



## Using Community in Non Communicable Disease Management

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### Editorial

Non communicable diseases (NCDs) are counted as the major cause of morbidity and mortality around the globe [1]. However, even in the presence of evidence based medications and intensive research data, large numbers of patients in actual clinical practice still suffer with uncontrolled NCDs. The issue on hand is underlining the predisposing factors like little or zero knowledge of diseases, non-adherence to the treatment regimen, inability of follow ups and financial constrains that contribute to this problem [2]. Therefore an effective, radical and immediate plan is needed in order to increase the control rate of NCDs in both developed and developing countries.

Within this context, interventions to promote health are often driven by healthcare leaders with little or no input from the general public. We have to remember that chronic disease management is composite and due to its uncontrollable nature, a new societal approach is needed to tackle the situation. One area that needs attention is enhanced community-based partnership that can be utilized while managing chronic diseases. Studies have already reported that patients' involvement in the therapeutic process provides effective and efficient output when it comes to the evaluation of therapy. However, it is to remember that in case of acute diseases, patients are normally inexperienced and long term therapy is not required. On the other hand, as NCDs are the major medical problem in majority of healthcare settings, patients have to become partners in their treatment process. This is where community engagement comes into play as it can help the patients in improving their knowledge towards NCDs hence managing the diseases effectively.

Community engagement is the process of involving community member with respect to matters that are related to general and specific well-being of the society. Specifically, the process involves people in decision-making while preparing the delivery of initiatives [3,4]. This

engagement means the participation of populace from the initial stages of the development process. It is to remember that the engagement is not asking opinion of project proposals and objective is that people must have the ability to determine their own priorities in dealing with the problems they face while managing NCDs. This communal experience and information in a community will bring about change and improvements because when people start face problems, they start finding solution for the same problems. Therefore, bringing people together involves all associates of the society in the participatory process whereby people start assessing their own knowledge about NCDs, investigate the macro- and micro environmental factors, and envision a better prospect in term of disease management. Keeping the above mentioned issues in mind, healthcare providers, policymaker and other organizations must catalyze uptake of quality use of medicine and disease management in the community empowerment schedule and proffer support and materials to the community members so that they can manage their diseases with minimum efforts required from the healthcare providers.

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