

**NATIONAL PROGRAMME FOR  
PREVENTION AND CONTROL OF CANCER,  
DIABETES, CARDIOVASCULAR DISEASES  
AND STROKE (NPCDCS)**

# Prevalence and incidence

- It is evident from literature that by 2020, cardiovascular disease will be the largest cause for disability and death in comparing to all deaths in India. Around 70% of the worlds cancer deaths occur in Africa, Asia and central and south America. During the year 2005, non-communicable diseases accounted for 53% of all the deaths in the age group 30-59 years in India of these ,29% were due to cardiovascular diseases. There are an estimated 25 lakh cancer cases in India. The number of people with diabetes in India is currently around 40.9 million and expected to rise to 69.9 million by 2025, unless urgent preventive steps are taken

# Introduction:

- National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) was launched in 2010 to prevent and control major NCDs with focus on **strengthening infrastructure, human resource development, health promotion, early diagnosis, management and referral.**

## **Objectives:**

- To prevent and control common NCD through behavioral and life style changes.
- To provide early diagnosis and management of common NCD's.
- Capacity building at different levels of health care for prevention diagnosis and treatment of common NCD's.
- To train human resources with in public health setup.
- To establish and develop capacity for palliative care and rehabilitation.

# Strategies:

- The following strategies are used to achieve the above objectives:
- Prevention through behavioral modifications by adopting healthy lifestyle :  
Advise on physical activity, obesity reduction, consuming healthy food items, avoidance of tobacco, alcohol, etc.
- Early diagnosis and treatment
- Strengthening and training of human resource
- Surveillance, monitoring and evaluation

The above strategies will be implemented in 20,000 subcentres and 700 community health centers (CHCs) in 100 districts across 21 states/Uts.

## **Activities at sub-center:**

- Plan health promotional activities- organizing camps on these diseases and performing individual, group and mass education using various audio visual aids.
- Perform opportunistic screening among people above the age of 30 years by assessing the blood pressure measurements and blood glucose levels by strip method.
- Referring suspected cases to higher level health care facilities (CHC)

## Activities at CHC

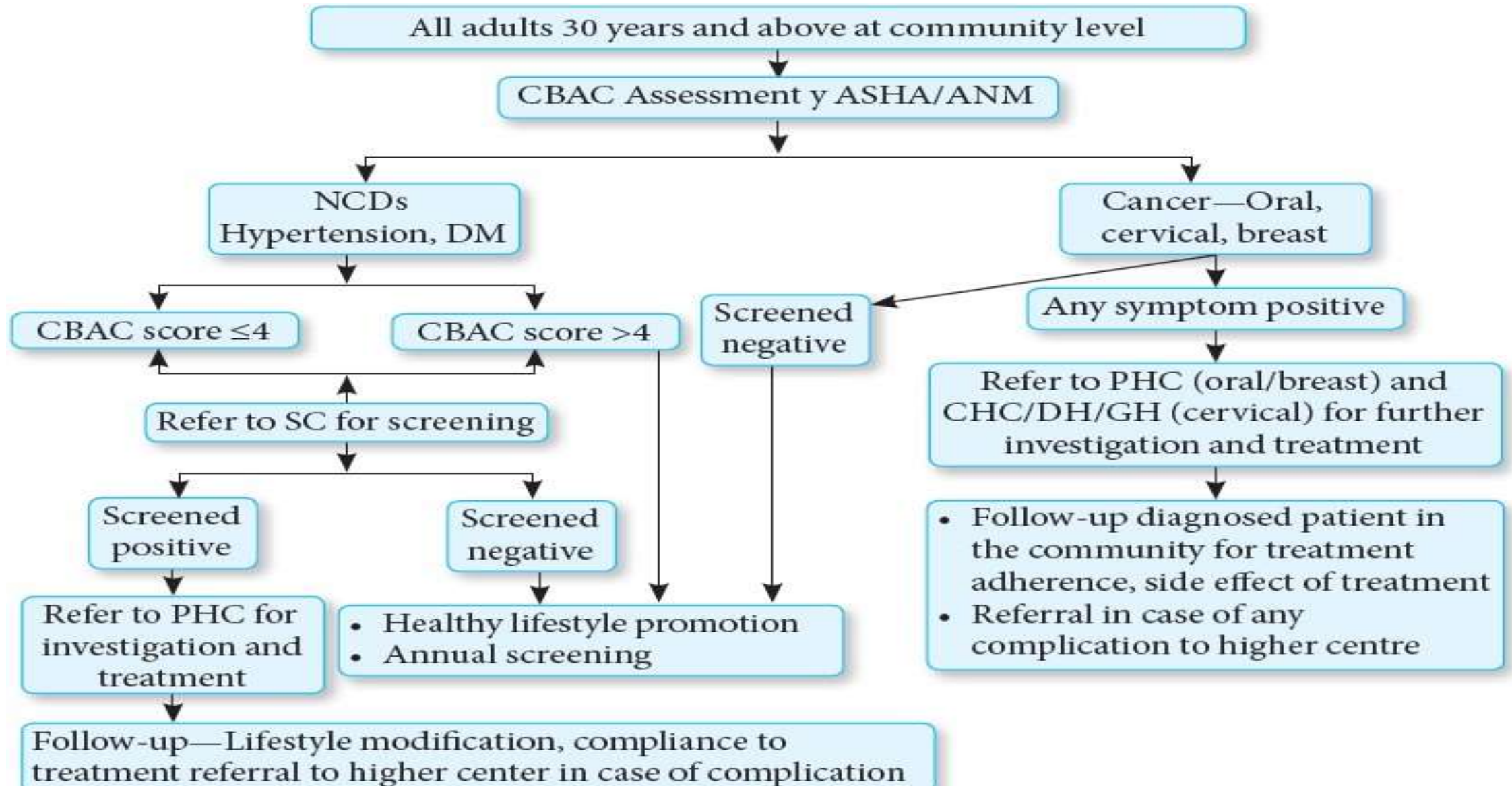
- Performing investigation like blood sugar, lipid profile, ultrasound, X-ray and ECG
- Management and prevention of complications in CVD, diabetes and stroke.
- Referring complicated cases to district hospitals
- Home visit to bedridden patients by one of the staff nurses to assess the care provided by health workers

# Activities at District Hospital

- Screening people above the age of 30 years, who are at risk of developing the diseases, like diabetes, hypertension, cardiovascular diseases at clinics.
- Detailed investigations for those who are at risk.
- Regular management of patients suffering from cancer, diabetes, hypertension, and cardiovascular diseases.
- Home-based palliative care for chronic patients.
- Health education and health promotional activities



# NCD module for staff nurses



# **Standard Treatment Protocols Used In National Health Programs**

- NCD programs may provide guidelines for the diagnosis and management of conditions such as diabetes, hypertension, cardiovascular diseases, and cancer. These protocols include recommendations for lifestyle modifications, medication use, and monitoring.
- Standard treatment protocols, or guidelines, are evidence-based recommendations that provide healthcare professionals with clear and consistent guidance on the diagnosis, management, and treatment of specific health conditions. These protocols are an essential component of national health programs as they help ensure consistency and quality in healthcare delivery across the country.

- **Common components and considerations in NCD management protocols**
- Risk Assessment and Screening
- Diagnosis and Diagnostic Tests
- Treatment Approaches
- Patient Education and Self-Management

*Thank  
you*

