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சுவசிரிபாய

SUWASIRIPAYA

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சுகாதாரப் போசணை மற்றும் சுதேச வைத்திய அமைச்சு
Ministry of Health Nutrition & Indigenous Medicine

General: Circular No: 01-28/2017

- All Provincial Directors of Health Services,
- All Regional Directors of Health Services,
- All Heads of Decentralized Units,
- Directors of Teaching /Provincial/ District General Hospitals
- All MSs/DMOs/MOICs,
- All Heads of Institutions,

Annual screening of Health care workers for Non. Communicable Disease

Non communicable diseases (NCD) account for majority of deaths in Sri Lanka. Physical inactivity, unhealthy diet, smoking, and alcohol consumption have been identified as main risk factors for chronic NCDs. Therefore, promoting healthy life styles in view of reducing the prevalence of risk factors throughout life cycle is very important in preventing NCD.

2. Identify the need to promoting healthy life styles among different groups such as school children, youth, work force, mother groups have been identified as a main component in the prevention of NCD in the last few decades. In view of strengthening the current life style modification programme, Ministry of Health has taken a decision to provide Annual health screening facility for all the health care workers.

3. Please do needful to ensure the screening of health care workers according to General circular 02-25/2013 issued on 2013/01/15 on "Guide line for the establishment of Healthy life style centers in Health care institutions" in the Healthy life style centers in your institution or closest Healthy life style center.

Screening programme should be conducted by a team of trained health staff consisting of a medical officer.

- Personal Medical record should be provided to each health care worker at the time of screening.
- FBS, BP, Total cholesterol, BMI should be checked in all clients.
- Cardiovascular risk should be assessed in all screened clients based on the WHO ISH charts.
- Screened health workers should be managed based on the "Guideline for the management of NCD in primary health care" by a medical officer trained on the NCD management guideline.
- Health guidance should be given to all the screened workers.
- Measures should be taken to refer the clients based on the NCD management guideline.
- Regular training should be arranged for medical officers.
- Information of the screened clients should be maintained in a participant register(H 1236) and monthly report of activities done for NCD screening(H 1239) should be sent to the District MO/NCD before 5th of the following month.

In implementation of the activity, please coordinate with MO/NCD of the district where your institution is situated.

Continuous support to reduce the NCD burden in Sri Lanka will be highly appreciated.

Janaka Sugathadasa
Secretary

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