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

Summary of the recommendations

This resource supports the implementation of
FIP Development Goal 15: People-centred care

Self-care is the ability of individuals, families and communities to promote and maintain their own health, prevent disease, and to cope with illness, with or without the support of a health or care worker.[1]

Non-communicable diseases (NCDs) are broadly defined as "conditions that last one year or more and require ongoing medical attention or limit activities of daily living or both."[2]

1. World Health Organization (WHO). Self-care for health and well-being. Available at: https://www.who.int/news-room/fact-sheets/detail/self-care-health-interventions
2. Centers for Disease Control and Prevention (CDC). About Chronic Diseases. Available at: cdc.gov/chronic-disease/about/?CDC_AAref_Val=https://www.cdc.gov/chronicdisease/about/index.htm

Why does self-care matter in the management of NCDs?

- 43 million people die each year from NCDs.[1]

- 18 million people die annually from a chronic disease before age 70.[1]

- Most NCDs are preventable through lifestyle changes.

- Self-care empowers people to take control of their health.

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1. World Health Organization. Noncommunicable diseases. 2024. Available at: https://www.who.int/news-room/fact-sheets/detail/noncommunicable-diseases

Risk factors for NCDs

Modifiable behavioural risks factors

Tobacco use
Smoking and tobacco products

Physical inactivity
Lack of exercise

Alcohol use
Excessive alcohol consumption

Unhealthy diets
Poor nutritional choices

Air pollution
Exposure to polluted air

Metabolic risk factors

Hypertension
High blood pressure, a major risk factor for heart disease

Overweight/Obesity
Excess body weight, increasing the risk of various health issues

Hyperglycaemia
Elevated blood sugar levels, often associated with diabetes

Hyperlipidaemia
High levels of lipids in the blood, contributing to heart disease

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Which self-care interventions are most relevant for the prevention and control of NCDs?

- Healthy diet and weight management
- Regular physical activity
- Tobacco cessation
- Reduction of alcohol consumption
- Stress management and sleep hygine
- Self-monitoring (e.g. blood pressure, glucose levels)
- Treatment adherence and responsible use of medicines
- Use of digital health tools

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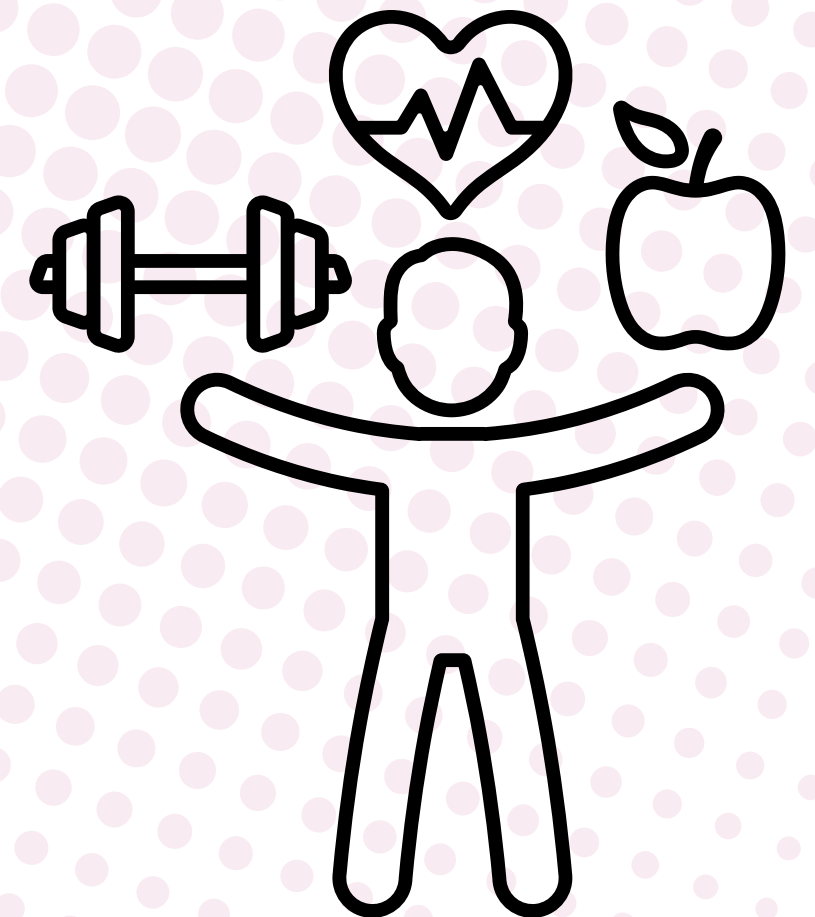
What strategies can be employed to strengthen the role of self-care in the management of NCDs?

