

## **Non-Communicable Diseases PC-1**

**Department:** Community Health Sciences

**Project Sponsors:** Department of Health, Government of Sindh, Pakistan

**Duration:** 28 Mar – 10 May 2013

**Principal Investigator:** Dr Narjis Rizvi

**Co-Investigator:** Dr. Nisar Solangi

### **Introduction:**

Non-communicable and injuries are amongst the top ten causes of mortality in Pakistan; approximately account for 25 percent of the total deaths. The morbidity burden of non-communicable diseases can be seen from the facts that; one in three adults over the age of 45 years suffers from high blood pressure, and prevalence of diabetes is reported at 10 percent. Since, mostly, the economically productive workforce bears the brunt of NCDs, these diseases spell a considerable economic toll on individuals, societies and health systems. Realizing that NCD treatment, prevention, risk factor control and health promotion can reduce the mortality and morbidity burden, the Government of Sindh requested the Technical Resource facility to provide technical assistance in preparation of the PC-1 on establishment of tertiary health care centers for Non-Communicable Diseases at Karachi, Hyderabad and Sukkur. The non-communicable diseases prioritized were; (i) Cardiovascular, (ii) Diabetes and (vii) Mental illnesses.

### **Aim and Objectives:**

The main aim of this assignment was to develop a PC-I for non-communicable diseases. The specific objectives therefore were:

1. Reaching consensus on prioritized NCDs to be addressed through this initiative
2. Developing project design for setting up NCD services
3. Translating project design along with financial implications, human resource plan, appropriate management model into PC-1.