

Abstract

Evaluation of Facilities, Knowledge, and Practices in Non-Communicable Diseases Among Health Care Staff at Primary Health Care Institution's Healthy Lifestyle Centers in Badulla District.

Introduction

The Ministry of Health has established a separate directorate for non-communicable diseases (NCDs). It has been able to identify non-communicable diseases early through Healthy Lifestyle Centers all over the country, however, the prevalence of NCDs is still high. Therefore, we need to evaluate the current process at HLCs to identify the implementation gaps to take early measures.

Objective

This study aimed to evaluate the knowledge and practices of the healthcare staff and the level of facilities in Healthy Lifestyle Clinics in Badulla district.

Method

A descriptive cross-sectional study was conducted at healthy lifestyle centers in the district of Badulla. Fifty-two functional HLCs were assessed for the level of facilities, the knowledge of the health service providers about health promotion in NCDs, and their practices related to the NCD activities. Validated research instruments such as an observational checklist, interviewer-administered questionnaire and self-administered questionnaire were used to collect data.

Results

According to the results of the facilities assessment, 9.5 % were identified as good facilities, 79.2% were average facilities and 11.3% were categorized as poor. Opening hours were limited up to 4 hours in 43 HLCs (81%). Knowledge score for health promotion in NCDs found that only 17 staff with a good score (32.1%), 21 with average score (39.6%), and 15 with poor score knowledge (28.3%). Looking at the practices for NCD screening, only 13(24%) had proper training for NCD activities as in-charge officers at HLC and 96.3% of staff for client registration were not trained for NCD activities. Twenty HLCs (50%) were not conducting any health promotion activity in HLCs.

Conclusion:

Improving HLC service availability for extended hours will reduce underutilization, and strengthening health education and health promotion with proper follow-up should be done to reduce the NCD prevalence.

Keywords: Healthy Lifestyle Center, Non-Communicable Diseases, Health Promotion.