

Community Volunteers Handbook

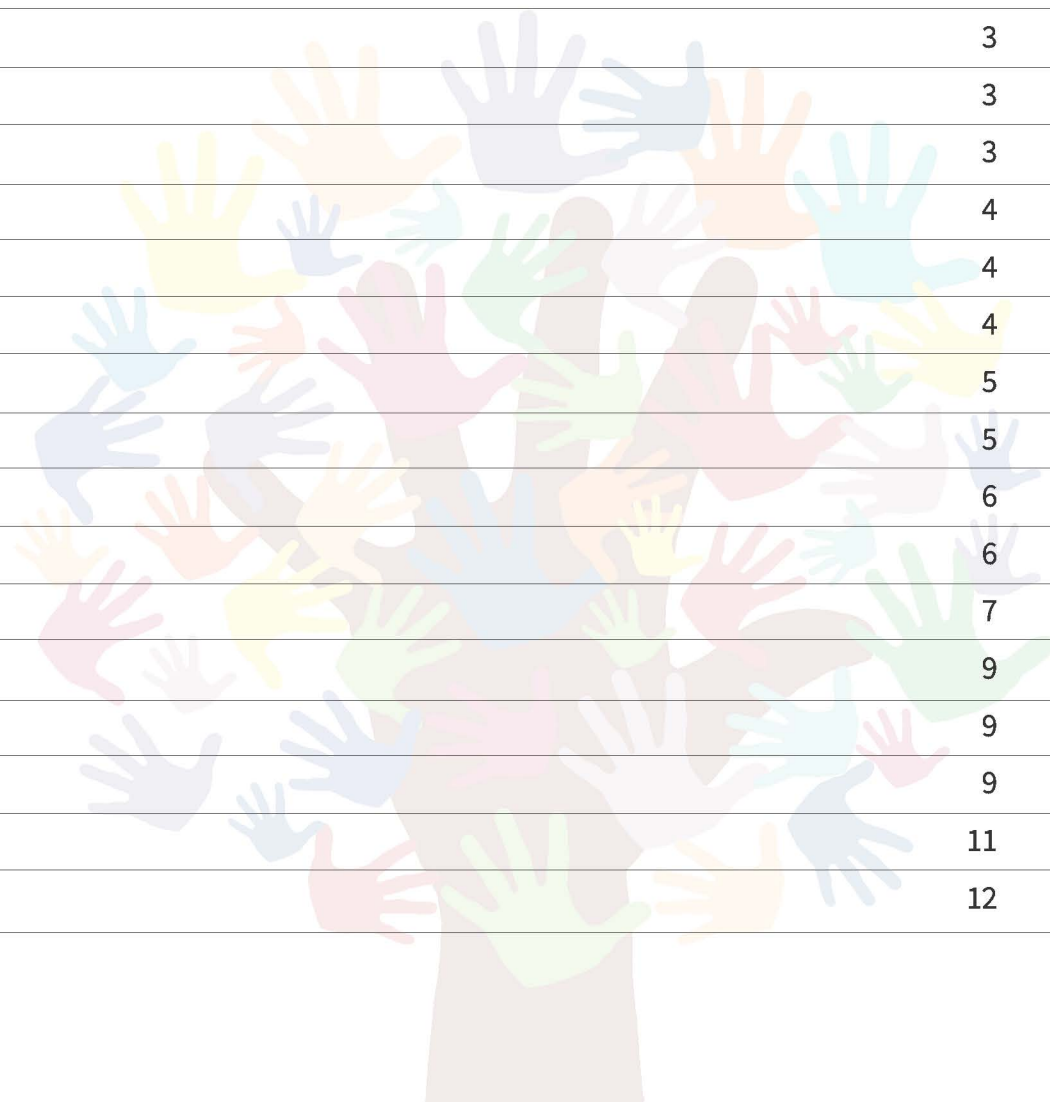
For NCD and Mental Health Screening

February, 2022

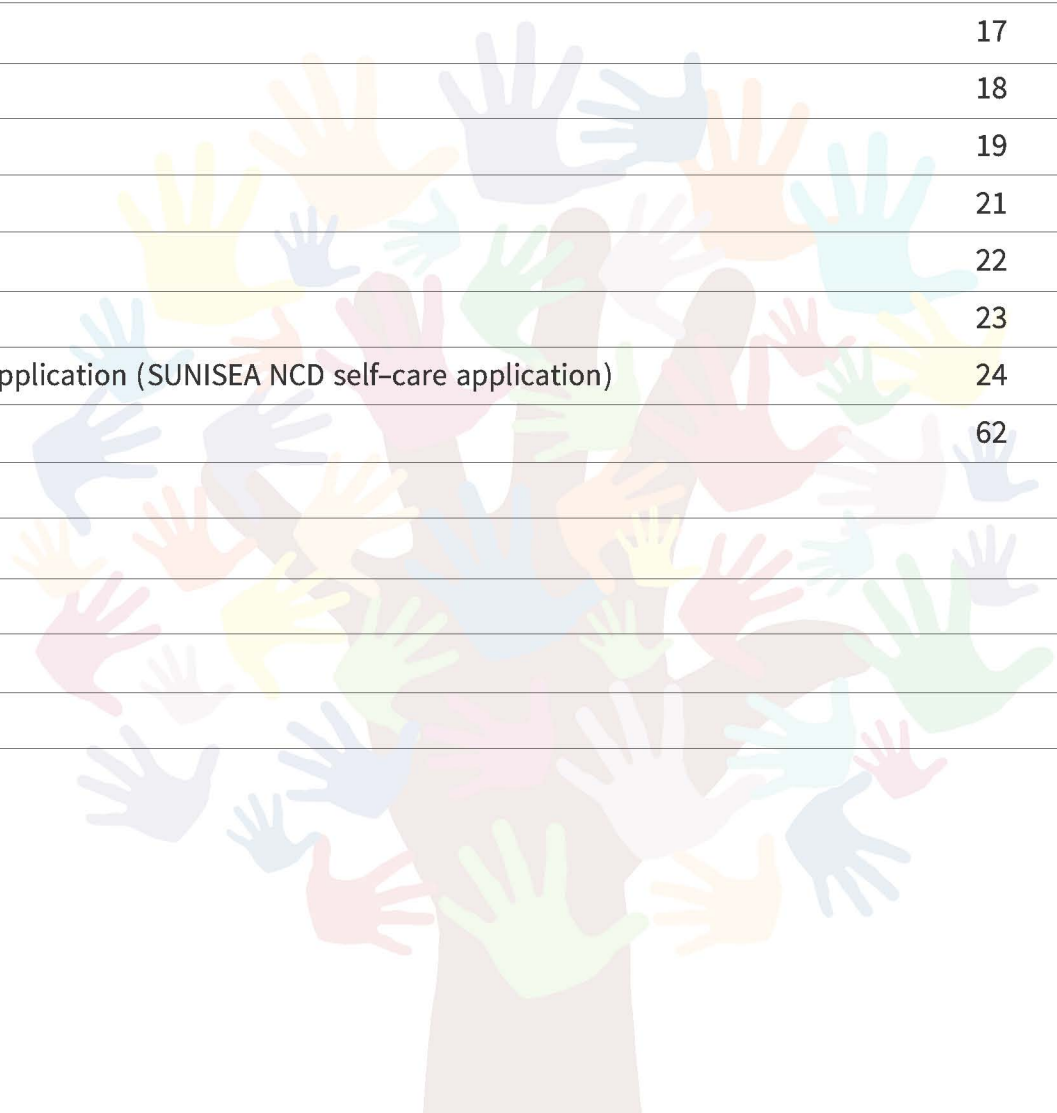


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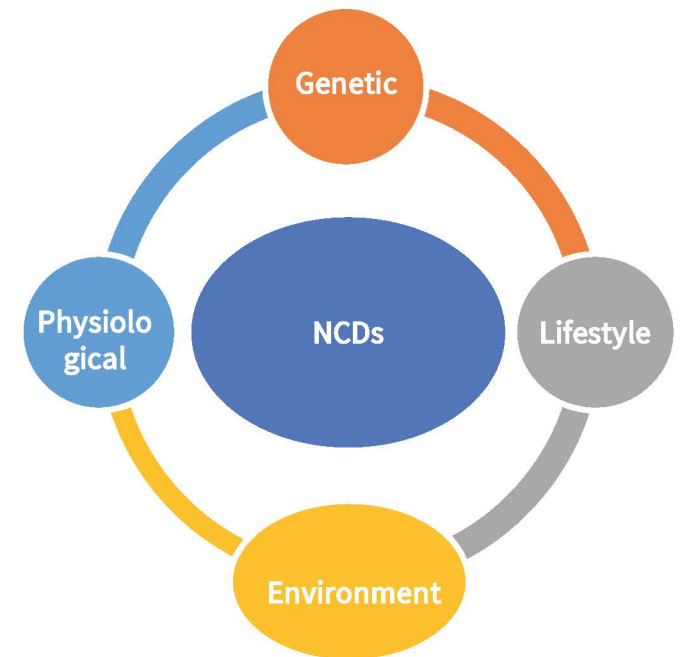


1. Introduction

Non communicable diseases (NCDs) such as diabetes and hypertension are a leading cause of premature death. In 2018 the World Health Organization reported that 68% of the deaths in Myanmar and 77% of deaths in Vietnam were due to NCDs.

The good news is that NCDs are largely preventable and controllable when diagnosed early, or when risk factors are reduced. This is why it is very important to screen people for risk factors, to diagnose and treat NCDs at an early stage.

And to provide information and support to people to help them have a healthy lifestyle. This handbook will support you to implement NCD prevention and control activities in your community. If you cannot find the answer to your questions, contact the resource people, whose details are in the back of this handbook.



2. What are non – communicable diseases?

An NCD is a noninfectious health condition, that cannot be spread from person to person. It lasts for a long period of time and is known as a chronic disease. NCDs are often associated with older people but can occur in all age groups.

What are the causes of NCDs?

A combination of genetic, physiological, lifestyle, and environmental factors can cause NCDs

What are the risk factors of NCDs?

- Unhealthy diets
- Lack of physical activity

- Smoking and secondhand smoke
- Excessive use of alcohol

What are the 5 common NCDs?

1. Cardiovascular disease: is the leading cause of NCD deaths. Such as heart attack and stroke
2. Diabetes
3. Chronic respiratory diseases:
4. Mental illnesses:
5. Cancer:

3. What is diabetes?

Diabetes occurs when the body cannot produce enough insulin, a hormone that regulates blood sugar (glucose). It can also occur when the body cannot effectively use the insulin it produces.

There are two main types of diabetes:

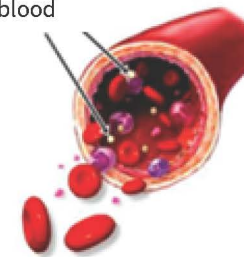
- Type 1 diabetes is often diagnosed during childhood or young adulthood. It's the result of an immune system dysfunction.
- Type 2 diabetes is acquired in later adulthood.

How to prevent NCDs

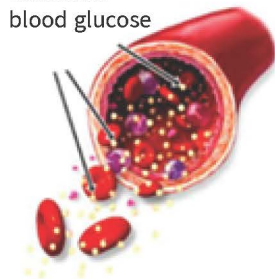
Reduce the major risk factors for NCDs

- Tobacco use
- Physical inactivity
- Unhealthy diet – overweight and obesity
- Harmful use of alcohol

Glucose in blood



Excessive blood glucose



What are consequences of diabetes?

These develop gradually and can lead to serious damage if they are go unchecked and untreated.

- Eye problems
- Foot problems
- Heart attack and stroke
- Kidney problems
- Nerve damage

What are the symptoms?

1. Hunger and fatigue.
2. Peeing more often and being thirstier.
3. Dry mouth and itchy skin.
4. Blurred vision.

What are the risk factors for Type 2 diabetes?

- Have prediabetes (Prediabetes is a condition which causes a person's blood sugar level to be elevated, but not high enough to warrant a diagnosis of type 2 diabetes.)
- Are overweight
- Are 45 years or older
- Have a parent, brother, or sister with type 2 diabetes
- Gum disease and other mouth problems
- Higher risk of cancer
- Sexual problems in men and women

4. What is high blood pressure (hypertension)?

High blood pressure, also called hypertension, is when the pressure of the blood in blood vessels is higher than normal.

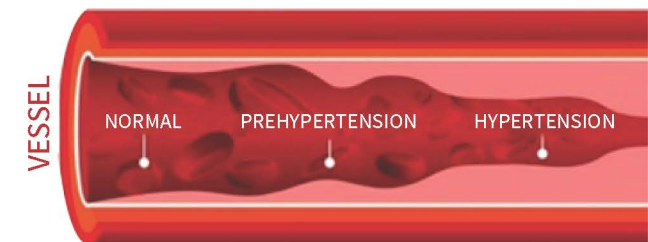
The higher your blood pressure levels, the more risk you have for heart disease, heart attack, and stroke.

How to prevent and manage diabetes?

- Check your risk of diabetes (FINDRISC tool)
- Manage your weight
- Exercise regularly
- Eat a balanced, healthy diet
- Limit your alcohol intake
- Quit smoking
- Control your blood pressure



See your doctor for regular check-ups.



Risk factors for high blood pressure?

- Unhealthy lifestyle choices, such as lack of physical activity.
- Certain health conditions, such as diabetes and obesity,
- High blood pressure can also happen during pregnancy.

What are the symptoms of high blood pressure?

- High blood pressure usually has no warning signs or symptoms. Many people do not know they have it.
- Measuring your blood pressure is the only way to know whether you have high blood pressure.

What are consequences of high blood pressure?

- Heart attack and heart disease
- Stroke and brain problems
- Having high blood pressure, especially in midlife, is linked to poorer memory, and dementia in later in life.
- Kidney disease

How to prevent and manage high blood pressure?

- Get at least 150 minutes of physical activity each week (about 30 minutes a day, 5 days a week)
- Don't smoke
- Eat a healthy diet, including limiting sodium (salt) and alcohol
- Maintain a healthy weight
- Manage stress
- In addition, some people with high blood pressure need to take medicine to manage their blood pressure.

Ways to Prevent High Blood Pressure



Healthy diet



Physical activity



Avoiding tobacco



Avoiding harmful use of alcohol



Managing stress

5. How can I take care of my emotional health?



Our emotions have a great effect on our health. Body functions are disrupted, and immunity to diseases is reduced if one is frequently angry, or under stress. As a result, one is at risk of hypertension, heart disease, cancer, etc.

