The public was educated on the need to continuously take their medication for management of chronic diseases and the "danger" signs or "red flag" symptoms for the various common chronic diseases so that they may present for emergency management without further delay. In addition, how to arrange safe transportation at times of such an emergency was also included.



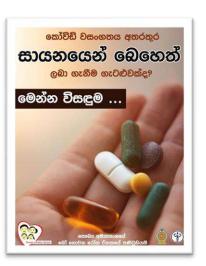


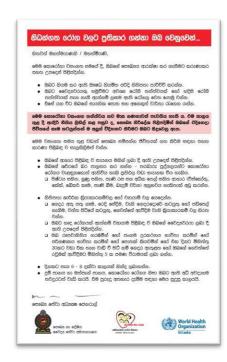
Healthy Lifestyle

These leaflets and posters were printed and distributed to all 26 districts in both languages and were additionally printed by the Colombo Municipal Council and distributed by the health personnel and police particularly amongst the low rise and high rise low-and middle-income lockdown areas.









දියවැඩියාව, හෘද රෝග, අධික රුධිර පීඩනය, අධික කොලෙස්ටරෝල් ආදී බෝ තොවන රෝග සඳහා රජයේ සායන වලින් පුතිකාර ගන්නා රෝගීන් සඳහා සෞඛාව අමාතාංශය විසින් නිකුත් කරන නිවේදනය රජයේ රෝහල්වල චෛදා සායන නියමිත දින වල දී පැවැත්වෙන අතර එහි දී ඉදිරි මාස දෙකක් සඳහා ඖෂධ නිකුත් කරනු ලැබේ. රෝගී ඔබට ඇති අවදානම සලකා, වෛදා සායනයට ඔබ පැමිණීම නිර්දේශ නොකරන අතර, නිරෝගී වගකිවයුතු පුද්ගලයෙකු අත, ඔබගේ සායන වාර්තාව (ක්ලිනික් පොත) එවා ඖෂධ ලබා ගත හැක. යම හේතුවකින් නියමිත සායන දිනයේදී ඖෂධ ලබාගැනීමට නොහැකි වුවහොත්, ඕනෑම සතියේ දිනක දී, රෝහලේ බාහිර රෝගී අංශයෙන් ඔබගේ නියමිත ඖෂධ ලබා ගත හැක. සායනික වාර්තා සහ රෝග වීනිශ්වය වාර්තා ඔබට ඇදිරි නීති බලපනුයක් ලෙස ඉදිරිපත් කල හැක. සෞඛ්ව හා දේශීය චෛද<u>ව</u> සේවා පුමානපාංශ



• Messages published with collaboration of the colleges





Messages on how to get medicine during lock down











2.6.4 Promotion of telemedicine facilities

Tele-Medicine facilities were introduced for consultations at 16 Nephrology Clinics across the country to minimize unnecessary clinic visits of high-risk or immunocompromised patients such as patients with a kidney transplant or on dialysis, to connect through their mobile phone while at home. Technical and financial support by MyDoc, Dialog and Samsung.









2.6.5 Patient information services

Several hotlines were established to respond to patient queries and functioned in all three main languages, English, Sinhala, and Tamil. The hotlines provided information to patients on NCD-related issues, online purchase of medicines, contact numbers of government hospital clinics, and drug distribution from the government hospitals. Details regarding communication with government health institutions and clinics and particularly the hotlines were published on media platforms.





2.6.6

Conduction of mobile clinics for patients in Colombo Municipal Council area

Mobile clinics were conducted for patients in lockdown areas in the Colombo municipality with the collaboration of the National Hospital of Sri Lanka, Lady Ridgeway Hospital for Children, and Colombo South Teaching Hospital.

2.6.7 Monitoring and research

Several surveys such as a telephone survey to evaluate access to essential medicines for NCD during the outbreak, an online survey among pharmacy owners to assess satisfaction with service provision, a survey on staff who have undergone quarantine on NCD services provided to them, and a risk factor survey among patients are underway to assess the overall success of the above strategies.



3. Challenges

The main challenge faced by the country was the COVID 19 pandemic in the year 2020. Almost all the routines of the public were crippled while the majority of the health services were also affected. Due to the enormous efforts and dedication of the central and regional level health authorities and healthcare workers, NCD-related, services were delivered throughout the country. New guidelines and directions were given to the NCD-related service providers in order to maintain the smooth functioning of the NCD Prevention and Control Programme under the new normal population.



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