FIP recommendations for leading self-care approaches in the prevention and control of non-communicable diseases (NCDs)

Self-care plays a critical role in empowering individuals to prevent, detect early, and manage non-communicable diseases (NCDs), which require long-term, people-centred approaches. It encompasses healthy lifestyle choices, adherence to treatment, emotional wellbeing, and the use of digital health tools.

These comprehensive recommendations provide a strategic framework to support pharmacists, pharmacy teams, member organisations, and educational institutions, in leading self-care approaches for the prevention and control of NCDs, and in empowering individuals to improve their health outcomes.

Strengthening the integration of self-care in NCDs management, through the following actions:

- Advocate for national policies and health priorities that inform interventions, considering established NCD risk-factor reduction strategies and the inclusion of pharmacist-led self-care services within broader primary health care strategies and NCD pathways.
- Tailor digital tools usage according to the patients' health record and needs, e.g. customise user interface of health applications to encourage patient responsibility.
- Encourage the routine use of evidence-based guidelines and protocols in pharmacy practice to support self-care interventions.
- Ensure sustainable funding and include pharmacists' self-care interventions within reimbursement systems.

Promoting engagement and motivation for self-care, through the following initiatives:

- Support early health education initiatives that introduce self-care principles and the pharmacist's role.
- Engage communities to embrace self-care as a routine part of a healthy lifestyle, not a replacement for medical treatment.
- Incorporate self-care advice and NCD screening into regular pharmacy visits.
- Use culturally sensitive, empathetic communication to reinforce motivation and behaviour change.

Enhancing communication and public trust, through the following actions:

- Choose interventions that address health inequities in targeted populations, empowering individuals, patients, and caregivers, and improving overall health outcomes.
- Engage the community in self-awareness activities.
- Leverage digital tools to promote adherence and encourage emotional support.
- Use clear, accessible, and people-centred communication to build trust and promote health literacy.
- Make pharmacists more visible as community-based, trustworthy professionals in self-care support.

## Resource development and capacity building, through the following actions:

- Advocate for the investment in building the self-care competencies of pharmacists.

- Develop and adopt frameworks to guide pharmacists in delivering self-care support.
- Provide and promote training for pharmacy teams on digital self-care tools, motivational interviewing and behaviour change techniques, to address gaps in knowledge, skills, and communication with patients.
- Facilitate access to up-to-date resources to support consistent delivery of self-care interventions.

Building partnerships and collaborative networks, through the following initiatives:

- Collaborate with governments, healthcare systems, professional organisations, healthcare providers, patient groups, civil society organisations and individuals in efforts to actively prevent and control NCDs and promote pharmacists' role.
- Foster community-based networks and referral systems to ensure continuity of care.
- Align with local and national health campaigns to amplify the pharmacist's role in self-care and NCDs prevention.

Figure 1 (summary of key recommendations)
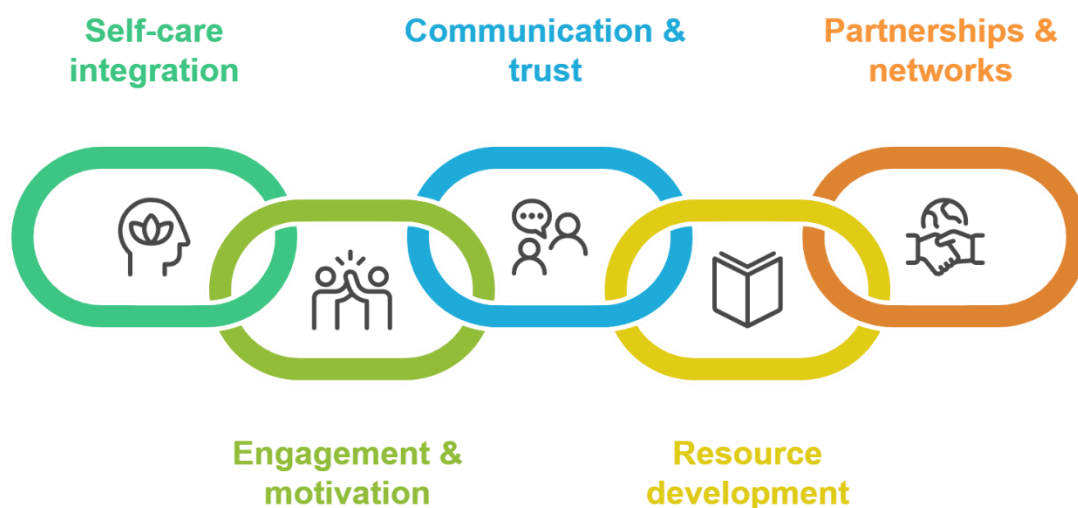
By implementing these recommendations, pharmacists and member organisations can lead effective, scalable, and sustainable self-care interventions that contribute to better outcomes in the prevention and management of non-communicable diseases.

The flashcards are available here.