

Lesson one: Introduction to noncommunicable disease

Noncommunicable diseases (NCDs) are diseases that cannot be passed from person to person. They are chronic diseases that develop slowly over time.

NCDs are the leading cause of **death** and **disability** globally.

A person with an NCD may have difficulties with:

- Mobility
- Vision
- Hearing
- Communication
- Cognition
- Self care.

There are four main types of NCDs:

1. Cardiovascular disease
2. Diabetes
3. Cancer
4. Chronic respiratory disease.

4 out of every 5 people who die from an NCD will have one of these four diseases.

Lesson two: Risk factors for NCDs

People of all age groups, regions and countries are at risk of developing NCDs.

Risk factors are things that increase a person's risk of developing a noncommunicable disease (NCD). These include:

- Family history risk factors
- Environmental risk factors
- Lifestyle and behaviour risk factors.

A person cannot change their family history, but they can change factors of their lifestyle and behaviour. Lifestyle and behaviour factors that will increase or decrease the risk of a person developing an NCD include:

- Alcohol
- Tobacco (smoking)
- Low physical activity
- Unhealthy diet.

Lesson three: Management of NCDs

Four steps to support people with NCD's to prevent secondary complications are:

1. Screening
2. Diagnosis
3. Treatment
4. Ongoing care and management.

The Package of Essential Noncommunicable (PEN) interventions made by the World Health Organization (WHO) is used to improve the coverage of appropriate NCD services in primary care.

The WHO HEARTS package is used to strengthen the diagnosis and management of cardiovascular disease in primary health care.

Lesson four: How assistive products and rehabilitation can assist

NCDs can impact a person's function and daily life.

Assistive products are products used by people to carry out tasks they may not otherwise be able to do well, or at all.

Rehabilitation is a type of health service which enables a person to achieve their best functioning and remain as independent as possible. It addresses a person's difficulties in thinking, seeing, hearing, communicating, self care and moving around in their everyday life.

The right assistive product and rehabilitation can support a person to:

- Be included and participate in what they want or need to do
- Be more independent and have less need of caregiver support
- Have better health and wellbeing.