Emotions are also related to risky behaviors such as: overeating, drinking, smoking, and drug abuse. Such habits can cause serious health problems such as diabetes and hypertension. Therefore, it is important to learn how to manage our emotions and mental state. Stress cannot be avoided but we need to find a way to deal with tension and negative emotions.

What are examples of activities that can help me relax?

- ✓ Spending time with family members and friends doing fun activities
- ✓ Strengthening good relationships among family and neighbors
- ✓ Participation in community activities and spiritual/ religious activities
- ✓ Relaxation activities such as hobbies, meditation, listening to music, etc;
- ✓ Discussing and solving problems in a positive and constructive manner
- ✓ Rest, sleep and relaxation. Six to eight hours sleep per night

Get involved in activities to relax and de-stress.



6. How can I take care of my emotional health?

Referrals

Individuals will be referred to PHC if they fall under the following criteria:



High Risk factors identified (referral criteria)

1	New hypertension ≥140 – 90 (measured twice during screening)
2	High waist circumference ≥80 cm in women ≥90 cm in men
3	Overweight BMI ≥25 kg/m ²
4	Underweight BMI <18 kg/m ²
5	High FINDRISC score Over 15
6	Known hypertension and/or cardio-vascular disease with complaints (Stroke, TIA, kidney disease)
7	DM with complication (Severe infection and / or foot ulcers, recent deterioration of vision or no eye exam in 2 years)

Follow-ups

All individuals who have been referred to PHC will be asked to come back within the next month (after their visit at PHC) to report on diagnosis and treatment prescribed (if any), advice received at PHC, and potential support needed from community for lifestyle changes (if needed).

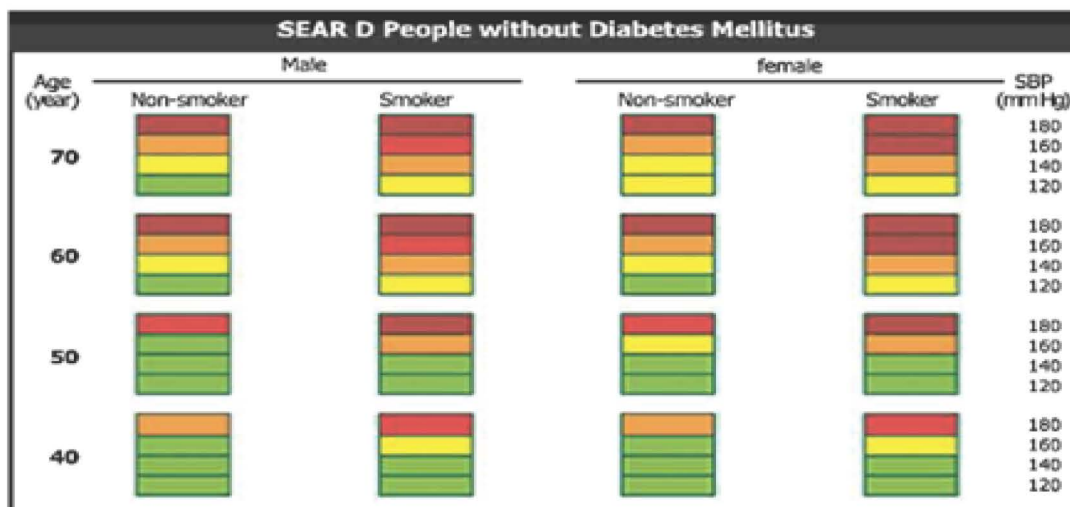
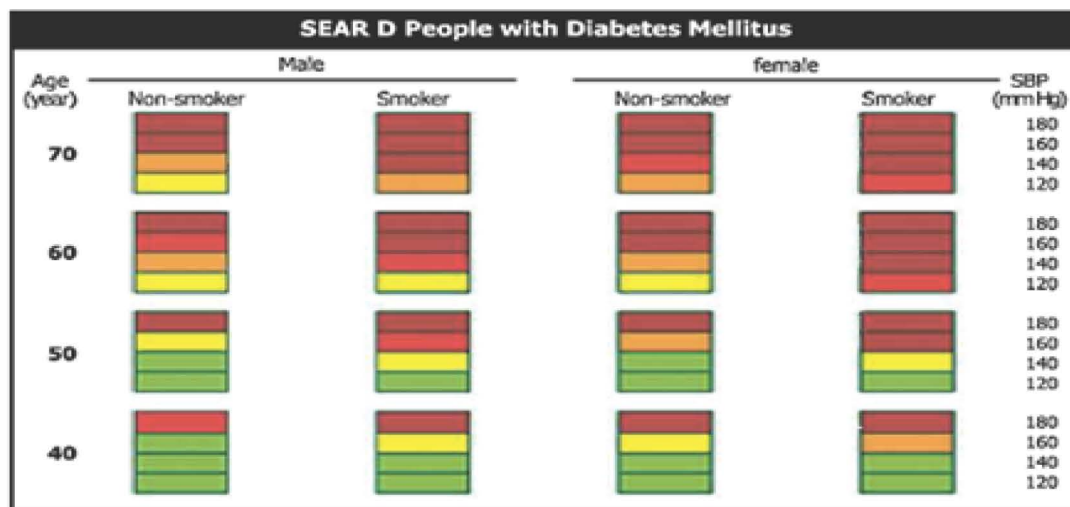
Individuals who have not been referred to PHC, based on the criteria listed above, will be categorized into “risk groups” (based on the 10-year CVD risk) and will be advised to return to the ISHG for a follow-up screening within the year.



WHO / ISH Risk prediction chart without cholesterol

WHO / ISH risk prediction chart for SEAR D. 10 – years risk of a fatal or non – fatal cardiovascular event by gender, age, systolic blood pressure, smoking status and presence or absence of diabetes mellitus.

Risk Level ■ <10% ■ 10% to <20% ■ 20% to <30% ■ 30% to <40% ■ ≥40%



FOLLOW UP AFTER SCREENING	
Each screened individual will be categorized into different risk groups and will be advised for repeated screening as below (described in the PEN manual):	
RISK LEVEL	FOLLOW UP
10-year CVD Risk < 10%	Follow up in 12 months
10-year CVD Risk 10 to 20%	Follow up every 3 months until targets are met Then every 6-9 months thereafter
10-year CVD Risk 20 to 30%	Follow up every 3-6 months
10-year CVD Risk > 30%	Follow up every 3 months

7. Health Education

Nutrition

Encourage people to eat a healthy diet, including those at risk of or affected by undernutrition. Following a good diet is easier for people who record what they eat on a chart every day. Help people to identify specific foods that are available locally, and that provide adequate energy (carbohydrates), protein and micronutrients such as vitamins and minerals. Advise on the adequate amounts of these foods

Recommended amount per day

1 6 6

TEASPOONS

Salt Oil Sugar

EAT A 'HEART HEALTHY' DIET	
SALT (Sodium Chloride)	<ul style="list-style-type: none"> ✓ Restrict to less than 5 grams per day (1 teaspoon per day) ✓ Reduce salt when cooking. ✓ Limit processed packaged foods and 'fast foods'
Fruit and Vegetables	<ul style="list-style-type: none"> ✓ 5 servings of fruit and vegetables per day (400 – 500 grams) ✓ 1 serving = 1 orange or 1 apple or 1 mango or 1 banana or 3 tablespoons of vegetables
Fatty Food	<ul style="list-style-type: none"> ✓ Limit fatty meat, dairy fat and cooking oil to less than two tablespoons per day ✓ Replace palm and coconut oil with olive oil, soya, corn, rapeseed or sunflower oil
FISH	<ul style="list-style-type: none"> ✓ Eat fish at least 3 times per week, preferably oily fish such as tuna, mackerel or salmon

SPECIAL ADVICE FOR OLDER PEOPLE

Because protein absorption decreases with age, advise older people to eat plenty of it. Protein intake of 1.0–1.2 g per kg of body weight is recommended for healthy older adults.

A person recovering from weight loss or an acute illness or injury may need up to 1.5 g per kg of body weight. Encourage physical activity, which enables protein to be incorporated into muscle and builds appetite.

Encourage exposure to sunlight to make the skin produce vitamin D. The vitamin D in food is not enough for older people to maintain optimal levels.

Often, older people do not eat enough. To help an older person to eat more, suggest family-style meals and social dining, particularly for older people living alone or who are socially isolated.



Nutrition continued



½ of the food plate: **Vegetables**

¼ of the food plate: **Rice or noodles**

¼ of the food plate: **Fish, meat or egg**



Recommended amount per day

5

Servings

Vegetables and Fruit

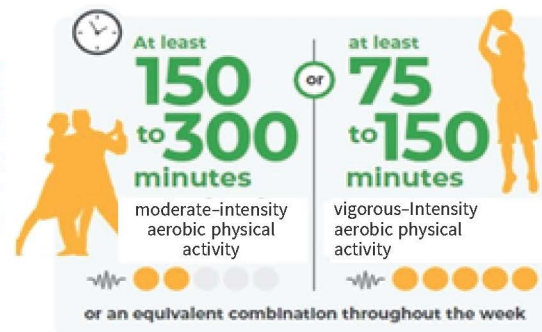
Physical exercise

Sedentary behaviour in adults can cause an overall increased likeliness of death and incidence of cardiovascular disease, cancer and type-2 diabetes.

Recommendations for good physical practices are found below, for adults aged 18 to 65. They are the same for adults of 65 years old and (with, highlighting the importance for elderly people to keep fit), with extra days for functional balance and strength training exercise.

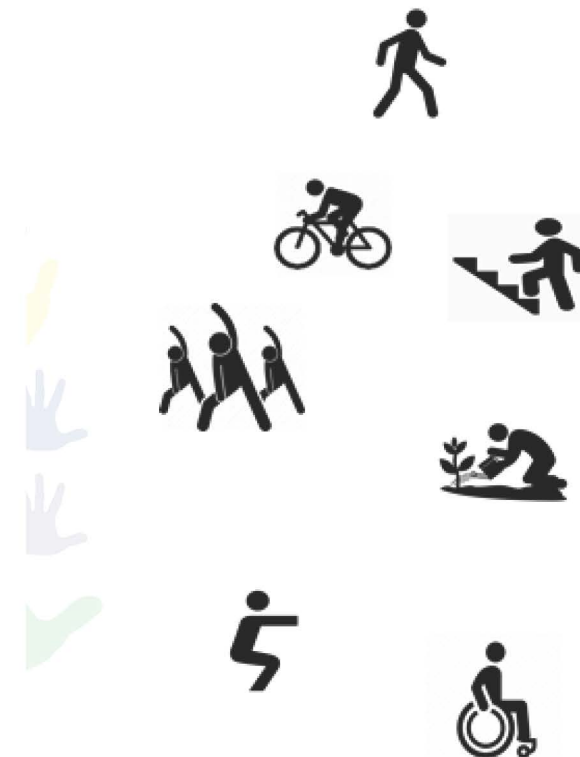
> Adults should do at least 150–300 minutes of moderate-intensity aerobic physical activity; or at least 75–150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week, for substantial health benefits.

Strong recommendation, moderate certainty evidence



> Adults should also do muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week, as these provide additional health benefits.

Strong recommendation, moderate certainty evidence



For additional health benefits (specifically for adults over 65 years old):



> As part of their weekly physical activity, older adults should do varied multicomponent physical activity that emphasizes functional balance and strength training at moderate or greater intensity, on 3 or more days a week, to enhance functional capacity and to prevent falls.

Strong recommendation, moderate certainty evidence

Tobacco and alcohol consumption



For smokers and users of smokeless tobacco, inform on the risks of using tobacco, and advise to stop smoking. If they have already tried and it has failed, advise to gradually attempt to stop smoking/using smokeless products. Advise to find support from peers, family, or friends to hold accountable for reducing tobacco consumption.



For alcohol users, remind on the dangers of consuming too much alcohol, both in the short term (memory loss, depressive substance, loss of control) and long-term (increased health risk for NCDs).

Remind that the threshold for harmful alcohol consumption is considered as > 2 drinks per day for men, and > 1 for women (one unit/drink being equivalent to half a pint of beer (5% alcohol), 100mL of wine (10% alcohol), 25mL of spirits (40% alcohol)).

If individuals are having difficulty controlling alcohol consumption, advise to seek peer support groups in the community. Encourage other activities for reducing alcohol consumption (sports, social activities that do not involve drinking, etc.)

Advise to not consume any alcohol when driving, operating machinery, pregnant or breast feeding;

Advice specific for people with raised blood pressure

- ✓ Follow medical advice and adhere to lifestyle changes
- ✓ Take medicine as prescribed
- ✓ Regularly check blood pressure
- ✓ Reduce and manage stress



Advice specific for people with diabetes

- ✓ Advise overweight patients to reduce weight by reducing their food intake
- ✓ Advise all patients to give preference to low glycaemic-index foods (e.g. beans, lentils, oats and unsw eeted fruit) as the source of carbohydrates in their diet
- ✓ If you are on any DM medication that may cause your blood glucose to go down too low, carry sugar or sweets with you
- ✓ If you have DM, eyes should be screened for eye disease (diabetic retinopathy) by an ophthalmologist at the time of diagnosis and every two years thereafter, or as recommended by the ophthalmologist



- ✓ Avoid walking barefoot or without socks
- ✓ Wash feet in lukewarm water and dry well especially between the toes
- ✓ Do not cut calluses or corns, and do not use chemical agents on them
- ✓ Look at your feet every day and if you see a problem or an injury, go to your health worker

8. How to weigh and measure.

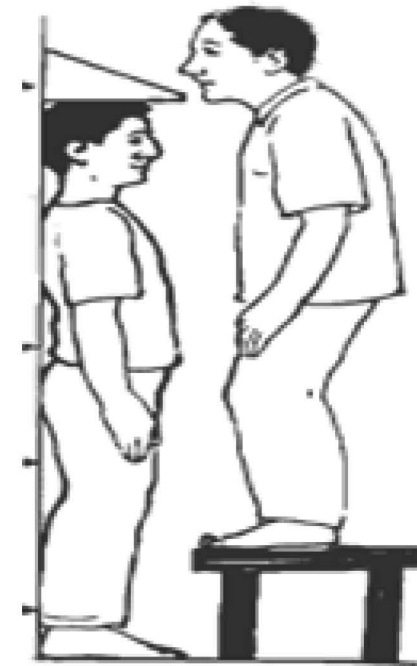
How to measure weight

- 1) Place the scale on a hard and flat surface, if possible. (e.g., concrete, solid ground, wooden board, but not on height board). Place the scale in the shade or indoors, if possible. If the scale overheats and does not work properly, move it to a cooler place and wait 15 minutes before trying again. Handle the scale with care and protect it from excess humidity. Ensure that the batteries are working before going to the field and carry a spare set.
- 2) Stand in front of scale.
- 3) Ask the participant to take off their shoes and remove all items from their pockets.
- 4) Calibrate and adjust the scale with your hand until it is indicated '00'.
- 5) Ask the participant to step on the scale and stand in the center.
- 6) If the outfit of the participant covers the screen, ask them to pull it away read the weight in kilogram
- 7) Round off the measured weight to the nearest whole number.



