

## **NCD Mobile Services**

### **Background**

The Non-Communicable Disease and Health Promotion Unit (NCD & HP Unit) is situated at the Head Quarters of the Ministry of Health and Quality of Life on the 7<sup>th</sup> Floor, Emmanuel Anquetil Building, Port Louis.

It is a known fact that nowadays Non-Communicable Diseases (NCDs) represent a major threat to the health of the population. The findings of the last NCD Survey 2009 revealed an alarming situation which needs to be addressed in order to minimize the burden of NCDs and their associated risk factors. To help deal with these health problems, the NCD & HP Unit with its satellite units at regional and community level is leaving no stone unturned in the fight against NCDs.

The reason d'être of the NCD & HP Unit is, inter-alia, to enhance the health status of the population through a wider range of health intervention activities undertaken by the NCD Mobile Service. It is, therefore, geared towards providing health services to the community at their doorsteps, at schools and at workplaces. Broadly, the main activities of the Mobile Clinic Services comprise dispensing health education and enhancing health promotion programmes and undertaking screening for diabetes, obesity, high blood pressure, vision defect and breast and cervical cancer.

The NCD Mobile Service of the NCD & HP Unit is involved not only in NCD Screening and Health Promotion Programmes, but also in arousing community participation and involvement and takes all health partners on board.

Hence, the NCD & HP Unit is day by day assuming more responsibility and becoming increasingly important as it is acting as a catalyst in the development of community health care service.

All the activities carried out by the NCD & HP Unit are done under the guidance and supervision of Dr K. Pauvaday, Director General Health Service and Dr A. Deelchand, Director Health Service who look at the technical aspects and Mr. D. Gaoneadry, Deputy Permanent Secretary who looks after the administrative aspects.



*Blood Test for glucose*



*Waist Circumference Measurement*

## **Health Promotion Coordinator**

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### **Staff supporting the NCD & Health Promotion Unit**

Dedicating officers from the wide range of the grades namely Medical Officer, Charge Nurse, Nursing Officer, Community Health Care Officer, Health Care Assistant, Office Management Assistant, Community Health Development Motivator, Word Processing Operator, Physical Instructor and Statistician work at the NCD & HP Unit to promote the health status of the population.

## **Mission Statement of the NCD & Health Promotion Unit**

### **Vision**

Each citizen should have easy and friendly access to screening and counseling facilities and

- be concerned about his/her health status
- be committed to undertake regular medical check-up to prevent himself/herself to have a NCD or to control the disease (if already affected)
- be empowered to know his health status and the reasons for knowing same

### **Specific Objectives**

- (a) Early screening of people aged 18 years and above for non-communicable diseases at:
  - (i) Worksites;
  - (ii) in the community; and
  - (iii) Secondary Schools (Form III & Lower VI).
- (b) Organize workshops to empower and sensitize people to take control of their health and that of their families.
- (c) Provide infrastructural and other facilities to the community for the promotion of health.
- (d) Screen for Breast and Cervical Cancer for married or sexually active women aged 30 to 60 years.
- (e) Organize and conduct Research / Survey / Projects.
- (f) Act as facilitator in National and International Conference / Workshop.
- (g) Set up health clubs.
- (h) Hold meetings with stakeholders, NGOs and Staff.
- (i) Prepare project protocols.
- (j) Support communicable diseases programme.

## **Major activities of the NCD & Health Promotion Unit**

### **1. Screening at worksites and in the community**

#### **(a) Screening for NCDs**

- Registration of participants
- Height and Weight Measurements / Body Mass Index – To check for overweight / obesity
- Waist circumference – to detect central obesity
- Blood Pressure Measurement – to detect high blood pressure
- Blood Test for Glucose – To detect diabetes through the Mauritius Diabetes Risk Score
- An HBA1C test is performed on persons found with abnormal blood glucose level according to established guidelines
- Vision Tests (Visual Acuity)
- Consultation by Medical Officer
- Counseling / Health Education
- Distribution of pamphlets
- Referral & follow up of positive cases to nearest hospital/AHC/CHC
- Issue of Health Cards individually to participant with screening results

#### **(b) Breast & Cervical Cancer Screening**

*Breast & Cervical Cancer Screening for married or sexually active women aged 30 to 60 years*

