



# Improving prevention and management of CRDs in the SDG era: 5-year Action plan

**Cape Verde**

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## 5 year action plan

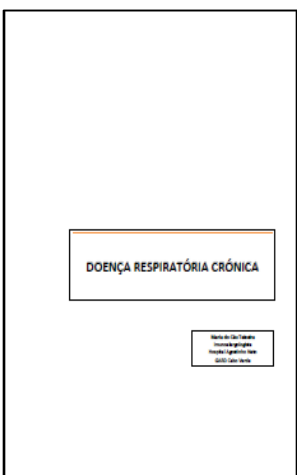
The main CRD in Cape Verde are: asthma, COPD and rhinitis  
In 2017/18, the MoH accepted GARD's proposal to integrate CRD in the its Action Plan and to include in NCDs Programme  
A Working Group was created to elaborate the National CRDs Programme

**Objective:**  
Improve access to health care and reduce morbidity and mortality

2017/2018 – Include CRD in the national political agenda  
2018-2020 – Create synergies with NCD Programme  
- Global response with integrated, multisectoral and preventive actions  
- Implementation of health policies based on the PHC

### Proposed actions :

- 1- Elaboration of national guidelines:  
Asthma, COPD and Rhinitis
- 2- Collaborate with the FCTC and NCD Programme towards  
reduction exposure to tobacco and other related risks factors
- 3- Training of PHC health professionals
- 4- Promote teleconsultations with specialists
- 5- Ensure provision of essential medicines
- 6- Ensure spirometrics tests in the Regional Hospitals
- 7- Epidemiological Studies



**Priority interventions:**  
**Tobacco Control**  
**Stimulate physical activities**

## Universal Health Coverage

### CRD Programme

- Ensure access to Health care
- Strengthen PHC health professionals capacity for prevention, diagnosis and treatment  
Strengthen teleconsultation with specialists
- Provide Regional Hospitals with capacity to undertake spirometry
- Improve access to essential medicines

**Universal coverage**  
**Prevention and treatment**

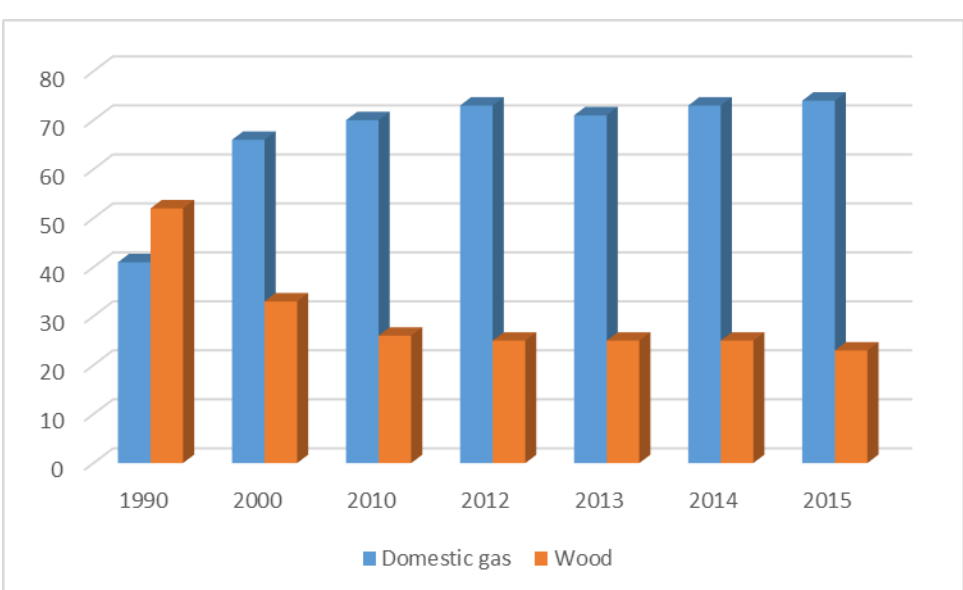
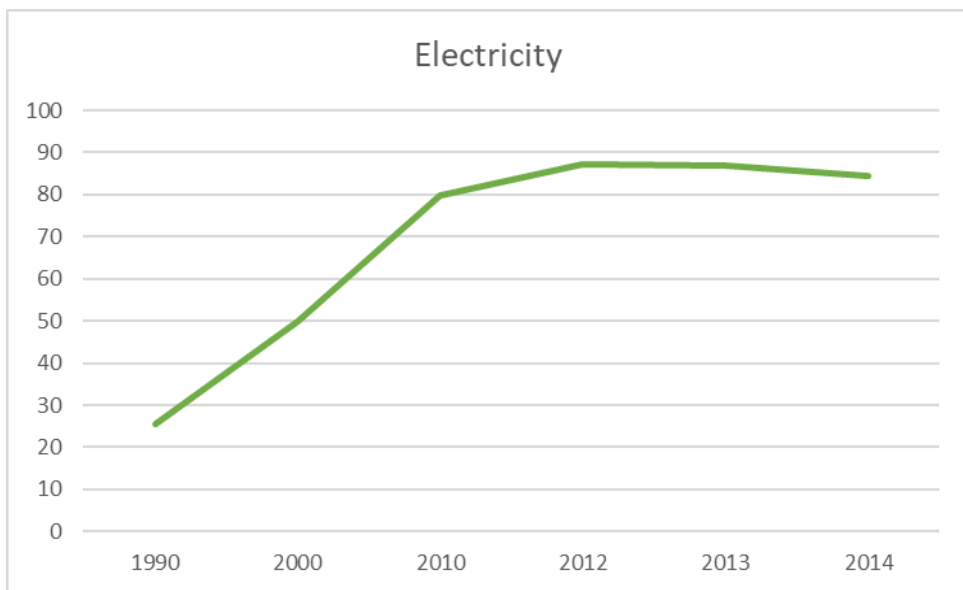
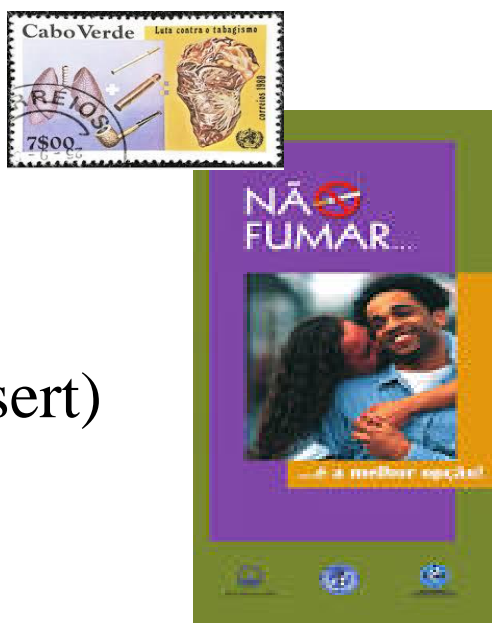
## Prevention of CRDs