How to measure height

- 1) Remove all shoes and socks
- 2) Stand on a flat floor with no carpeting next to a wall.
- 3) Stand with participant neck to the wall, with his feet together and heels touching the wall.
- 4) Look straight ahead and keep his shoulders level.
- 5) Get somebody to place a flat object onto his head, such a book or ruler, forming a 90-degree angle with the wall. Ask the person to mark the wall where the flat object touches it with a pencil.
- 6) Move away participant from the wall and measure the wall and measure the space from the floor to the marked place with a tape measure. This part is important, making sure that you have a high-quality tape measure is vital.
- 7) Write down the rounded height



9. How to estimate BMI

BMI can either be calculated manually with the formula below, or can be assessed using the BMI chart (this way is easiest). t

BMI = Weight (Kg)

Height (m) × Height (m)

Example : weight = 42 kg , Height = 142 cm → $\frac{42}{1.42 \times 1.42} = 20,8 \text{ kgm}^2$



Body Mass Index (BMI) Chart for Adults

Obese (>30)
 Overweight (25-30)
 Normal (18.5-25)
 Underweight (<18.5)

HEIGHT in feet/inches and centimeters

WEIGHT	HEIGHT in feet/inches and centimeters																					
	4'8"	4'9"	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"	6'5"
lbs (kg)	142cm	147	150	152	155	157	160	163	165	168	170	173	175	178	180	183	185	188	191	193	196	
260 (117.9)	58	56	54	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32	32	31
255 (115.7)	57	55	53	51	50	48	47	45	44	42	41	40	39	38	37	36	35	34	33	32	31	30
250 (113.4)	56	54	52	50	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	30
245 (111.1)	55	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32	31	31	30	29
240 (108.9)	54	52	50	48	47	45	44	43	41	40	39	38	36	35	34	33	33	32	31	30	29	28
235 (106.6)	53	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29	28
230 (104.3)	52	50	48	46	45	43	42	41	39	38	37	36	35	34	33	32	31	30	30	29	28	27
225 (102.1)	50	49	47	45	44	43	41	40	39	37	36	35	34	33	32	31	31	30	29	28	27	27
220 (99.8)	49	48	46	44	43	42	40	39	38	37	36	34	33	32	32	31	30	29	28	27	27	26
215 (97.5)	48	47	45	43	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26	25
210 (95.3)	47	45	44	42	41	40	38	37	36	35	34	33	32	31	30	29	28	28	27	26	26	25
205 (93.0)	46	44	43	41	40	39	37	36	35	34	33	32	31	30	29	29	28	27	26	26	25	24
200 (90.7)	45	43	42	40	39	38	37	35	34	33	32	31	30	30	29	28	27	26	26	25	24	24
195 (88.5)	44	42	41	39	38	37	36	35	33	32	31	31	30	29	28	27	26	26	25	24	24	23
190 (86.2)	43	41	40	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	24	23	23	22
185 (83.9)	41	40	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22
180 (81.6)	40	39	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21
175 (79.4)	39	38	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21
170 (77.1)	38	37	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20
165 (74.8)	37	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	20
160 (72.6)	36	35	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	19	19
155 (70.3)	35	34	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19	18
150 (68.0)	34	32	31	30	29	28	27	27	26	25	24	23	23	22	22	21	20	20	19	19	18	18
145 (65.8)	33	31	30	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18	17
140 (63.5)	31	30	29	28	27	26	26	25	24	23	23	22	21	21	20	20	19	18	18	17	17	17
135 (61.2)	30	29	28	27	26	26	25	24	23	22	22	21	21	20	19	19	18	18	17	17	16	16
130 (59.0)	29	28	27	26	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16	15
125 (56.7)	28	27	26	25	24	24	23	22	21	21	20	20	19	18	18	17	17	16	16	16	15	15
120 (54.4)	27	26	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15	14
115 (52.2)	26	25	24	23	22	22	21	20	20	19	19	18	17	17	16	16	16	15	15	14	14	14
110 (49.9)	25	24	23	22	21	21	20	19	19	18	17	17	16	16	15	15	15	15	14	14	13	13
105 (47.6)	24	23	22	21	21	20	19	19	18	17	17	16	16	16	15	15	14	14	13	13	13	12
100 (45.4)	22	22	21	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	12	12	12
95 (43.1)	21	21	20	19	19	18	17	17	16	16	15	15	14	14	14	13	13	13	12	12	12	11
90 (40.8)	20	19	19	18	18	17	16	16	15	15	15	14	14	13	13	13	12	12	12	11	11	11
85 (38.6)	19	18	18	17	17	16	16	15	15	14	14	13	13	13	12	12	12	11	11	11	10	10
80 (36.3)	18	17	17	16	16	15	15	14	14	13	13	13	12	12	11	11	11	11	10	10	10	9

Note: BMI values rounded to the nearest whole number. BMI categories based on CDC (Centers for Disease Control and Prevention) criteria.

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$$\text{BMI} = \text{Weight}[\text{kg}] / (\text{Height}[\text{m}] \times \text{Height}[\text{m}]) = 703 \times \text{Weight}[\text{lb}] / (\text{Height}[\text{in}] \times \text{Height}[\text{in}])$$

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10. How to measure waist circumference

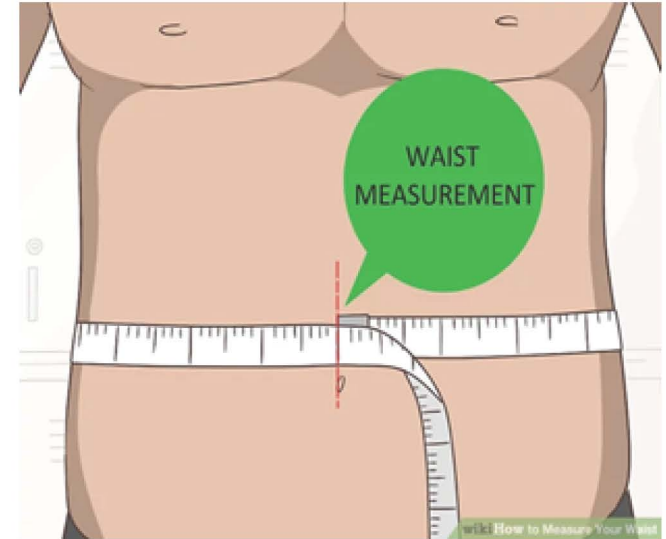
Essential steps:

- 1) Remove or raise shirt/clothing
- 2) Make sure the participant stands straight
- 3) Locate the top of the hip bone and take the measurement just above this bony landmark, just where one finger can fit between the hip bone and the lowest rib.
- 4) Wrap the measuring tape around the waist, not too tight
- 5) Ensure that the tape measure is positioned horizontally, parallel to the floor
- 6) Ensure that the participant is standing straight and has relaxed the abdominal muscles
- 7) Tell the participant to breath in and out as normally.
- 8) Measurement is taken at the end of normal expiration.
- 9) Record the results measured as cm (centimetre)

Interpretation:

Too large waist circumference:

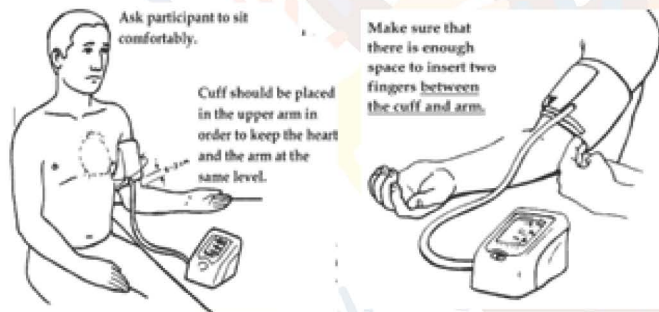
- Women 80cm or higher
- Men 90cm or higher



11. How to measure blood pressure

Essential steps:

- 1) Ask the participant/patient to sit on chair and place their feet on the floor.
- 2) Remove any tight-fitting clothing from upper arm.
- 3) Place the arm of the participant/ patient on the table so that the arm cuff and the heart are at the same height. If the participant/ patient needs to raise their arm, put a cushion under their arm and keep the arm at an appropriate height.
- 4) Pit the cuff on the upper arm without wrinkles. Makes sure that there is a space of about two fingers between the cuff
- 5) Confirm that the cuff set in an appropriate position.
- 6) Press the start buttons. Wait until the value of blood pressure appears on the screen.



Interpretation:

If systolic blood pressure is greater than or equal to 140 mmHg, or diastolic blood pressure is greater than or equal to 90 mmHg, explain to the participant that their blood pressure is high and they need to be rechecked.

Advise them to be relaxed and take a seat for five minutes until they are called again. Write down the time that they will take the second measurement (after they have taken a five - minute rest).

12. References

- https://www.researchgate.net/figure/SCORE-chart-10-year-risk-of-fatal-cardiovascular-disease-in-populations-of-countries-at-fig3_303515610
- <https://reference.medscape.com/calculator/675/diabetes-risk-score-type-2>
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- <https://www.healthonics.healthcare/diet-and-lifestyle-tips-to-manage-prevent-diabetes/>
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- <https://nypost.com/2020/01/30/cigarettes-release-dangerous-toxins-even-after-theyre-put-out/>
- <https://www.gethealthystayhealthy.com/articles/7-ways-you-can-help-someone-with-diabetes>
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User Guidebook for NCD and Mental Health Screening Application (SUNISEA NCD self-care application)

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Introduction

This guide explains how to use the self-care screening application to assess your risk for hypertension, diabetes and mental health issues. But to get the proper diagnosis, you should consult with medical health care professional. The app also provides health information about practical actions you can take to stay healthy.



Abbreviations

NCD- Non-communicable disease

BMI - Body Mass Index

PTSD- Post Traumatic Stress Disorder

ISHG- Inclusive Self-Help Group

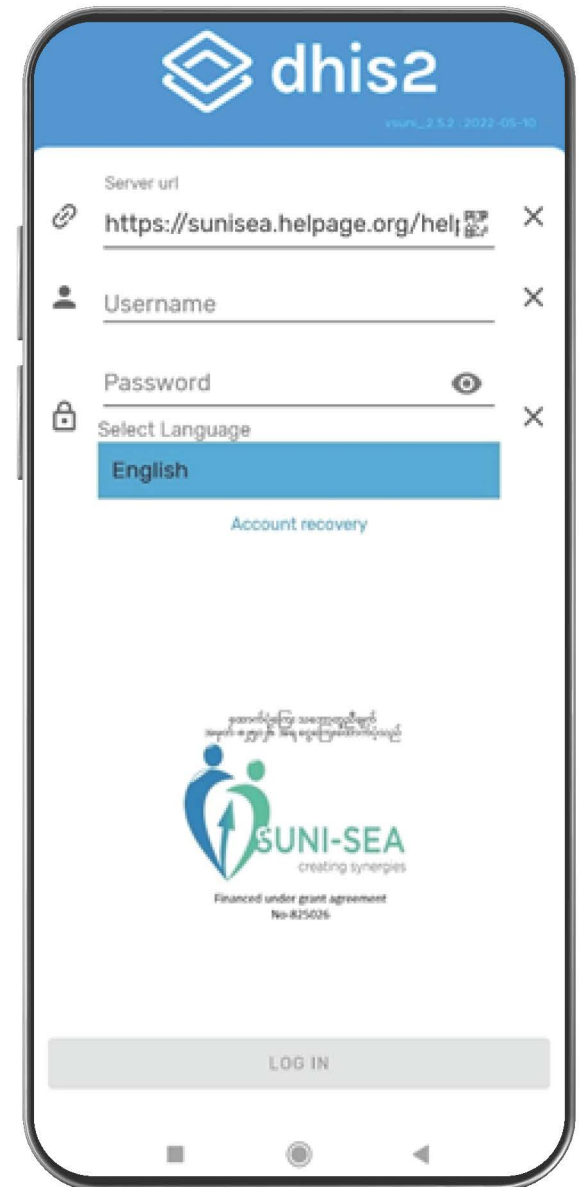
FINDRISC- Finnish Diabetes Risk Score



Steps of How to Log In

Step 1: Logging In

Open the self assessment screening app that you downloaded to your phone. The login page will appear as shown in the picture.



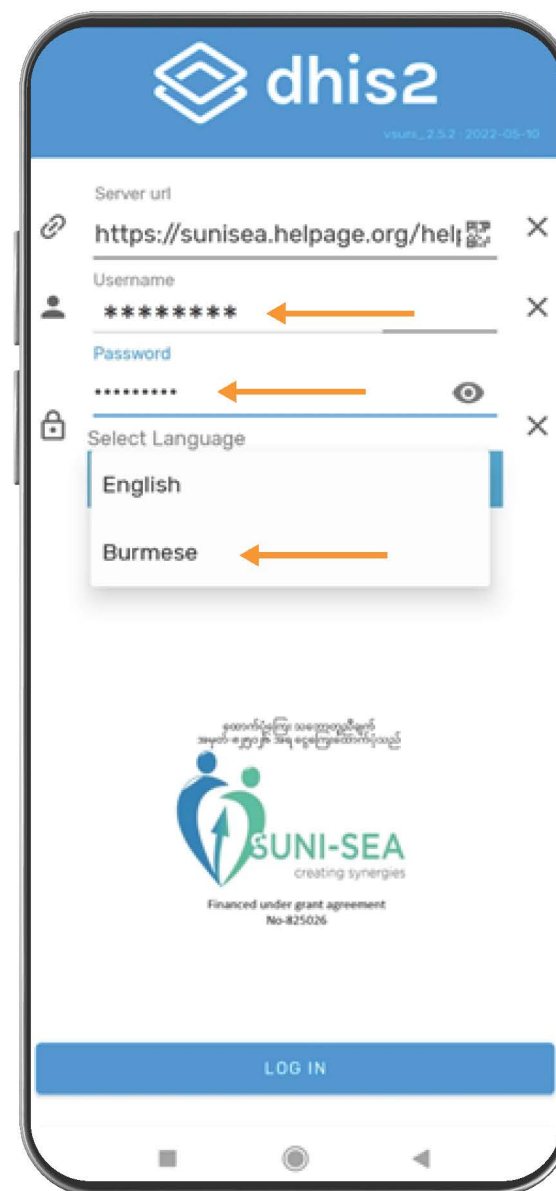
Step 2: username, and password

If you have previously registered add your username and password.