- Registration of participants
- Breast Palpation and referral of abnormal cases
- Taking of smear for analysis at Central Laboratory
- Referral & follow up of positive cases to nearest Hospital / AHC / CHC
- Dissemination of normal results to participants

## 2. Screening – School Health Programme for Secondary School / Tertiary (IVTB)

- Registration of students
- Height and Weight Measurements / Body Mass Index – To check for overweight/ Obesity / underweight
- Blood Pressure Measurement – to detect high blood pressure
- Vision Test (Visual Acuity)
- Consultation by Medical Officer
  - Heart / Lungs/ Abdomen
  - Skin- any dermatological problem
  - Dental Caries
  - Deformities/ congenital abnormalities
  - Any other abnormalities
- Counseling / Health Education
- Distribution of pamphlets on health issues
- Referral to & follow up of abnormal cases at nearest Hospital / AHC / CHC
- Students found to be obese and who have family history of diabetes mellitus are required to undergo screening for diabetes, which include Blood Test for HBA1C, at the respective school as per established guidelines.
- Issue of Health Card individually to students with screening results

### **3. Empowerment Programme**

The NCD and Health Promotion Unit is also involved in capacity building and empowerment programme and in the enhancement of health literacy in the community. Several workshops / seminars / talks have been organised on a wide range of health issues for various categories of staff, namely, Occupational Health & Safety Officers, Social Welfare Officers, Health Inspectors, Family Support Officers, Community Development Officers, Welfare Officers, Medical Officers, nursing staff and other grades of officers and also community members from different layers of the strata in the community.

### **4. Physical Activity**

The findings of the 2009 NCD Survey findings revealed that about 77% of males and 89% of females do not undertake sufficient vigorous/moderate physical activity. Thus, the NCD & HP Unit under the aegis of Ministry of Health & Quality of Life is laying increasing emphasis to sensitise and motivate people to undertake physical exercise as a means of keeping fit and healthy. Twenty Five (25) health clubs equipped with physical fitness equipment are operational where physical activities are performed. Gradually, facilities have been extended to other 63 localities where yoga, taichi and aerobics sessions are held. One health club has also been set up for the Public Officers at the 8<sup>th</sup> Floor, Emmanuel Anquetil Building, Port Louis.

## **5. Organize talks on NCD and risk factors**

NCD & Health Promotion Unit encourage people to attend talks on NCDs, physical activity exercise, smoking, alcohol, nutrition, lifestyle management among others. Cooking demonstration is also organized.

## **6. Social mobilization and community participation**

With a view to translating into action the policies concerning communicable diseases, to make things happen, to instill confidence in the community and to unite all health partners on the same platform, the MOH & QL has not only constantly visited the community where they actually live but has also advocated the role of each partner in **Health Promotion** and **Social Mobilisation**. Social Mobilization is now being perceived as one of the most important tools to addressing important health issues by:-

- (i) Establishing local health committees
- (ii) Organizing regular meetings with the community leaders
- (iii) Enlisting participation of the community

## **7. Research works**

The NCD & HP Unit conducts surveys / research. The Unit has conducted the Mauritius NCD Survey 2004 & 2009, Rodrigues NCD Survey 2004 & 2009, Mauritius Diabetes Surveillance Project 2007, Rodrigues Surveillance Project 2009, Mauritius Nutrition Survey 2012, Mauritius Salt Intake Study 2012, Rodrigues Nutrition Survey 2012, Mauritius Type 2 Diabetes Prevention Study, among others in collaboration with international partners.



## **Mauritius Type 2 Diabetes Prevention Study**

Mauritius Type 2 Diabetes Prevention (T2DM) Study is a three year joint project between the Ministry of Health & Quality of Life and Baker IDI, Heart & Diabetes Institute, Australia and Institute of Public Health, Finland. The NCD & Health Promotion Unit has been entrusted with the task of conducting the project.

The project took off in November 2011 and its aims are to evaluate efficacy of diet and physical activity management in preventing/delaying development of type 2 diabetes in high risk people, develop evidence based national guideline for primary prevention of type 2 diabetes and to obtain new scientific information on early prevention of T2DM and cardiovascular risk factors.

The main objective of the project is to determine appropriate management of people with high risk for type 2 diabetes in the Mauritian context and to evaluate effects of intervention on lifestyle among household family members.

## **Contact Us**

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