### CDRs Main Risks Factors in Cape Verde

- 1- Exposure to tobacco smoke
- 2- Exposure to dust events originated from North Africa (Sahara desert)
- 3- Utilization of solid fuels

### Policies to reduce exposure

- a) **CV-FCTC 2030 Project** (MoH, WHO, UNDP and the Convention Secretariat)  
National Strategic Plan for Tobacco Control  
Reduction of consumption of tobacco and tobacco products
  - Tax increase
  - A Tobacco-free environment
  - Advertising restrictions.
  - Control of illicit commercialisation of tobacco products
- b) **Reduction of consumption of solid fuels**  
Improve distribution and access to electricity and gas in the whole country



## Improving management

NCDs are reaching epidemic proportions worldwide and present an unprecedented challenge to economic and social development globally.  
In Cape Verde, the challenges are exacerbated by insularity which limits access to higher levels of health care in each island.

With Cape Verde's GARD advocacy, the MoH will implement, in 2018/2019, the CRD Programme, which is an adaptation of the WHO PEN that uses PHC approach for NCD prevention and control.

### Interventions

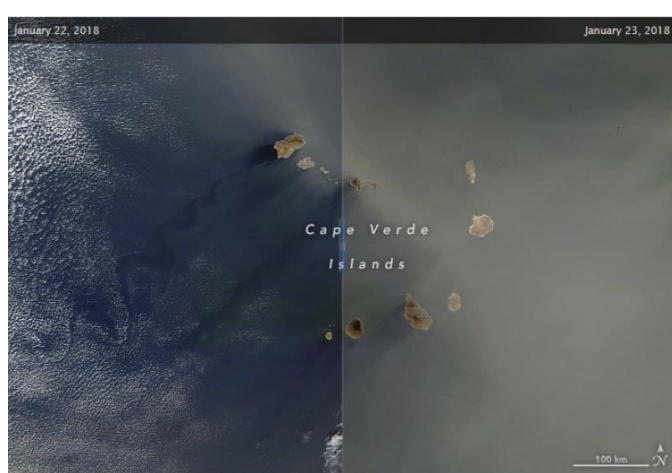
- Adaptation of WHO PEN to Cape Verde needs and condition
- Guidelines for prevention, diagnosis and treatment of asthma
  - Guidelines for prevention, diagnosis and treatment of DPOC
  - Guidelines for prevention, diagnosis and treatment of rhinitis
  - Training of health care staff
  - Improving access to essential medicines