If you are entering your information for the first time create your username and password.

You can create username and password without any limitation.

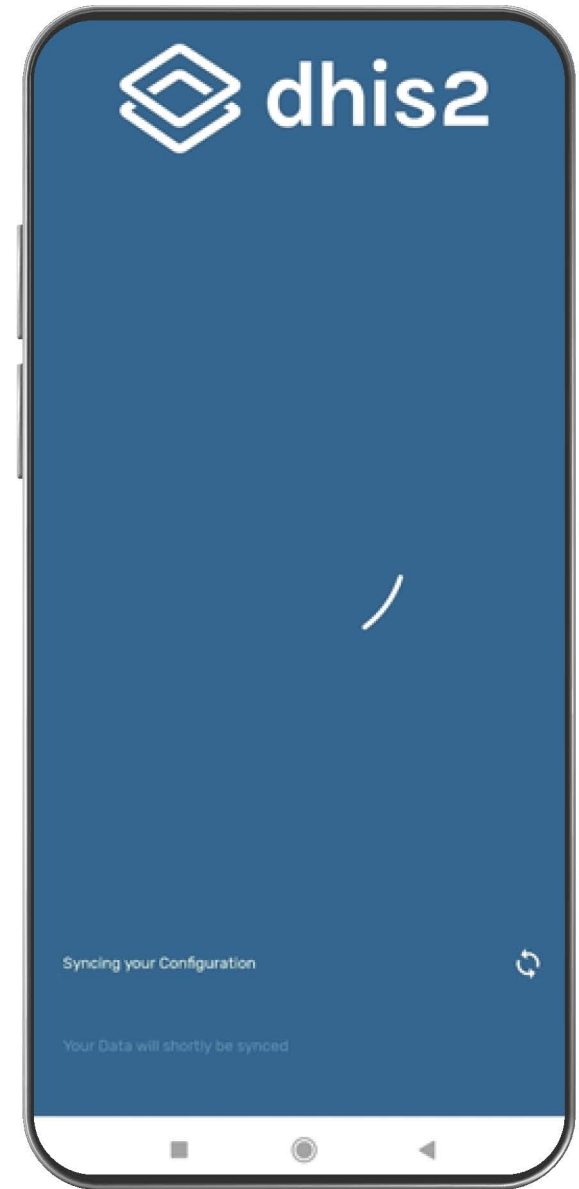
There are two languages (Myanmar and English) in the application. You can use with the preferred language.



Step 3: Configuration Set-Up, Existing Data Download

The device will first update your information on the screening forms.

Example if you have entered information in the past using a different mobile phone or other device, it will be downloaded on to the screening forms.

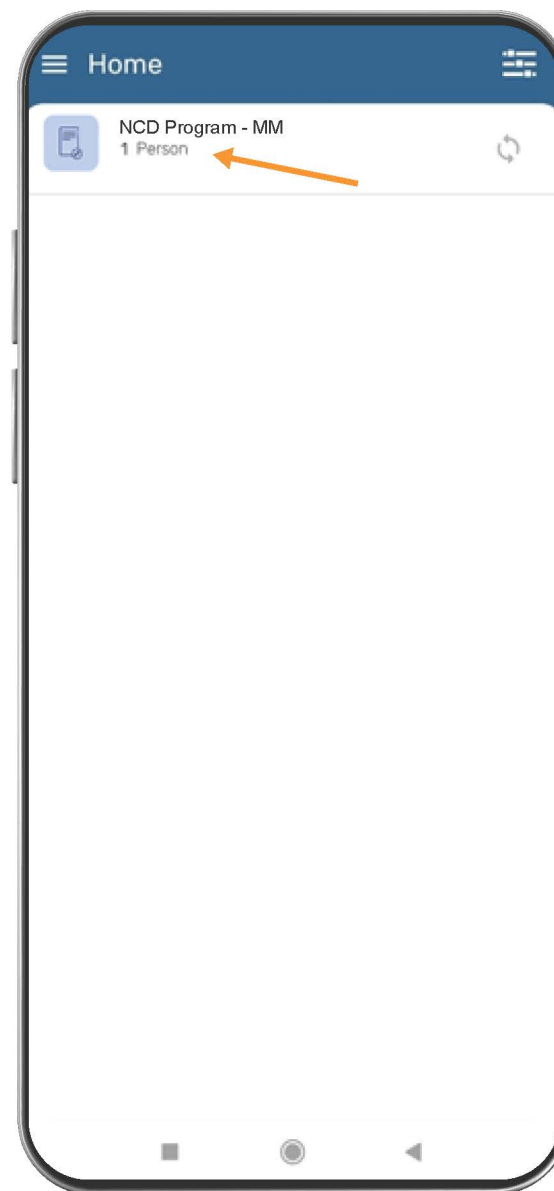


Step 4: Self screening assessment for hypertension, diabetes, and mental health (NCDs program-Myanmar)

Once the screening app has been updated with your information, the app will take you the activity dashboard.

NCD Program

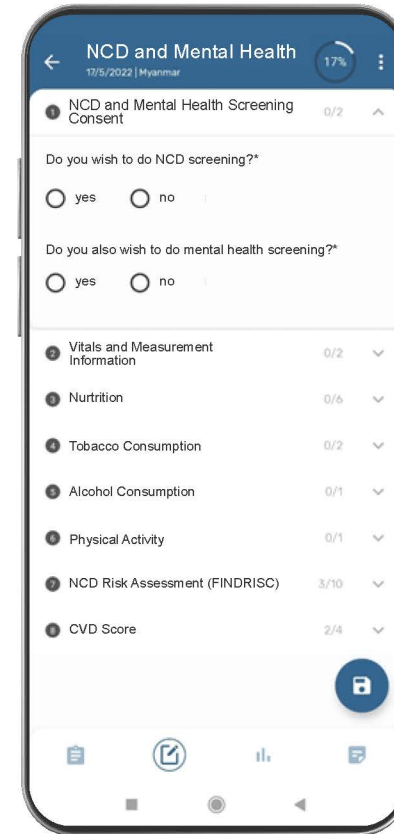
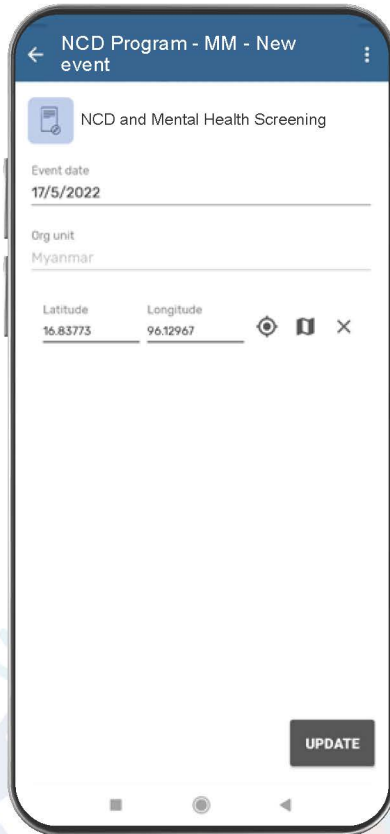
Click on NCD Program, and the app will take you to your record.





The information will be collected at application server and save your data as anonymous and will remain private, not be shared.

Fill the details in the form and **click on the Save button** in the bottom right of the screen.



On the next page, the app will ask the questions. Firstly, you need to confirm date and location for NCD and mental health assessment.

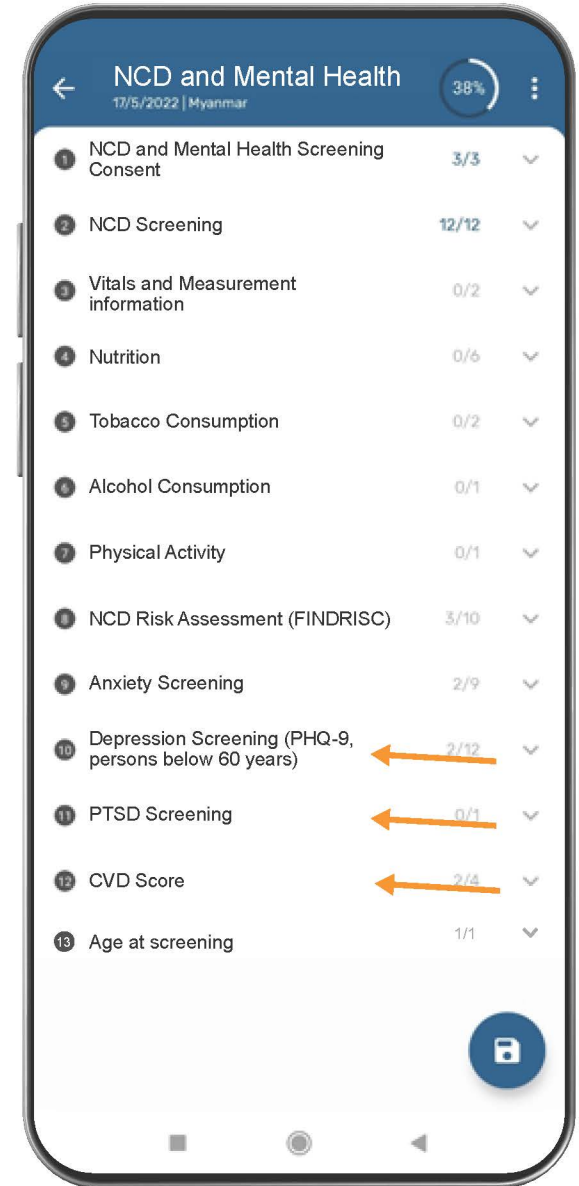
Then, the app will ask if you want to do the NCD screening.

If yes, you will then be asked to enter information about your

- weight
- waist measurement
- height
- recent blood pressure measurement

And also, whether you would like to complete mental health screening.

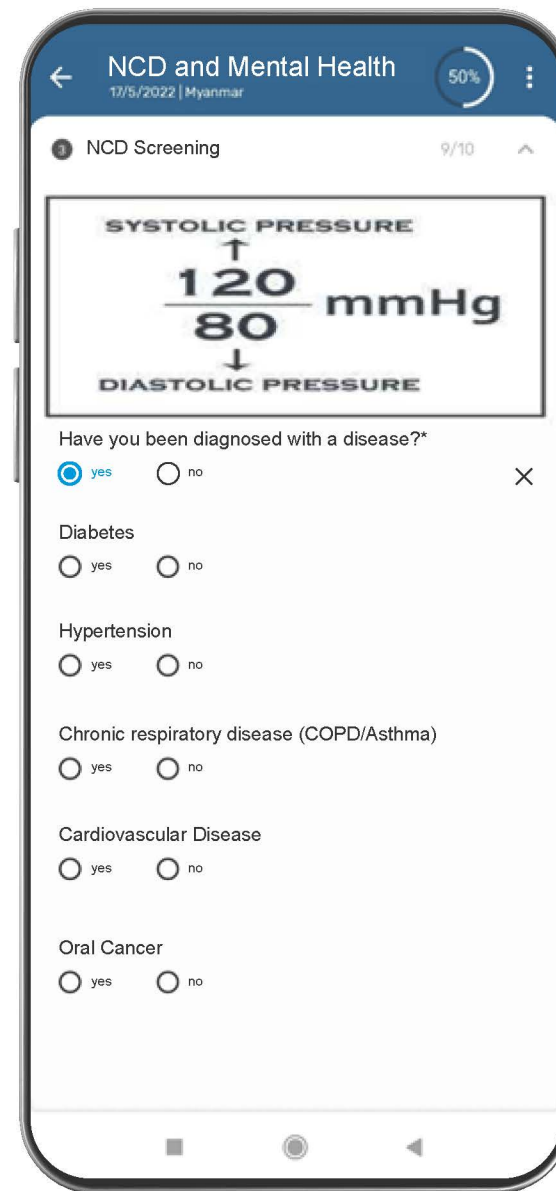
If you select to do mental health screening as well, the app will automatically include the sections for mental health screening which you can select from.



If you choose to do NCD screening, click on the NCD screening section, answer the questions for any known diseases, and their treatment status.

Click yes on any of the diseases that you have been diagnosed with

Click no if you have not been diagnosed with any of these diseases.



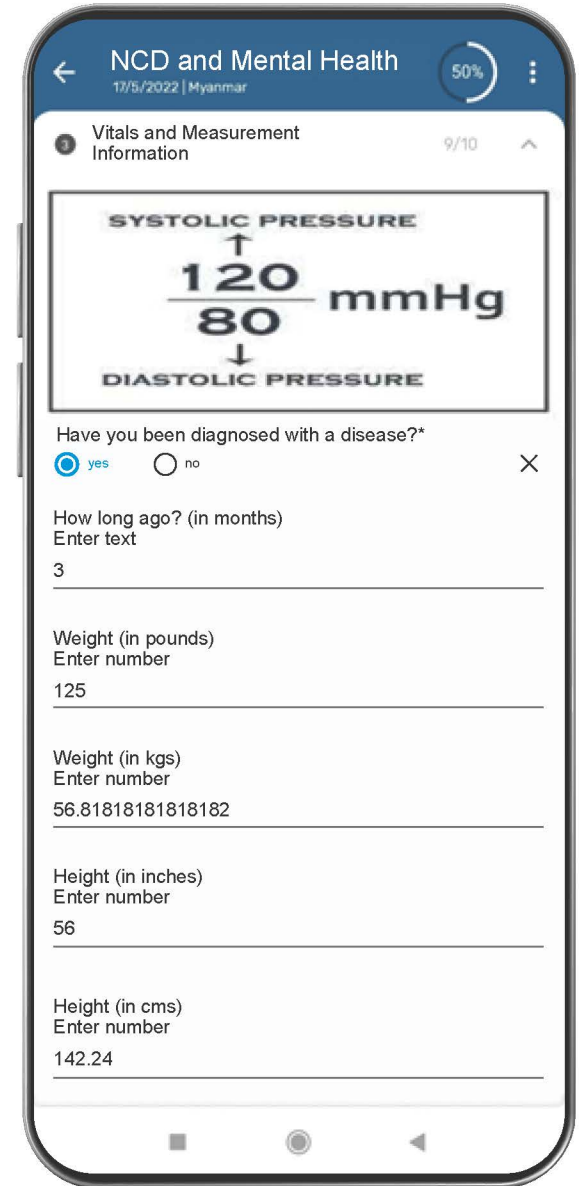
Add your physical measurements (weight in (lbs), height in (inches) and waist circumference in (centimeters)) and your blood pressure measurement in this section.

