

Non-Communicable Disease Management at the time of COVID 19 in Ethiopia: Challenges and Coping strategies

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CHALLENGES POSED BY COVID 19 IN THE PROVISION OF NCD SERVICES

A- The voice of clients

Fear of infection, transportation problem, absence of social & economical support, not welcoming HCFs, stress r/to high risk perception,

*“.....before COVID 19, my neighbors used to visit me almost everyday and were a lot of financial and emotional support, now nobody is coming,.....challenging in taking my medication even , **an old woman DM patient.***

B- Voice of HCPs

NCD pt. flow decreased by 40-60%, might discontinue their medication

*“...now days we came to finish our morning cards at 11 AM, before COVID we had been working on the morning cards until 1 PM, a **Nephrologist working at a public hospital in AA.***

No HE

*“.....after COVID, we stopped giving HE.....which was very pertinent for our patients” a **Nurse working in diabetic clinic.***

challenges with phone clinic

*“we don't have training on conducting phone clinic, it is challenging and stressful..... ” a **resident DM specialist.***

COPING STRATEGIES WITH COVID 19 IN NCD MANAGEMENT

A. The voice of clients

home stay, looking for a miracle

“....now days I do not even go out to groceries, today I came here to collect my medication but I came by walking for two hours almost.....” **cervical ca. patient.**

“....unless God protects us from all the bad outcomes, we are at higher risk and we can not manage by our capacity.....” **an old man ca. patient.**

B- Voice of HCPs

- Phone clinic
- Community engagement

“....even though the phone clinic by itself has a lot of limitations, we are managing our clients virtually over phone to minimize their risk to COVID 19 infection” **cancer specialist.**

“....HCPs going house to house for COVID 19 testing are now asking for any NCD patient who is in any health problem,.....” **NCD focal person at a PHCF.**

REFLECTIONS

- The postponement of routine medical appointments can delay NCD management and disrupt continuity of care for NCD patients.
- This disruption of routine health services together with stress and avoidance of physical activity might increase morbidity, disability, and avoidable mortality in NCD patients.
- COVID 19 prevention & control strategies at all level to target NCDs differently.

Thank you