

ABC of NCD in PHC

5-day Course Overview

Introduction

Non-communicable diseases (NCDs) have emerged as the leading cause of morbidity and mortality globally, placing immense strain on health systems, particularly at the primary care level. Primary Health Care (PHC) workers are at the forefront of managing this crisis, where the complexity of NCD management, combined with patients often presenting with multiple conditions, demands an integrated and holistic approach. The *ABCD of NCD in Primary Health Care* course is designed to provide PHC workers with a comprehensive framework to address the growing NCD burden through an integrated and person-centered model of care.

This five-day course introduces the **ABCDE framework**, a model for integrating NCD care at the primary level developed with the country team. The course emphasizes the prevention, early identification, and management of NCDs in a way that is both efficient and patient-centered. By using a unified framework, the course aims to simplify and streamline NCD services, ensuring that PHC workers can provide holistic care, recognizing and addressing the multiple needs of patients suffering from chronic diseases. The ABCDE framework consolidates several NCD prevention and management packages into a single, cohesive tool that health workers can apply daily, making it easier for them to deliver comprehensive care.

Primary care workers are often the first point of contact for patients, and as NCDs increasingly dominate the landscape of health service delivery, it is critical that they are equipped with practical, integrated tools to manage these diseases. The course integrates guidelines for the management of common NCDs such as hypertension, diabetes, chronic respiratory diseases, cancer and cardiovascular diseases, focusing on both prevention and treatment. This training is aimed at ensuring that PHC workers can manage not just one, but multiple NCDs within a single framework, allowing for efficient, patient-centered care.

Moreover, participants will learn to anticipate and manage the evolving nature of chronic diseases, recognizing early warning signs, preventing complications, and ensuring appropriate referrals when needed. By building on clinical skills and consultation methods, the course also emphasizes communication techniques such as breaking bad news, motivational interviewing, and managing multi-morbidity cases with care and compassion.

Objectives

The five-day course provides participants with a framework and the tools to provide integrated person-centered services for care at the primary care level.

□ **Develop the ABCDE Framework for Integrated NCD Care:** The primary objective of this course is to train PHC workers to use the ABCDE framework built in-country, enabling them to provide integrated, person-centered care for the prevention, early detection, management, and rehabilitation of NCDs.

□ **Enhance Clinical and Communication Skills for NCD Management:** Another key objective is to develop participants' clinical skills, such as accurate blood pressure measurement, diabetic foot exams, and cardiovascular risk assessments. Additionally, the course aims to improve communication skills essential for NCD care, including motivational interviewing, breaking bad news, and managing multi-morbidity cases, ensuring that patients receive compassionate and comprehensive care.

□ **Strengthen Prevention and Risk Assessment Capabilities:** The course also focuses on empowering PHC workers to conduct effective screening and prevention activities, emphasizing the identification and management of risk factors like tobacco use, unhealthy diet, harmful use of alcohol, and physical inactivity. This preventive approach is critical for reducing the NCD burden at the community level and ensuring better health outcomes for patients

Participants

The course is aimed at practicing Primary Health Care workers (doctors, nurses, medical assistants, nurse practitioners) actively providing primary care services and/or engaged in the organization of primary care services.

Teaching methods

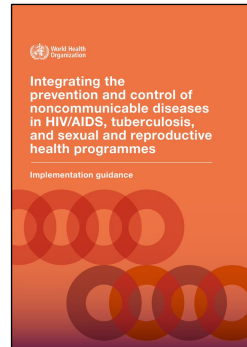
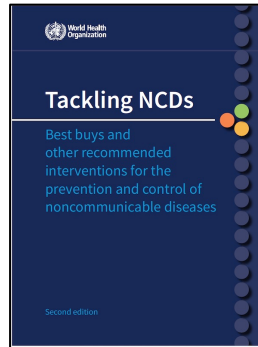
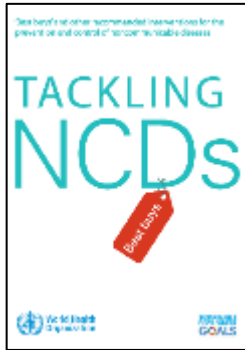
Methodologies used throughout the course are grounded in pedagogical principles for optimal adult learning. These include formal plenary presentations, small group work, role play, and opportunities for shared learning and reflection based on participants' experiences of care provision.