NOTE: If your measurements are older than one year, or you do not have your measurements available,

Visit the nearest health care provider or Inclusive Self Help Group (ISHG) and request to have your measurements taken.

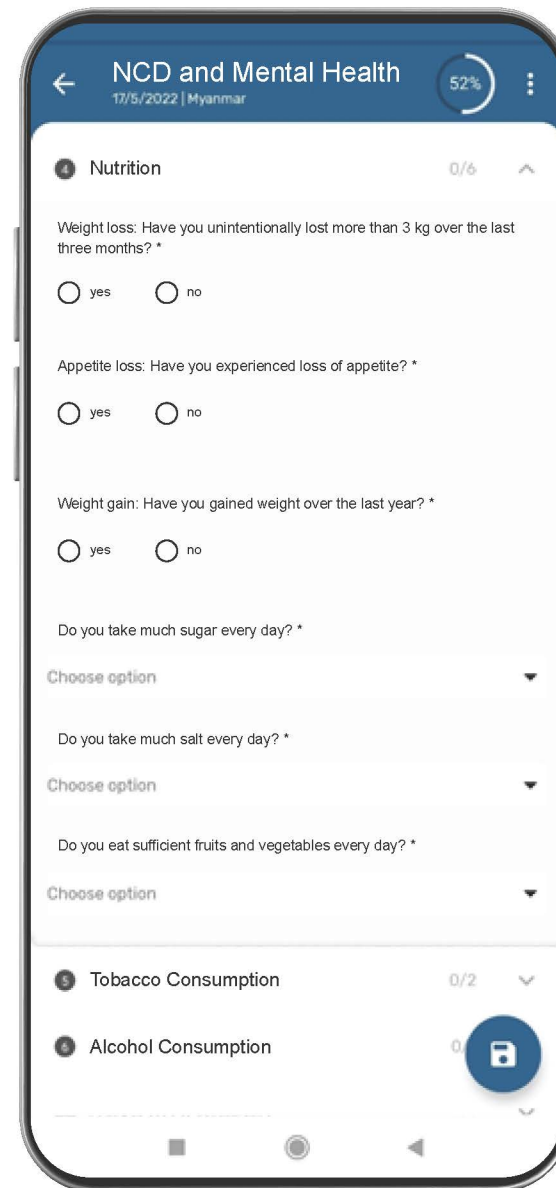
You can return to this section at a later time, when you have your measurements with you. The app will save all the other information that you enter and you can access it again next time.

Your BMI will automatically be calculated and entered by the app, when you add your measurements.

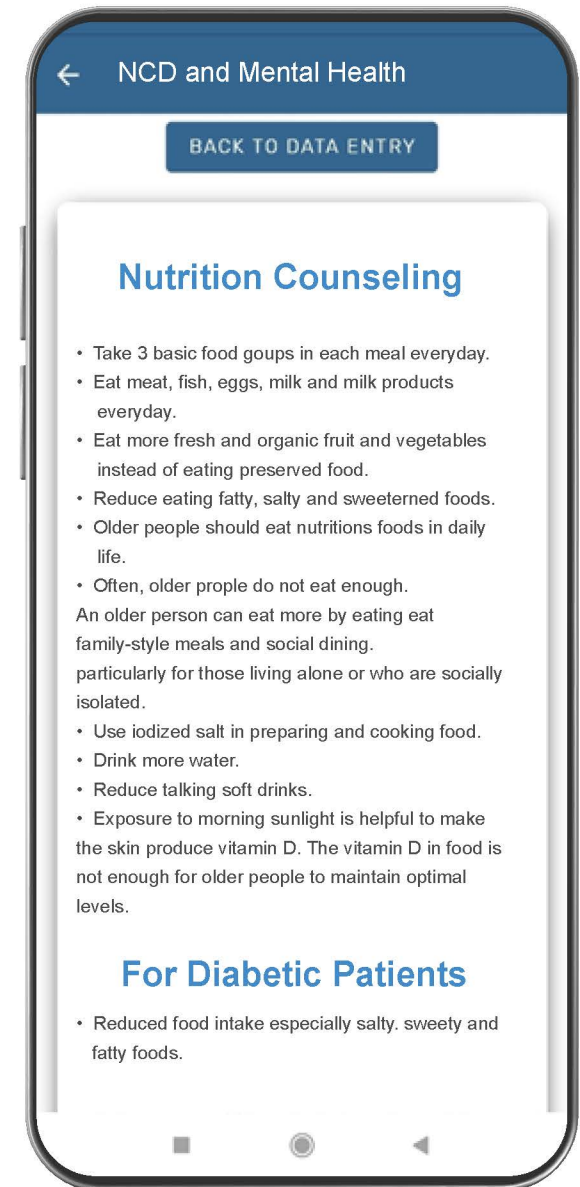


The application will now ask you a few questions about your lifestyle and behavioral start with nutrition section.

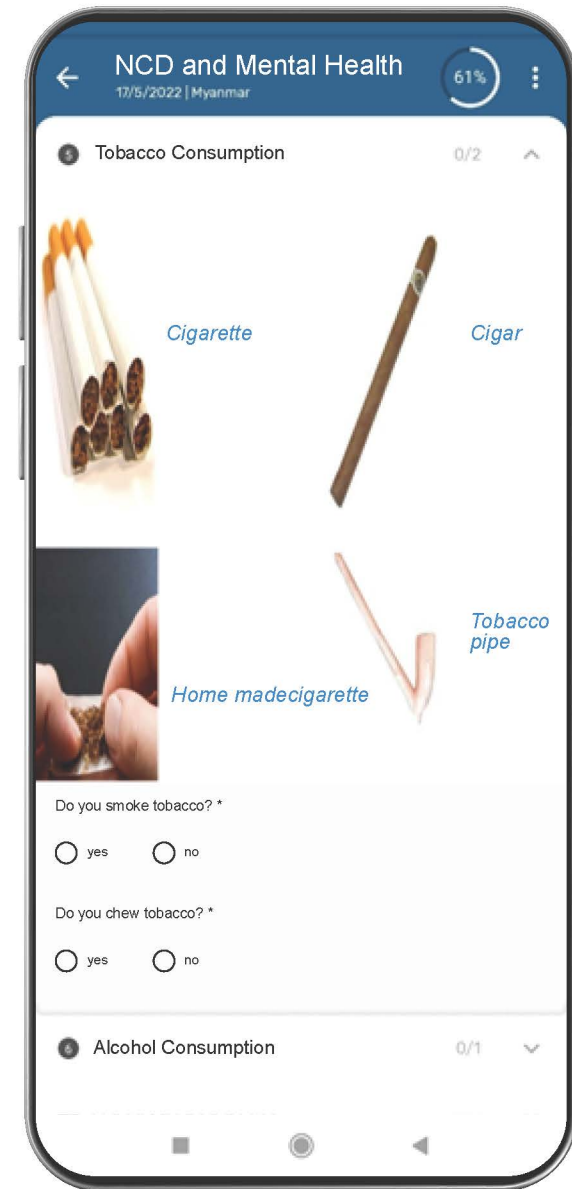
At the end of the questionnaire, you will access to the nutrition counselling information, which will provide you basic tips on good nutrition practices.



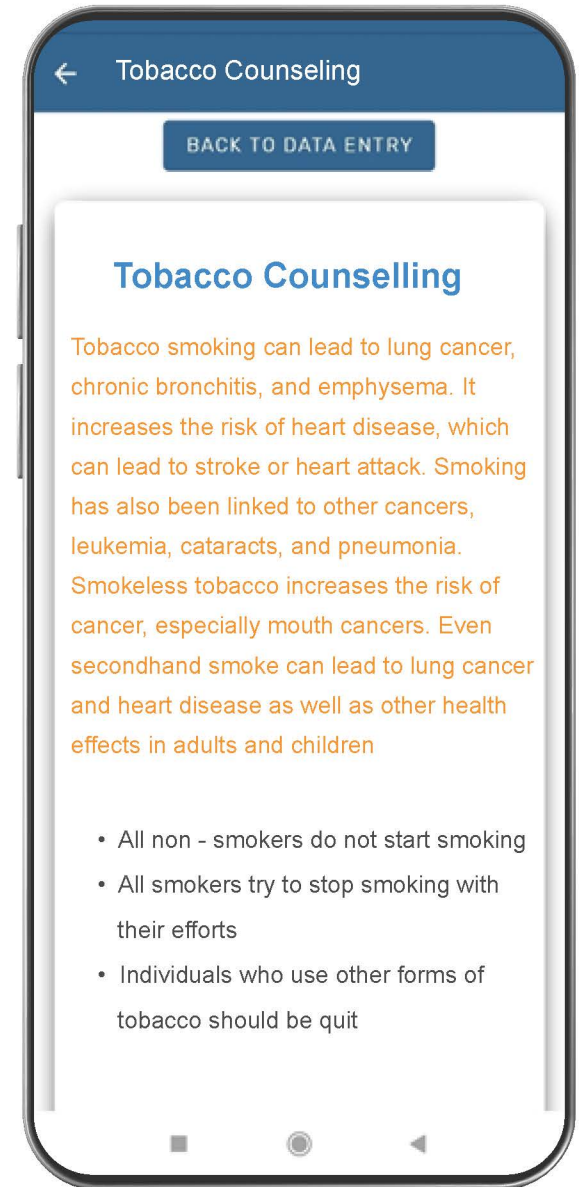
To access back to the nutrition questions section, [click on the top back arrow next to Nutrition Counselling](#), or click on the back key on your phone to move back to the screening questions.



Next, assess for tobacco use. If you click **'yes'** for smoking or chewing tobacco you will get access to counselling about tobacco.

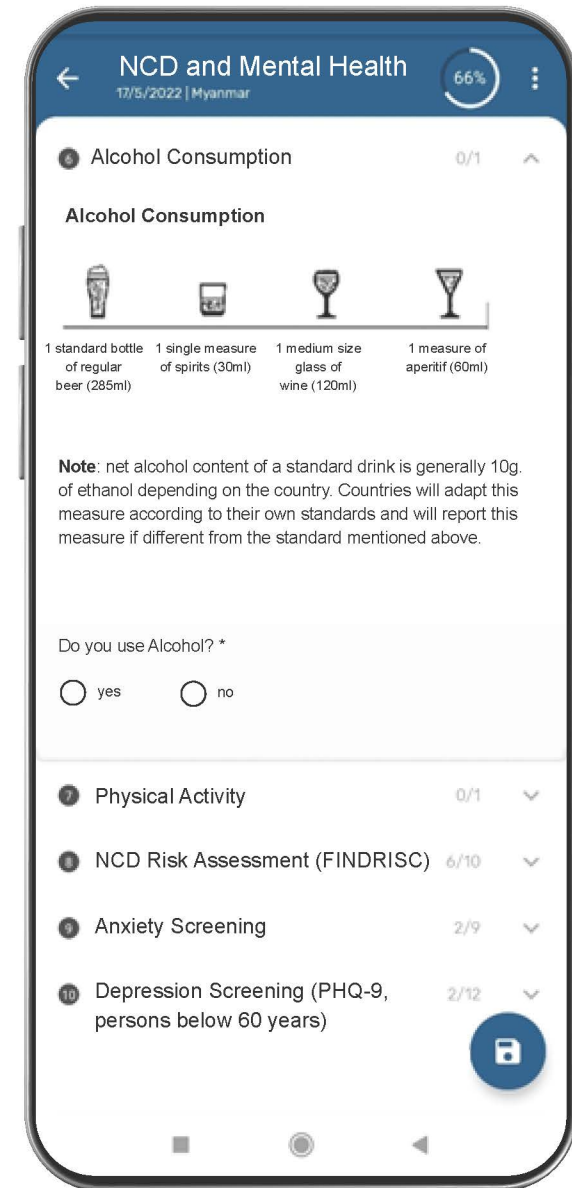


To access the tobacco counselling section, [click on the top back arrow next to tobacco counselling](#), or click the back key on your phone to move back to the screening questions.

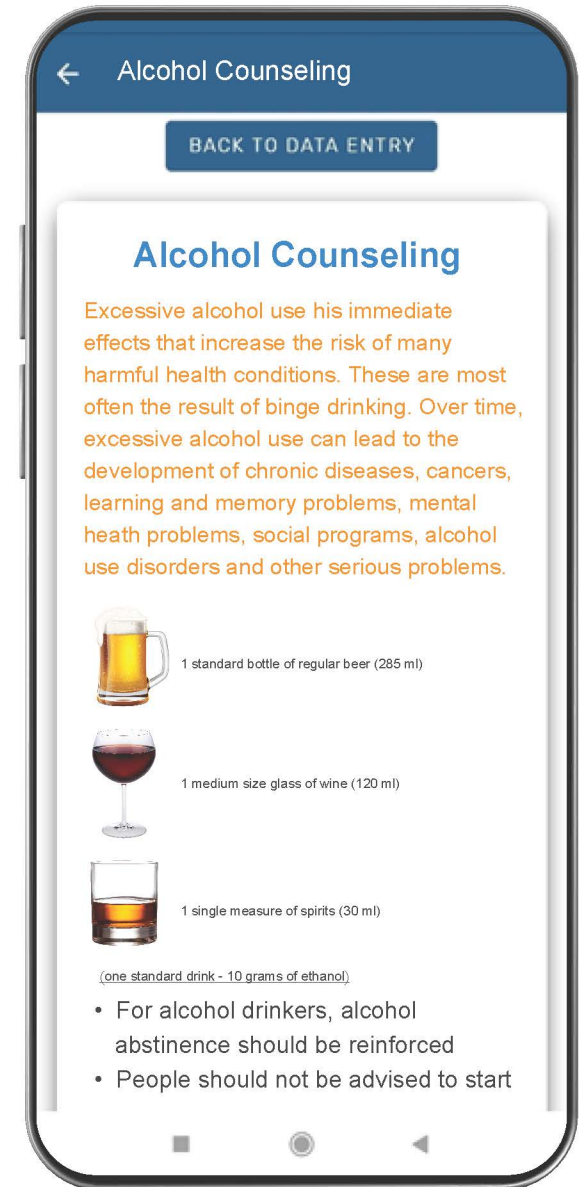


Next, assess for alcohol consumption.