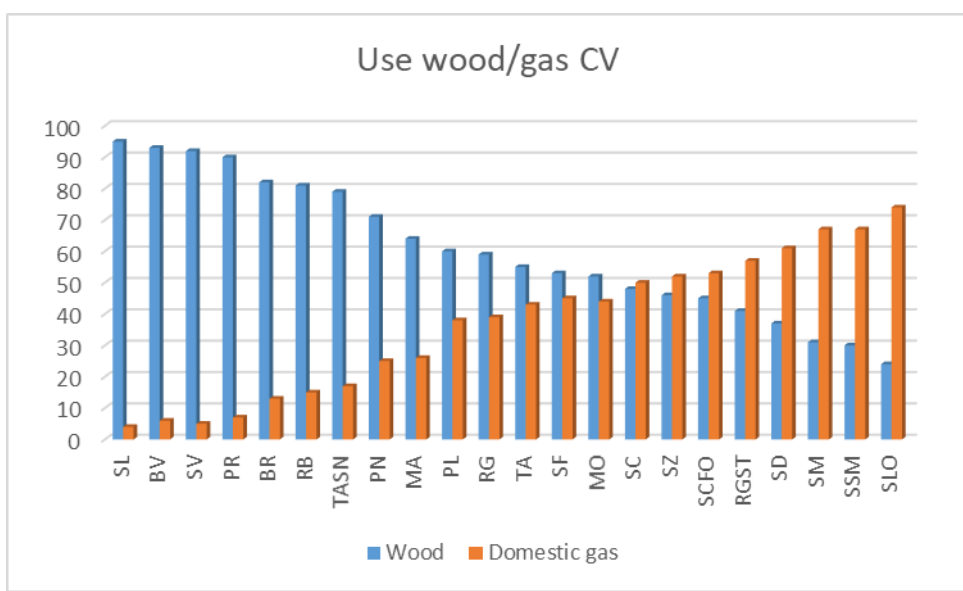
## Air pollution & climate change

In Cape Verde, atmosphere air pollution is not yet a major concern, but it deserves some attention:

1. Exponential increase of vehicle fleet, notably in the urban centers
2. The wood used in the rural areas with risks to individual health
3. The dust aerosol from Sahara desert that have increased its intensity and duration in the recent years



4. Measures are required to increase access to electricity and domestic gas



The Government adopted several policy and regulation measures to control or keep a low level of greenhouse gases emissions

- The Environment Law predicts sanctions for polluting agents of atmosphere, but polluting gas emissions control mechanisms are not yet fully functional
- 2001 Climate Change Nacional Strategy and Action Plan
  - Import ban of leaded petrol and control of import of household appliance

### Air pollution and its impact on NCDs in Cape Verde. What is urgently needed?

- Studys on environment pollution and its relation with the increase and impact on NCD e CRD
- Health surveillance mechanims to crosss-check epidimiological data and environmental factors with negative impact on the population health condition (ex: air pollution). This is importante for the establishment of potential causal relation between air pollutants and occurence of NCD and CRD

## Important challenges

Cape Verde is:

- An archipelagic country
- Poor
- With a small number of specialised doctors



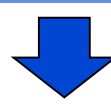
The most importante challenge is:

- Reach health universal coverage while improving access to basic health care and quality medicines at a price accesible and affordable to all
- Management of CDRs factos risks, community education and surveillance of highly risky persons
- Studys on impact of pollution, weather and climate change on NCD and CRD

## Collaboration

Partnership will be established between the CDR Programme and Medical Associations, Scientific communities, government entities and NGOs

- Medical Associations – Other Medical Specialists and General practitioners
- Education and Sport
- FCTC



- ❖ Elaboration of Guidelines
- ❖ Stimulate the adoption of healthy lifestyles, notably in reduction of consummation and exposure to tobacco, nutrition and physical activities

## Conclusions

CRDs are not subject to much attention in Cape Verde  
The implementation of the CRD Programa, under the leadership of the MoH aims at implementing policies to:

- Promote health, prevention and self-care
- Management of CRD through simple and inexpensive strategies
- Improve coverage, equitable access and quality services
- With main focus on the primary health care

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