

Proposal for Improving Knowledge and Skills on Delivering Lifestyle Modification Advice for Preventing Non-Communicable Diseases among Primary Care Clinic Staff in Sri Lanka.

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Description of the initiative

• Background / context /Rationale for the initiative

Non-communicable diseases (NCDs) pose a significant burden on public health systems worldwide, including Sri Lanka. Among the leading risk factors for NCDs, poor dietary habits play a crucial role. Healthy lifestyle clinics (HLC) have been established around the country with the aim of preventing NCDs. The staff in these clinics must be equipped with correct knowledge and skills when providing their services to the public. Recognizing the urgency to address this issue, the Sri Lanka Medical Nutrition Association, in collaboration with the College of Nutrition Physicians and the Non-Communicable Diseases Unit of the Ministry of Health, proposes a one-day training workshop for each district in Sri Lanka (all together 25 training workshops). This program aims to enhance the knowledge and skills of healthcare professionals working in healthy lifestyle clinics within primary care institutions of the country.

• Objectives and scope

The main objective of this training program is to equip primary care clinic staff with the necessary knowledge and skills to promote lifestyle modifications for preventing NCDs. By focusing on dietary habits, we aim to address a modifiable risk factor contributing to the burden of NCDs in Sri Lanka by focusing uniform, evidence based correct information delivered throughout the country.

Planned activities & deliverables

• Outline the steps to be taken

1. Approval of the ministry of health of Sri Lanka will be obtained
2. Ethical clearance for the research will be obtained from the University of Colombo.
3. Dates for twenty five programs will be fixed over the phone by contacting regional directors of health services.
4. Accommodation and transport will be arranged through a travel agency.
5. Five Consultant Nutrition Physicians will be allocated to each program.
6. Data of the knowledge questionnaire will be managed by an IT expert.
7. At the end of the each workshop, data will be analyzed and the change of knowledge will be evaluated.
8. At the end of the all workshops, findings will be compiled.
9. Findings of the survey will be disseminated to central and regional health authorities in a physical meeting.

• What are the concrete deliverables of the project/achievements are possible in the next 12 and 24 months?

Planned activities & deliverables

Activity	Deliverable	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr
1.Pre assessment	Google sheet of answers	x	x	x	x	x	x	x	x	x	x		
2.Twenty five sessions	Attendance sheets of 25 programs and photos	x	x	x	x	x	x	x	x	x	x		
3.Post evaluation	Google sheet of answers	x	x	x	x	x	x	x	x	x	x		
4.Data analysis and report writing	Final Report											x	x
5.Dissemination of findings	Attendance sheet of participants and photos												x

Programme agenda

One day program will include interactive sessions covering the following topics:

- 8.00am-8.30am - Introduction
- 8.30am- 9.15am - Importance of Nutrition in the prevention of NCD
- 9.15am-10.15am - Nutrition screening and assessment
- 10.15am-10.30am - Tea break
- 10.30am - 11.30am - 24-hour dietary recall including practical session
- 11.15am - 12.15 pm - Diet and exercise for a healthy life.
- 12.15p-1.15pm - lunch
- 1.15pm - 2.00pm - Dietary counselling for weight management
- 2.00pm - End of the program.

Resources & enablers

• Describe personnel, financial needs

Item	quantity	Total
Project Coordinator	500 Euro per month x 12 months	6000 Euros
IT Officer	500 Euro per month x 12 months	6000 Euros
Medical Educationist	500 Euro per month x 12 months	6000 Euros
Accommodation	100 Euro x 5 Resource personnel x 16 nights	7500 Euros
Transport	100 Euro x 1 vehicle x 30 days	3000 Euros
Refreshments of participants and resource personnel	5 Euro x 60 people x 25 days	7500 Euros
Total		30000 Euros

Specify how the grant will be spent:All funds will be transferred to SLMNA Account. All expenses will be done following the council approval. Monthly financial report will be submitted to SLMNA and ESPEN.

What factors will make it successful? Ten board certified Consultant Nutrition Physicians have offered their voluntary service. Another twenty acting consultants are also willing to volunteer for this project. NCD unit of the ministry of health is willing to collaborate.

Additional funding/grants necessary for the project? No. If there is any deficiency, that will be borne by SLMNA.

Results/outcomes & expected impact

The effectiveness of the training work shop will be measured using the knowledge questionnaire and the future training workshops will be design identifying the deficiencies of this program.Capacity building of the service providers will improve the quality of service. Quality of care provided by the HLC will be improved. As a result, utilization of HLC and the patient satisfaction will be improved. Ultimately, the patients who get the service of HLC will change their life style, specially their dietary habits in order to prevent NCDs. After each training workshop , lectures and discussions can be modified according to the pre and post evaluation findings. Depending on the results of this program, policy makers can be advocated to pay more attention to nutrition education. This capacity building model can be used in resource poor settings in the world specially the South East Asian region.



Please tick to confirm the PEN letter of endorsement is attached. Incomplete submissions will not be considered.