If you consume alcohol you will get access to counselling information for alcohol use.

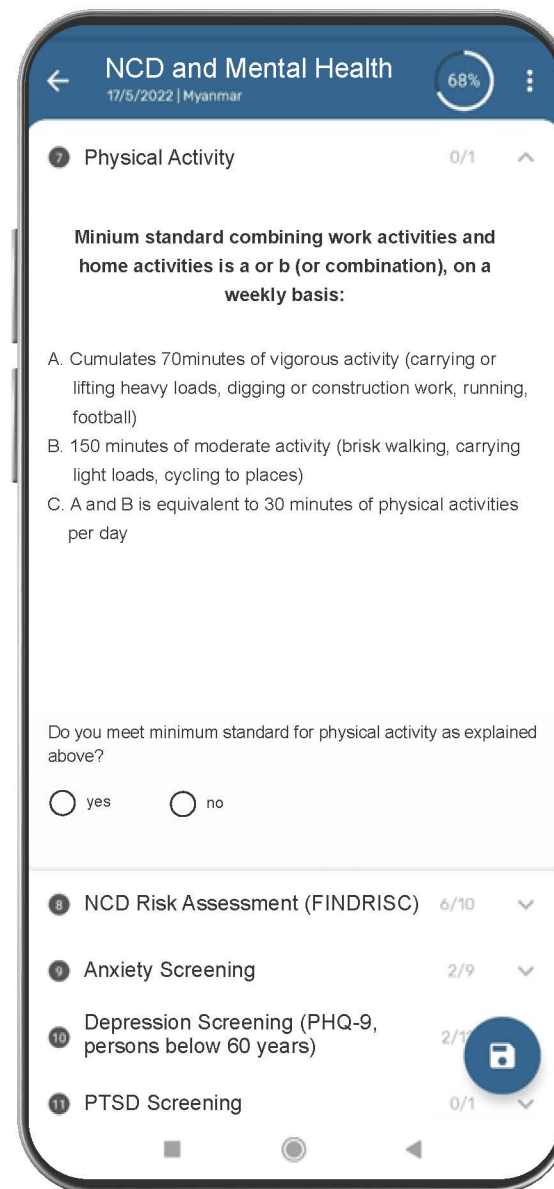


To access back to the alcohol consumption questions section, **click on the top back arrow next to Alcohol Counselling**, or the back key on your phone to move back to the screening questions.

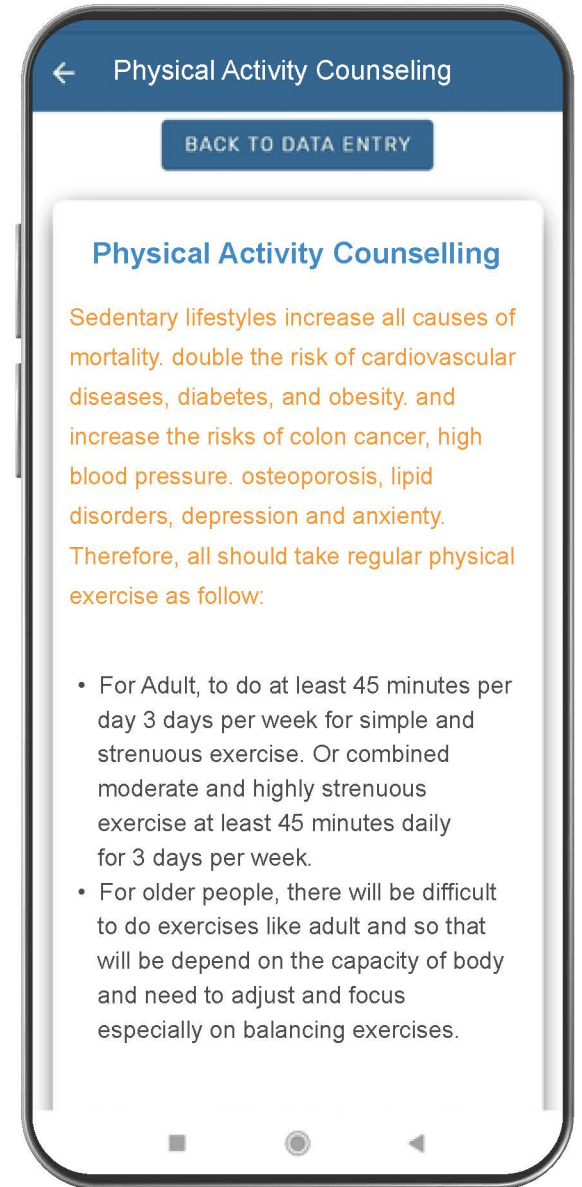


Next, assess for physical activity, and add your responses. The following are minimum standard of physical activities on a weekly basis.

If you do any of the below activities choose your response accordingly as Yes or No.



To access back to the physical activity questions section, **click on the top back arrow next to alcohol counselling**, or the back key on your phone to move back to the screening questions.



Next, if you have already completed the your NCD screening as above sections, and have filled in your vital measurements, the next section will help you get your NCD risk assessment results

The app will analyse the information you have provided in the above forms.

Now please respond to these remaining questions with a YES or NO, to enable the app to a calculate your FINDRISC score (to access your level of risk for type 2 diabetes)

To get the FINDRISC score, you need to response the questions regarding with Age, BMI, Physical activity, Vegetable/fruit intake, History of diabetes and medication, Family history of diabetes.

NCD and Mental Health
17/5/2022 | Myanmar

71%

NCD Risk Assessment (FINDRISC) 7/10

Age
Enter number
32

Waist
Enter number
60.0

BMI
Enter number
22

Physical activity
 yes no

Vegetable/fruit intaken
Choose option
Yes, if you eat five or more servings of fruits and vegetables per day

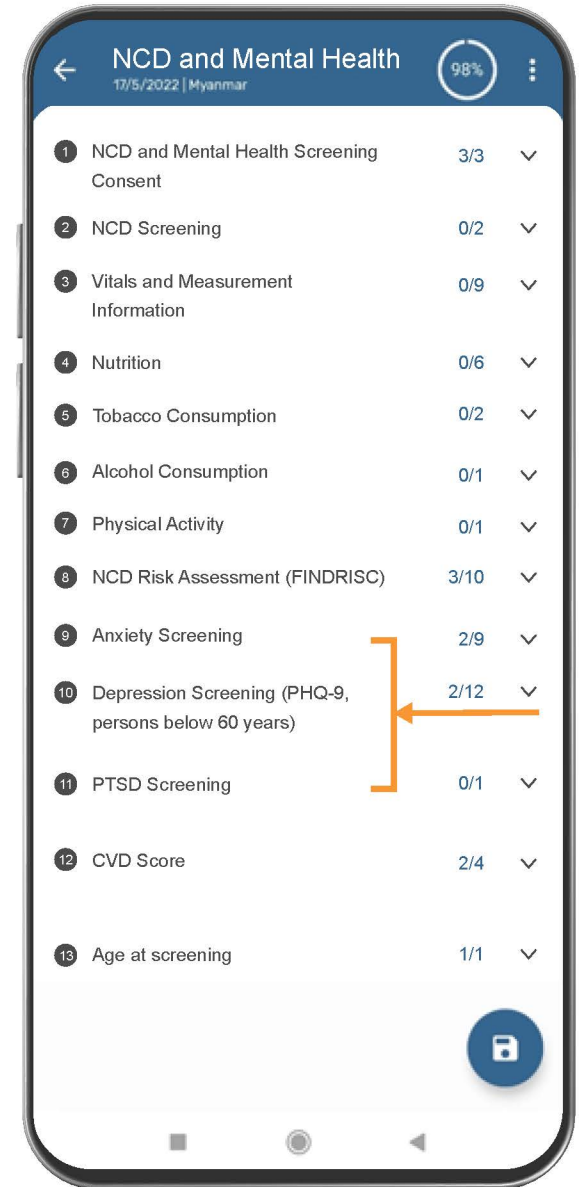
Medicines for high blood pressure *
 yes no

Have you ever been found to have high glucose levels during medical examination, illness or pregnancy? *
 yes no

Step 5. Mental Health Screening

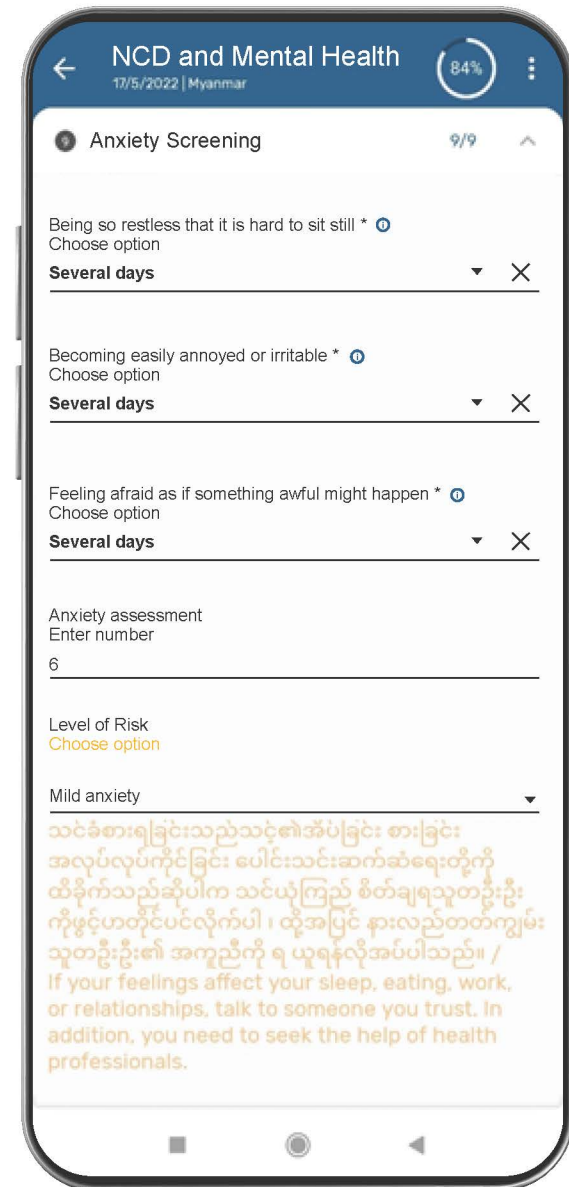
Next, if you have opted for Mental Health Screening, then you have assessments available for the following:

- (a) Anxiety
- (b) Depression
- (c) PTSD



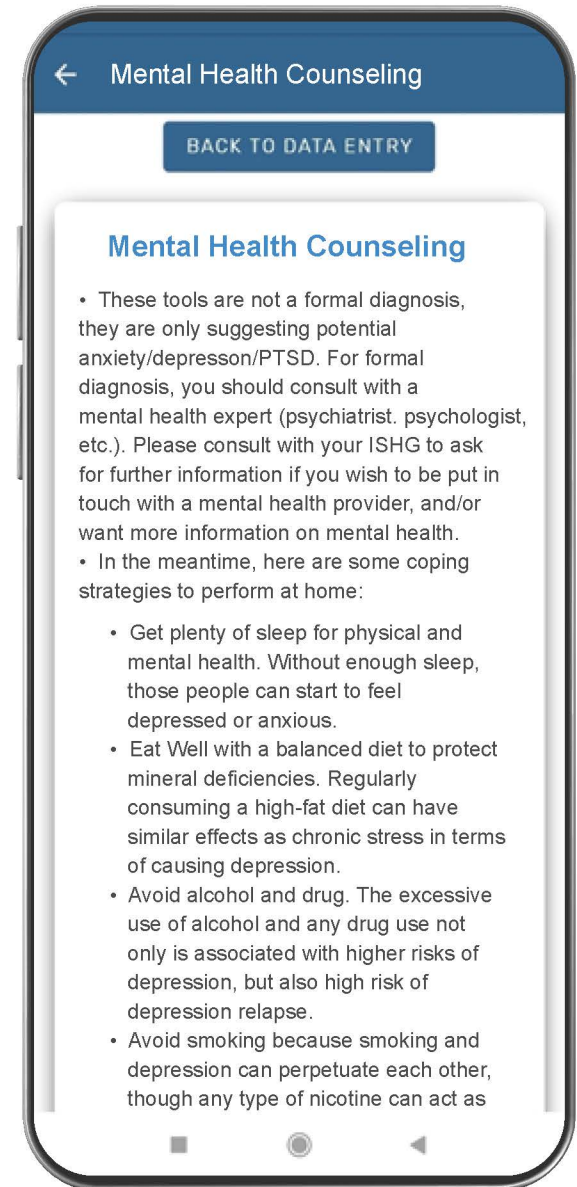
You can select the screening or screenings you would like to do.

The responses will give you a score and then provide advice for future action, if needed.



If your screening results indicate that you have risks of anxiety and depression, you will access information and tips about what you can do to help you feel better.

Please note these screening tools cannot make a diagnosis about your health. However, if your score shows you may have a mental health issue, you should consult with a mental health specialist.



Cardiovascular Disease risk score (CVD Score)

If you would like to complete this screening, your responses will give you a score and provide advice for future action if needed.

NOTE:

Make sure you provide the information requested: Gender, Age, Diabetic details, Tobacco consumption and blood pressure measurement, both systolic and diastolic measurement.

All these measurements are needed to calculate your CVD score.

Skip logics are applied in the system (This means when you enter the information it will be automatically included in the CVD risk form).

This will enable your CVD score to be calculated automatically once you provide all the details mentioned above.

Once all the details are entered, the CVD score will be calculated automatically.

The level of risk for CVD will be assigned in the **Risk level area** within the form.