Draft Timetable

The proposed timetable for the 5-day course on providing chronic care integration in primary care using the ABCDE framework is shown overleaf. Each session is then further outlined in terms of its objectives, methodology, and, where appropriate, literature resources that will be used. This draft needs to be the basis of the development of the program by the country team to incorporate the appropriate context and themes.

NCD Integrated Services at PHC: A 5-day training workshop

	Day 1	Day 2	Day 3	Day 4	Day 5
08:30-09:00	Opening	Re-cap	Re-cap	Re-cap	Re-cap
09:00-09:45	Session 1: Welcome and introduction to the course with Pre-course assessment. (45 mins)	Session 8: The asymptomatic patient at the PHC; screening for risk factors (45 mins)	Session 15: Symptomatic patient case studies_focus on asthma diagnosis (60 mins)	Session 21: Symptomatic patient case studies_focus on management and monitoring of asthma (60mins)	Session 27: Drama scenarios (45 mins)
09:45-11:00	Session 2: Introduction to the WHO ABCDE Framework: a model for chronic care integration in primary care (105 mins)	Session 9: Case based exercises: the asymptomatic patient at the PHC (105 mins)	Session 16: Symptomatic patient case studies_focus on COPD diagnosis (60 mins)	Session 22: Symptomatic patient case studies_focus on management and monitoring of COPD (60mins)	Session 28: Comprehensive review in NCD patients focus on mental health (105 mins)
11:00-11:15	BREAK				
11:15-12:00	Session 3: Primary Care and the WHO ABCDE framework	Session 10: Case based exercises: the asymptomatic patient at the PHC	Session 17: Symptomatic patient case studies_focus on diabetes diagnosis	Session 23: Symptomatic patient case studies_focus on management and monitoring of diabetes	Session 29: Rehabilitation for our patients
12:00-13:00	LUNCH				
13:00-14:00	Session 4: Primary prevention in primary care part 1	Session 11: Facilitator-led review of 8 asymptomatic patient case studies	Session 18: Symptomatic patient case studies_focus on hypertension diagnosis	Session 24: Symptomatic patient case studies_focus on management and monitoring of hypertension	Session 30: Morning clinic
14:00-15:00	Session 5: Primary prevention in primary care part 2	Session 12: Facilitator-led review of 8 asymptomatic patient case studies	Session 19: Symptomatic patient case studies_focus on cardiovascular disease risk assessments	Session 25: Symptomatic patient case studies_focus on management and monitoring of patients with a raised CVD risk.	Session 31: Morning clinic
15:00-15:15	BREAK				
15:15-16:00	Session 6: Introduction to consultation skills for primary care	Session 13: Motivational interviewing and behaviour change	Session 20: Symptomatic patient case studies*_focus on cardiovascular disease emergencies	Session 26: Consultation skill: communicating a life-changing diagnosis and drama scenario planning	Session 32: Action planning and post course assessment
16:00-16:30	Session 7: Setting expectations	Session 14: Role play exercise for motivational interviewing			
16:30 - 17:00	Wrap up and summary	Wrap up and summary	Wrap up and summary	Wrap up and summary	Conclusions and close



CARDIOVASCULAR DISEASE



→ 2.1

- CVD risk assessment and management
- Hypertension management


DIABETES



→ 2.2

- Management of diabetes


CHRONIC RESPIRATORY DISEASES



→ 2.3

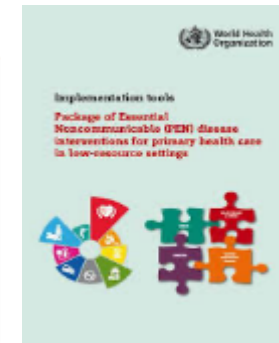
- Asthma, COPD and exacerbations

CANCER



→ 2.4

- Early diagnosis
- Breast cancer
- Cervical cancer




HEALTHY LIFESTYLING & COUNSELLING



→ 2.5

- Health education and counseling on healthy behaviours

SELF CARE



→ 2.6

- Self-care among patients with cardiovascular disease, diabetes or respiratory disease

PALLIATIVE CARE



→ 2.7

- Home care service (community-based and hospital based)

RESOURCES



→ 2.8

- List of medicines
- List of technology
- Sample clinical record
- Baseline facility assessment
- District assessment review
- Costing
- Indicators



