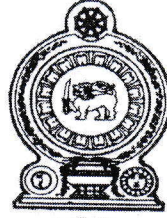


දුරකථන } 2698471
தொலைபேசி } 2698475
Telephone } 2698490
ලක්ෂ් }
பெக்ஸ் } 2693866
Fax }
විද්‍යුත් තැපෑල }
இணையத்தளம் } postmaster@health.gov.lk
www.health.gov.lk }
e-mail }



සුවසිරිපාය
சுவசிரிபாய
SUWASIRIPAYA

මගේ අංකය }
எனது இல } NCD/41/2011
My No. }
ඔබේ අංකය }
உமது இல }
Your No. : }
දිනය }
திகதி } 2013/07/31
Date }

160

සෞඛ්‍ය අමතහාංගය
சுகாதார அமைச்சு
Ministry of Health

All provincial Directors of Health Services
All Regional Directors of Health Services
All Heads of Decentralized Units
Directors of Teaching Hospitals
All / MSS / DMOs / MOICs
All Heads of Institutions

Guideline for the establishment of Healthy Life Style Centers in healthcare institutions

➤ **Location**

Healthy Lifestyle Centres (HLC). (Two HLC per MOH area) should be established in Primary Healthcare Institutions (PHC). If only one PHC is available in the MOH area, one HLC could be established in the MOH office.

HLC should situate in a designated place in the PHC institution, easily accessible to the clients and closer to the OPD. Congestion at the OPD should not disturb the activities of the HLC.

There should be a name board with adequate description (sample shown below)

➤ **Space**

Number of Rooms –2 Rooms. One room can be used for examination and individual counseling and the other for group discussions-(space for 25 persons)

There could be a corridor with 5-6 chairs.

Adequate lighting (electricity), ventilation, water supply and toilet facilities should be available.

(Plan shown sample I - annex 1)

➤ **Equipment**

- Table (1)
- Chairs (for staff officers and sitting area)
- Cupboard (1), filing cabinet
- Examination bed (1)
- Glucometer and strips
- BP apparatus
- Weighing scale
- Height measuring equipment
- Peak flow meter
- Television (1)
- DVD Player (1)
- USB Pen Drive (1)
- DVDs distributed –Life style modification, exercise etc.

➤ **Documents to be available**

- Participants register
- Follow up register
- Daily summary
- Monthly summary
- WHO /ISH risk prediction chart
- Management protocol for NCD
- Personal Health records
- Circulars and guidelines
- Posters depicting the common NCDs and risk factors, flip charts

Waiting area

With 25 chairs, DVD & wall mounted TV/stand, NCD related Posters

Registration area

Table with two chairs, cupboard and a filing cabinet

Participant register, Follow up register, Personal health records, Daily summary, Monthly summary return, invitation cards, , Flip charts/BMI charts available

Weighing scale, stadiometer and glucometer with buffer stokes for one month with strips

Examination area

Table and two chairs, examination bed, BP apparatus and WHO/ISH Risk prediction charts, Management protocol, Circulars and guidelines available (HLC & essential drug list)

Linkage of laboratory facilities with institutions where facilities available to test lipid profile for high risk people

Drugs

Availability of 1 month buffer stock of 16 identified drugs for NCD management in the PHC institution medical clinic

Staffing

MO/RMO to conduct the clinic

Availability of 2 trained assistants to facilitate the clinic

Supervision and monitoring

Timely sending of monthly return to MO/NCD

Visitors record book should be available and supervised by the supervising officer at least once/month

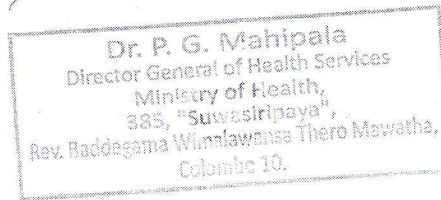
Performance

% performance for past 3/12 (estimated number to be screened for 3 months-240 (./HLC/3/12- 240)



Dr. P.G.Mahipala

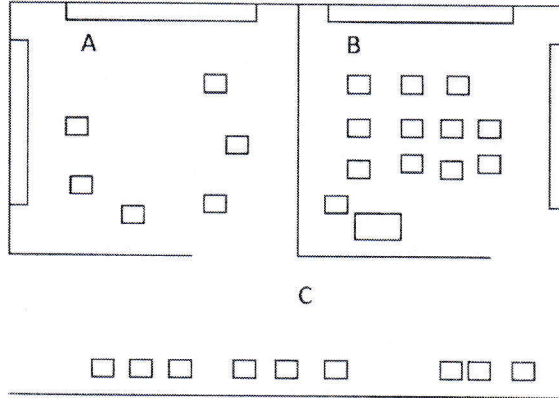
Director General of Health Services



Cc: Hon. Minister of Health
 Secretary of Health Services
 Additional Secretary (MS) Ministry of Health
 DDG (MS) 1
 DDG (PHS) 1
 DDG (PHS) 11
 DDG (Planning)
 D/MCH
 D/HEB
 D/MT& S
 D/MSD
 D/NIHS

Sample I-Model Plan

Life style modification clinic



- A- An examination area – can also be used as a counseling area
 B- A discussion room with TV and video deck
 C- Optional- Verandah area for seating which has a front half wall – can be used as a reading area

Sample II

The model display board for Healthy Life style center is indicated below.

සුව දිවි මගස'ඵානය

HEALTHY LIFE STYLE CENTER

ஆரோக் கிய வாழ்வு நிலையம்

சகலரே
இலவசம்

දිවිමග සමහර අවශ්‍ය
මානව සහකාරී ප්‍රයෝජන
සාධක

- ❖ දියවැඩියාව/ நீரிழிவு
- ❖ අධික රුධිර පීඩනය / அதிக இரந்த அழுக்கம்
- ❖ හෘද රෝග / இருதய நோய்
- ❖ ස්පූල තාවය හදනා පරික්‍ෂාව / உள்ளடக்க:கிய பிநாற்றா நோய்களுக்கான பறிசோதனைகள்
බෝ නොවන රෝග ඒකකය

දි.සෞ.සේ.අ. කාර්යාලය
බද්දල
විදුල - 0772605650 / 0552223750