NCD and Mental Health
17/5/2022 | Myanmar 100%

10 Depression Screening (PHQ-9, persons below 60 years) 2/12

11 PTSD Screening 0/1

12 CVD Score 4/4

Age
Enter number
56

Blood pressure (systolic)
Enter number
145.0

Smoking status
Choose option
Smoker

Risk level
Choose option
Less than 10%

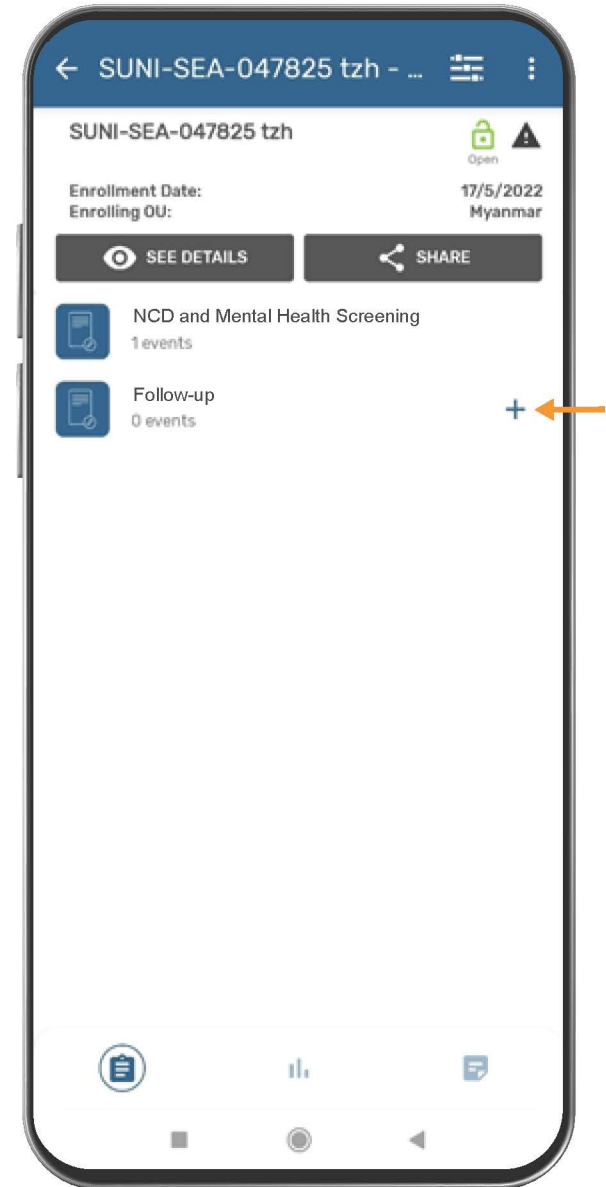
ဆာယ့်နစ်လ (၁၂လ) လျှင် တစ်ကြိမ် ပြန်လည်ပြသ
စစ်ဆေးရန် / Follow-up in 12 months

13 Age at screening 1/1

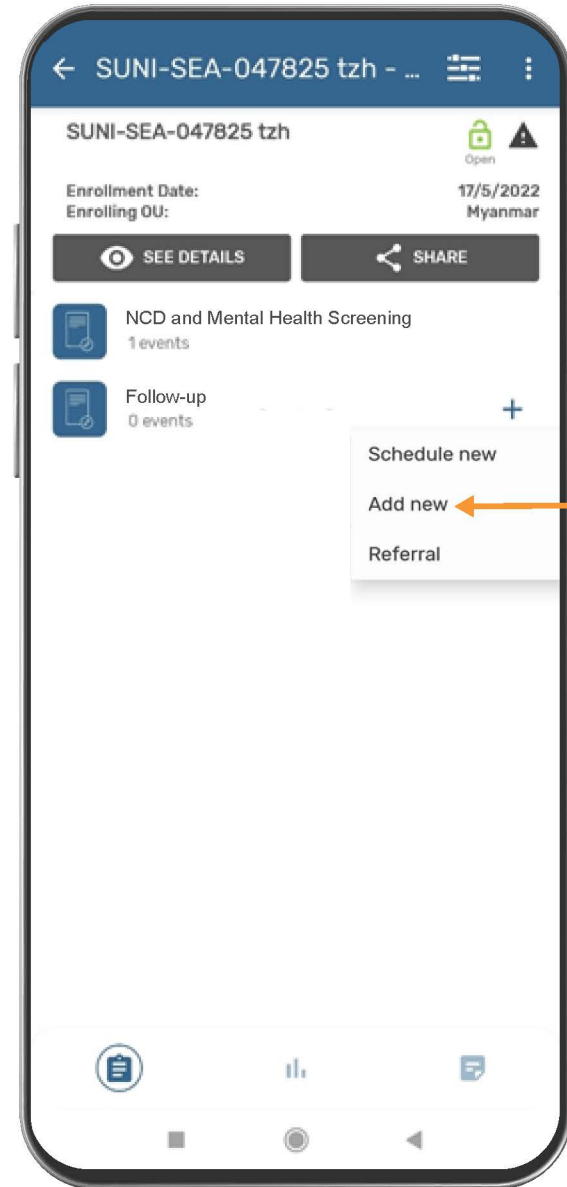
Adding a follow-up event

Once all the data is entered for NCD screening and the screening has been completed, add another event for Follow-up.

To add the event, click on + button on the right-hand side.



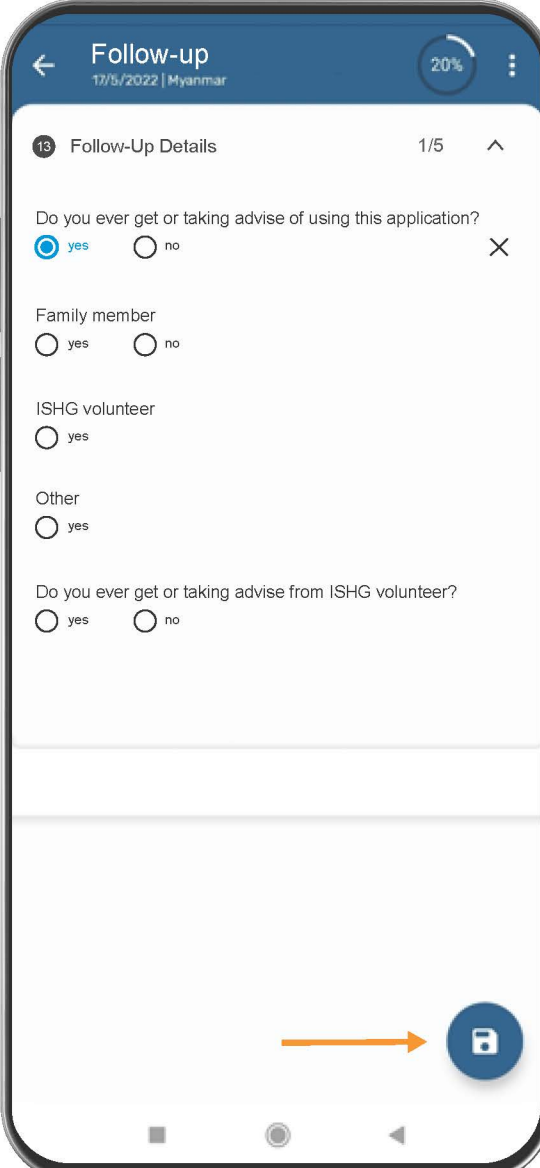
Click on **Add new**.



Next, add the required information for follow-up event.

Example: After you completed the screening did you access additional advise about your health from a health care provider/ a ISHG volunteer?

Once the information is added for follow-up event, click **Finish and complete** to complete the event.



The image shows a smartphone screen with a 'Follow-up' form. The form is titled 'Follow-up' and includes the date '17/5/2022' and the location 'Myanmar'. The progress indicator shows '20%'. The form contains the following questions and options:

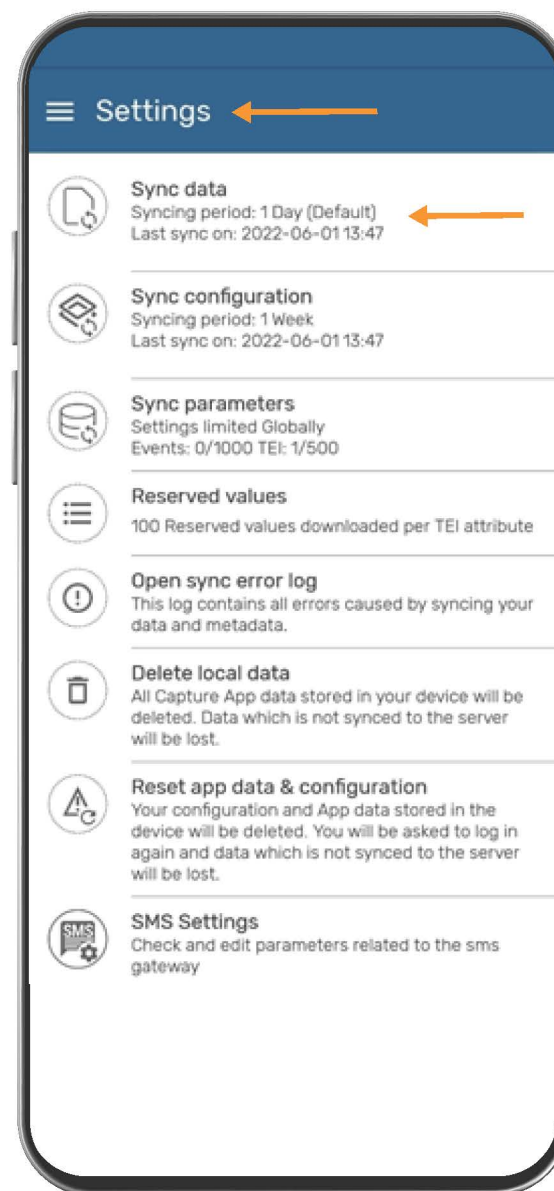
- 13 Follow-Up Details 1/5 ^
- Do you ever get or taking advise of using this application?
 yes no X
- Family member
 yes no
- ISHG volunteer
 yes
- Other
 yes
- Do you ever get or taking advise from ISHG volunteer?
 yes no

An orange arrow points to a blue button with a white document icon, labeled 'Finish and complete'.

Step 6. Data Synchronisation

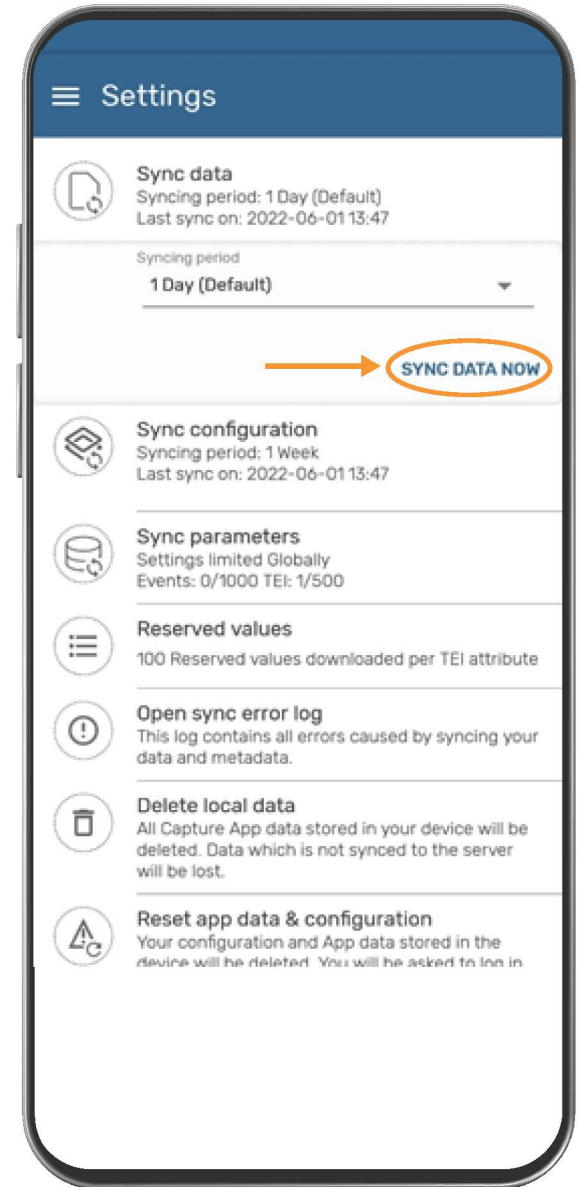
IMPORTANT

Once all the data is entered and events are completed, you need to sync the data to the server. To sync the data, click on the three lines present at the uppermost left corner.



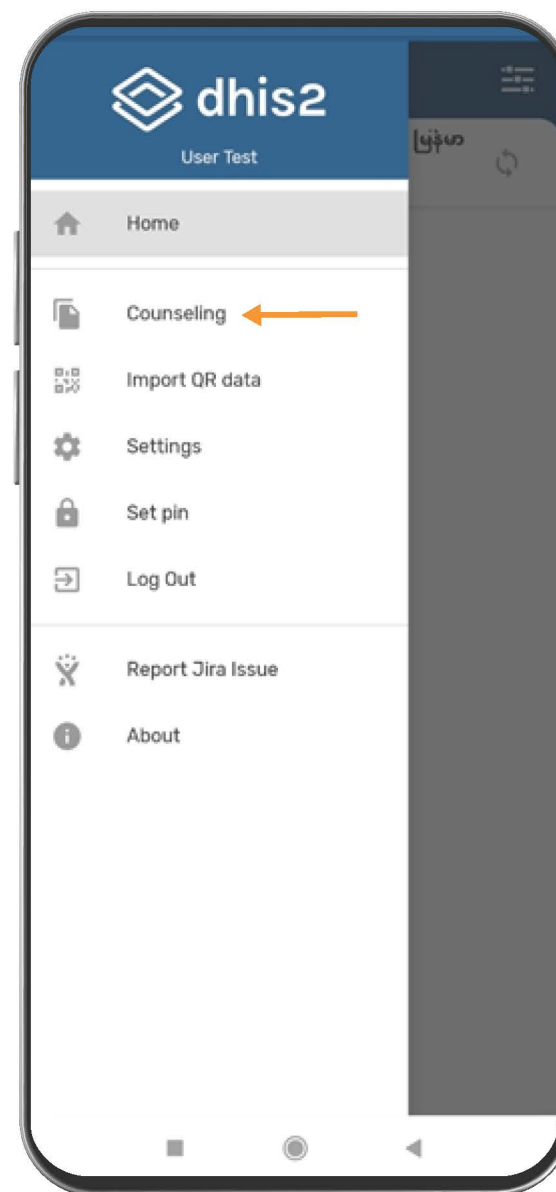
After clicking the **Settings** button, you will see two different syncing options, use option Sync Data To sync the data entered, click on the first blue box **Sync Data Now**.

