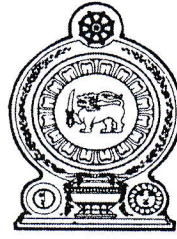


දුරකථන } 2694033  
 தொலைபேசி } 2669192  
 Telephone } 2675011

ෆැක්ස් }  
 பெக்ஸ் } 2692913  
 Fax }

විද්‍යුත් තැපෑල }  
 இணையத்தளம் } postmaster@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 } 14.10.2020  
 Date }

සෞඛ්‍ය අමාත්‍යාංශය  
 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 Non Communicable Disease screening at Healthy Lifestyle Centers**

To overcome the practical issues in implementing screening for NCD and risk factors at HLC, the following guide is prepared by the Directorate of NCD.

1. **Any apparently healthy person<sup>1</sup>, aged 35 years and above** should be registered in the Health Information Management System (HIMS) cloud and issued a Personal Health Number (PHN). They should be registered at the HLC and offered the NCD screening package and the Personal Medical Record (PMR).
2. Any person aged between **20 – 34 years and with risk factors<sup>2</sup>** should be registered in the HIMS cloud and issued a PHN. They should be registered at the HLC and offered the NCD screening package and the PMR.

<sup>1</sup>An apparently healthy person is defined as: a person not diagnosed to have Cardiovascular disease [coronary heart disease, cerebrovascular disease, hypertension], Diabetes, Cancer, Chronic kidney disease, Chronic liver disease, Dyslipidemia

<sup>2</sup> Risk factors

1. Smoking tobacco during the past one year
2. Overweight (BMI  $\geq 25\text{kg/m}^2$ )
3. Abdominal Obesity (waist circumference: male  $> 90\text{cm}$ , female  $> 80\text{cm}$ )
4. Raised blood pressure (systolic blood pressure  $\geq 140\text{mmHg}$  or diastolic blood pressure  $\geq 90\text{mmHg}$ )
5. Symptoms suggestive of Diabetes Mellitus e.g. polydipsia, polyuria etc.
6. History of premature cardiovascular disease in first degree relatives (male relative  $< 55$  years, female relative  $< 65$  years)
7. History of Diabetes Mellitus in first degree relatives
8. History of Familial dyslipidaemia in first degree relatives

Any person mentioned above (1 or 2), irrespective of the area of residence should be registered in the HIMS cloud, issued a PHN and provided with services by the HLC.

3. Any person aged between **20 – 34 years without risk factors<sup>2</sup>** could be registered in the HIMS cloud and issued a PHN. They are not eligible to be registered at the HLC or to receive a PMR.
4. A patient who is being regularly followed up at the Medical Clinic, irrespective of whether referred from HLC or not, should be registered in the HIMS cloud and issued a PHN. Clinical details and the CVD risk assessment of these patients can be entered in the Medical Clinic module of the HIMS cloud following its development.



Dr.S.Sridharan  
Director General of Health Services (Covering Up)

**Dr S. Sridharan**  
Director General of Health Services (Covering Up)  
Ministry of Health  
"Suwasiripaya"  
385, Rev. Baddegama Wimalawansa Thero Mawatha,  
Colombo 10

Cc:

1. Additional Secretary (PHS, MS)
2. All DDGs
3. All Directors