCD TECHNICAL INFORMATION + WEBINARS

- Information on increased COVID-19 risks
- Tips to reduce risk for COVID-19
- Advice on managing the condition during COVID-19
- Providing continuity of care during COVID-19
- Addressing mental health needs
COVID-19 AND MENTAL HEALTH

• Globally, in situations of emergency, 1 in 5 persons presents with a mental health condition

• Mental health and substance use disorders already account for 34% of total disability in the Americas

• Increased symptoms of depression, anxiety, and substance use related to COVID-19

• Canada: 20-25% of 18-54 year olds have increased their alcohol consumption during COVID-19

• USA: 45% of adults indicated negative mental health impact due to worry and stress over the virus
CONCLUSIONS

• Disruptions to NCD and MH services will impact outcomes particularly the most vulnerable

• Ensure that NCDs and MH are included in national COVID-19 response plans

• Infrastructure and methods for telemedicine, virtual consultations, and other strategies need to be put in place to continue NCD and MH service delivery during outbreaks and other health emergencies

• Surveillance systems must include data collection on NCD-related co-morbidities in COVID-19 patients

• Technical and communication information to *build back better* after the pandemic
CHECK OUT PAHO’S NCD & COVID-19 INFORMATION


THANK YOU!

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