The global burden and threat of noncommunicable diseases (NCDs) represent one of the major contemporary public health challenge that undermines social and economic development throughout the world. Indeed, for the first time in history, globally more people are dying of noncommunicable diseases than infectious diseases. This loss of human life spares no one – rich or poor, young or old – and it imposes heavy economic costs on nations and individuals.1 Diabetes mellitus, cardiovascular diseases, asthma and cancer constitute a major health challenge and a priority for the Government of Mozambique (Table 1)2.

CUAMM’S INTERVENTION TO FIGHT DIABETES AND HYPERTENSION

Doctors with Africa CUAMM has been working in the country since 1978, in close partnership with the Ministry of Health. In October 2016, CUAMM has launched a vast and innovative 3 years program to fight diabetes (DM) and hypertension (HTN) in 5 provinces of Mozambique: Maputo, Sofala, Cabo Delgado, Nampula, and Zambezia. The program involves 27 districts, covering 81 health units and 4 central hospitals, for a population of 1,500,000 people. The strength of the program is the integration of activities at primary, secondary and tertiary level of care. On the one hand, the aim is to strengthen diabetes and hypertension care at primary level, improving access to services, training health staff, raising awareness, and improving health information management. On the other hand, the intervention supports National Authorities in the adjustment of local policies and programs for the prevention, screening, treatment and follow up of chronic diseases with the creation of an appropriate and standardized model of care, integrated into the local health system.

MAIN ACTIVITIES

- Establish appropriate consultation and screening for DM and HTN in health centres and central hospitals;
- Train physicians, nurses and community health workers on DM and HTN especially on prevention, early detection, treatment, management of complications and patients follow-up;
- Provide adequate equipment and drugs to the health centres and central hospitals;
- Strengthen data collection and information system on patients with chronic diseases;
- Conduct sensitisation and awareness raising activities (commemorative campaigns of the world days, campaign on radio and other media) on the importance of screening, healthy diets, physical activity and reduction of tobacco and alcohol use;
- Produce and disseminate specific Information, Education and Communication material on the need to carry out individual general health examinations for all;
- Assist National Authorities developing standards and protocols for screening of NCDs at national and local level;
- Strengthen epidemiological surveillance sites and operational research;
- Implement an effective model of management and monitoring of chronic patients in four target health centers.

OVERALL EXPECTED RESULTS

- 1.5 million people reached with information, education and communication activities on DM and HTN;
- 1 million people screened for DM and HTN;
- 81 health centres and 4 central hospitals in 27 districts provide screening services for DM and HTN as well as improved, high-quality, integrated health care to patients resulted positive;
- 510 health professionals trained on DM and HTN especially on prevention, early detection, treatment, management of complications and patients follow-up;
- The Information system for DM and HTN is strengthened and routine statistics on DM and HTN in primary health care are provided regularly and to a high standard;
- Updated health plans, protocols and sensitization materials on NCDs are used by national, regional and district health authorities for screening and care;
- Updated data on NCDs in the target area are provided to health authorities;
- An effective model for the management and monitoring of chronic patients is implemented in target health centres. Acting in synergy at primary, secondary and tertiary level of care increases benefits exponentially. On one side, sensitization campaigns, prevention and screening increase demand at district and community level; on the other side, an efficient reference system is created at hospital level to timely respond to an increasing demand of health services.

AMODIA

The Mozambican Diabetes Association AMODIA is a close partner of the initiative, it is the source for awareness activities, the development of training material and it is involved in the operational research. Moreover, AMODIA represents a pole of excellence able to perform second level analyses (such as albuminuria presence and funds) and to guarantee a complete approach in terms of coverage and quality, similar to international standards.