Data will be sync in a few seconds and will be sent to the server.

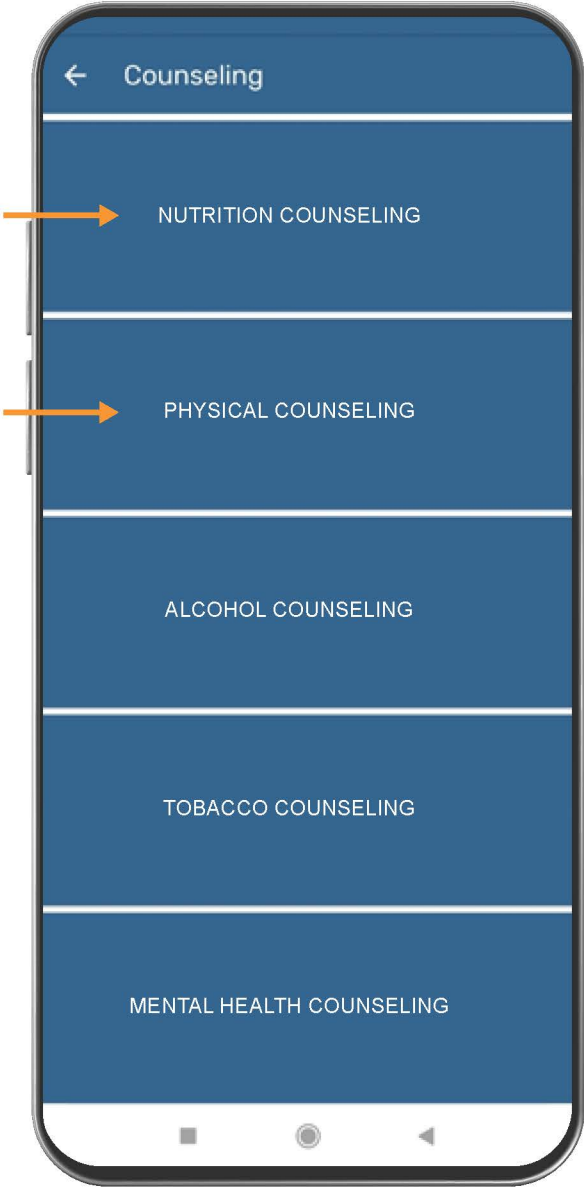


Step 7. How to access the counselling sections at any time

In case, you would like to access Counselling Sections irrespective of the Screening outcomes, in the settings menu, click on 'Counselling' section.



Click on the counselling section which is required.

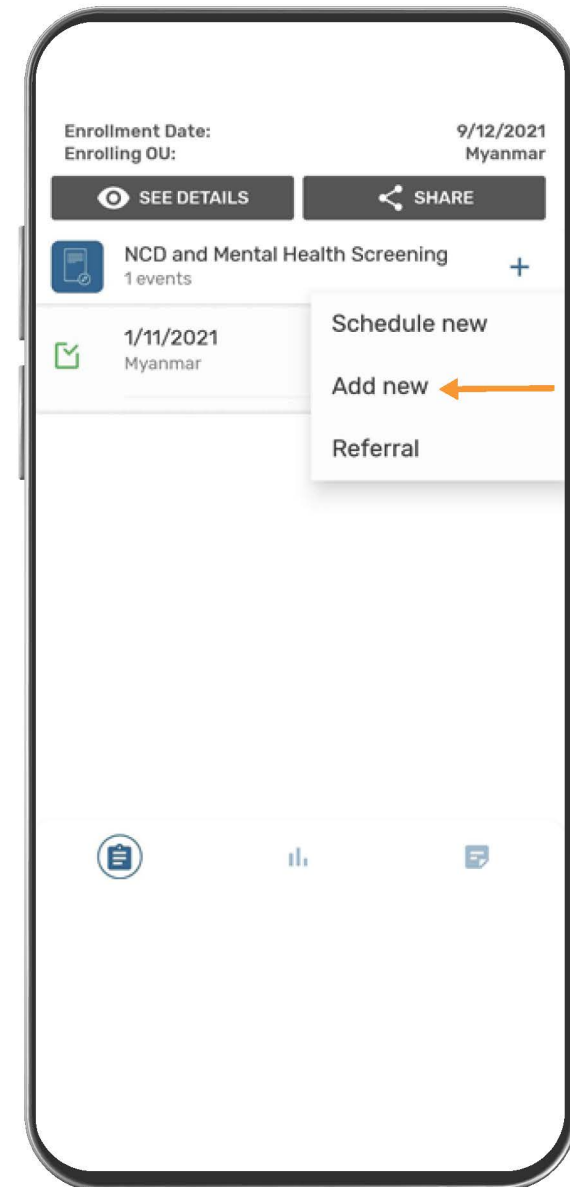


Step 8. How to maintain and track changes in your vital measurements

In case, you would like to continue tracking your Vital Measurements, you can create another event for adding your vital sets again.

For that, go to your profile, click on + button.

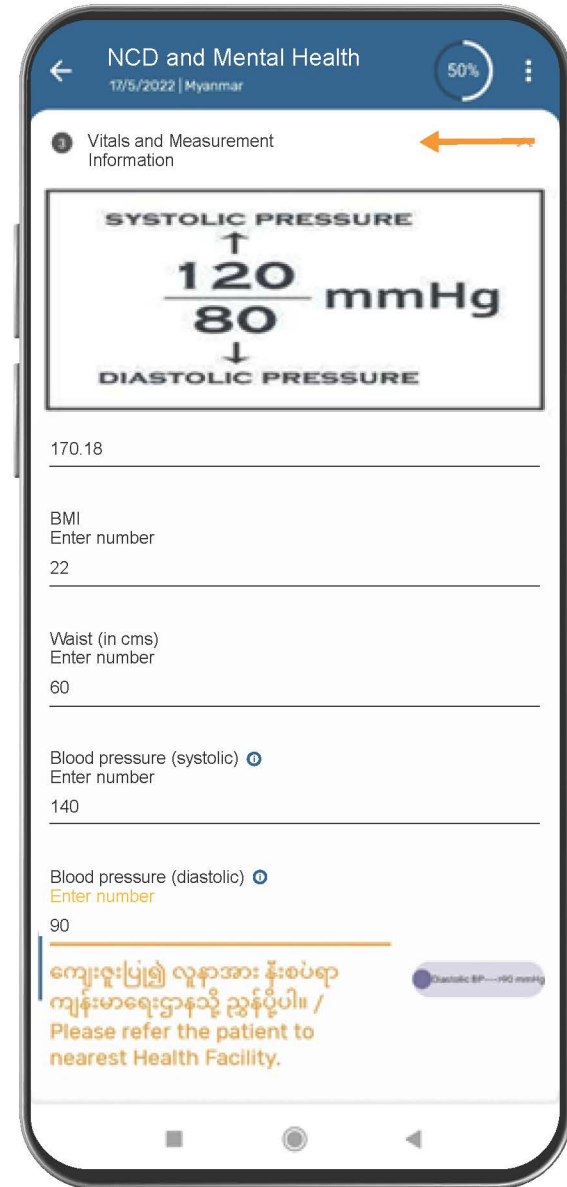
You can make new assessment again by clicking Add new from drop down.



Select the date, and click on Next.

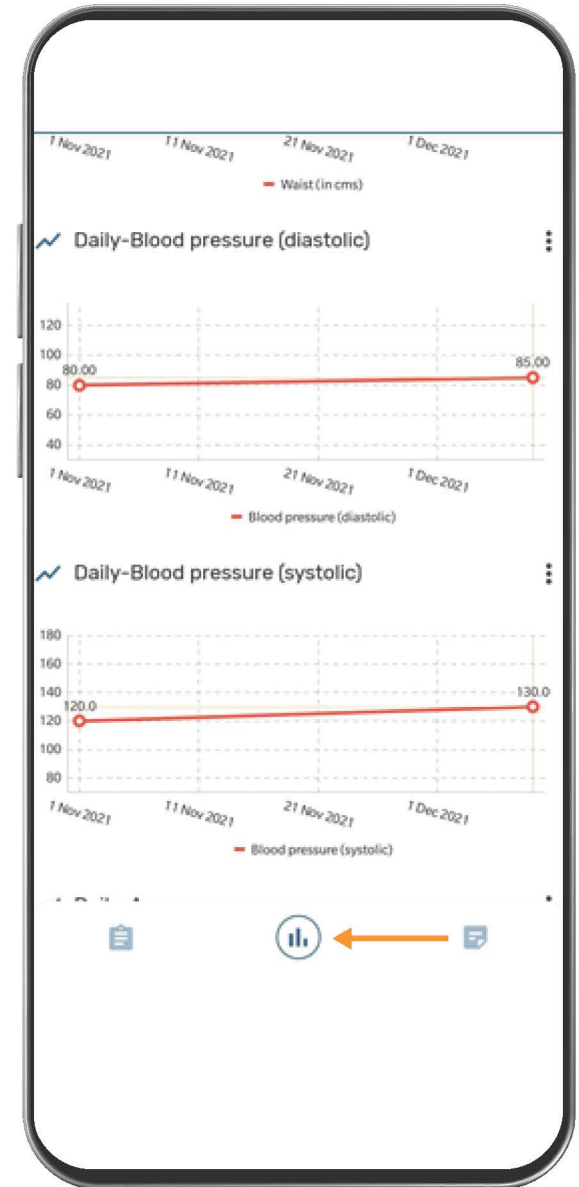


Add details under Vitals and Measurements as done previously.



Based on the values reported the app will chart the different variables to see progression over time.

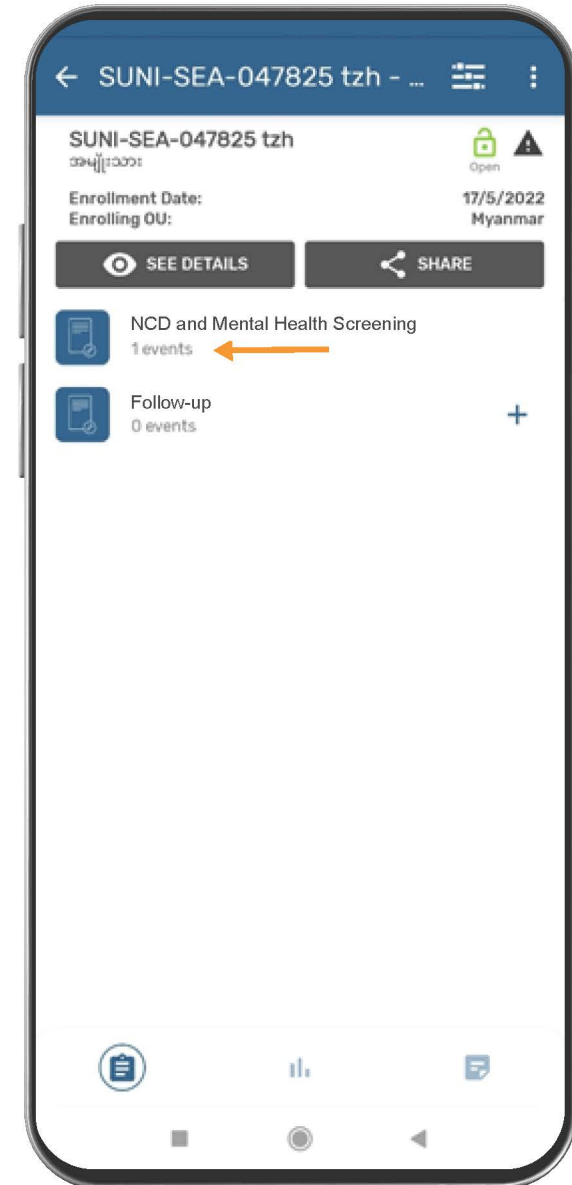
To see the charts, click on Chart icon at the bottom of the screen.



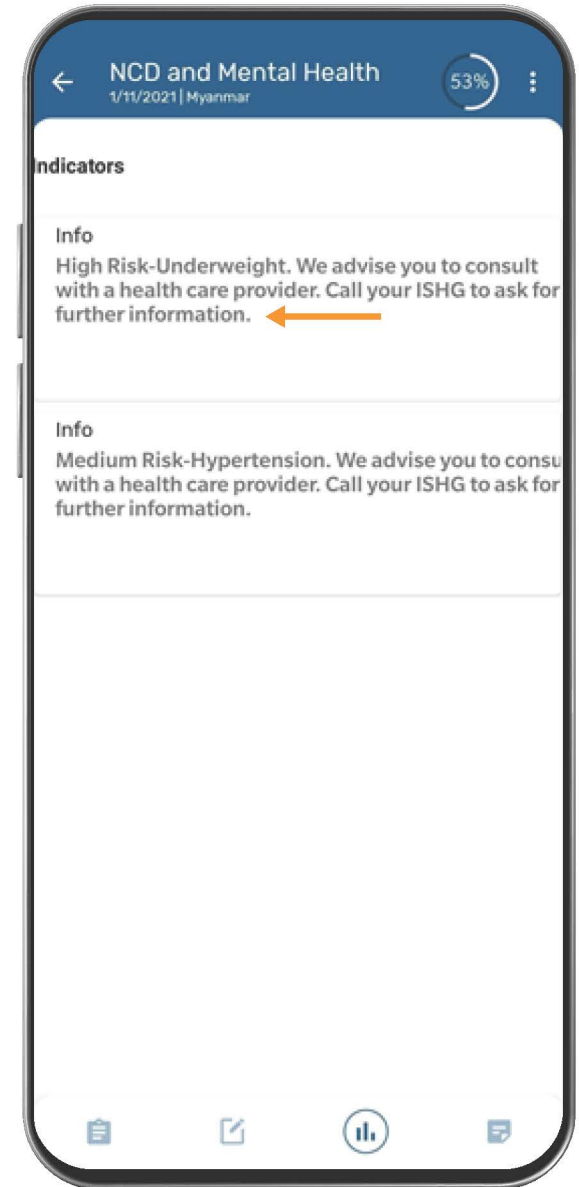
Step 9. Risk Signs Alert. Show to a health care provider or ISHG for review and further advice.

The app generates a Risk Sign summary for you, and after each assessment/screening you can show this to a health care provider or ISHG volunteer for further advice.

To view the summary, click on the Assessment event.



After each assessment/screening you can show this to a health care provider or ISHG volunteer to further guide you.





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