Strategies include promoting pharmacist-led self-care policies that align within national NCD pathways; tailoring digital tools to patient needs, ensuring sustainable funding and applying evidence-based guidelines in practice.
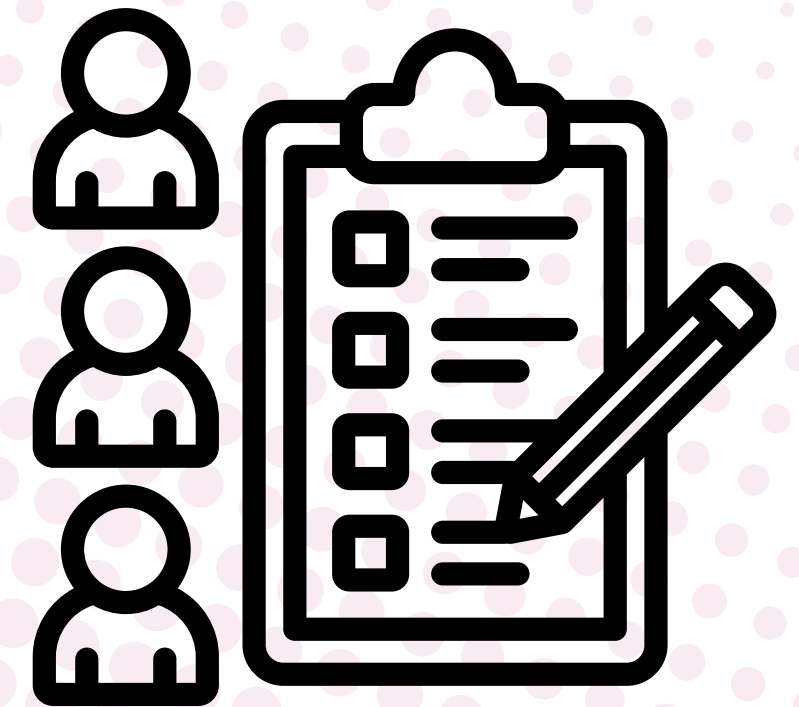
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How can pharmacists engage and motivate for self-care?

Measures include:

- Promoting early self-care education
- Integrating self-care and NCDs screening into pharmacy visits
- Engaging communities in healthy routines
- Using culturally sensitive communication to support behaviour change

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# What measures can be taken to enhance communication and public trust?

Pharmacists and pharmacy organisations should implement people-centred interventions that reduce health inequities, empower individuals and communities, leverage digital tools, and enhance the visibility and trustworthiness of pharmacists in self-care support.

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How can pharmacists build partnerships and collaborative networks to strengthen NCD prevention and control through self-care?

Pharmacists can collaborate across sectors to prevent and control NCDs, strengthen community networks and referrals, and align with health campaigns to promote the pharmacist's role in self-care.

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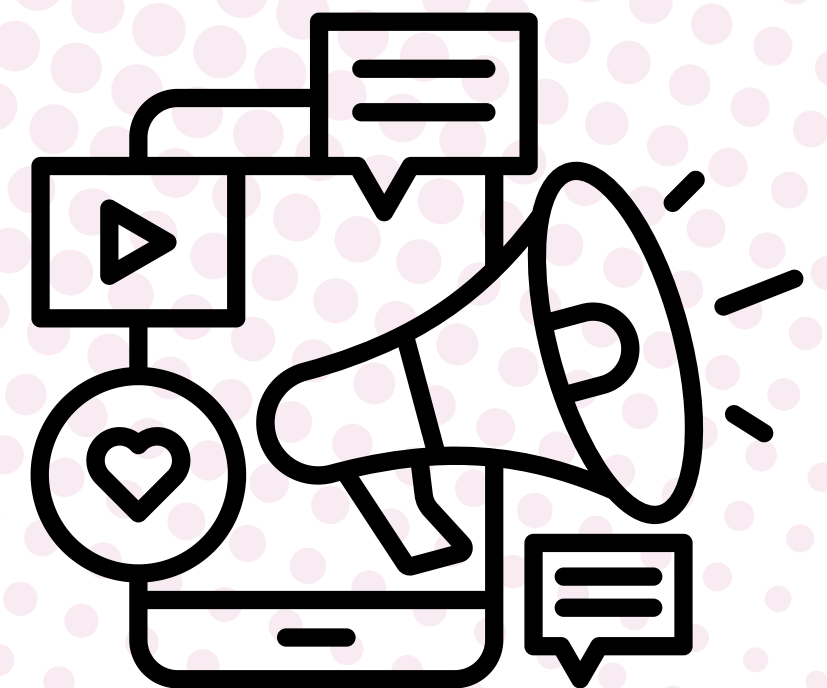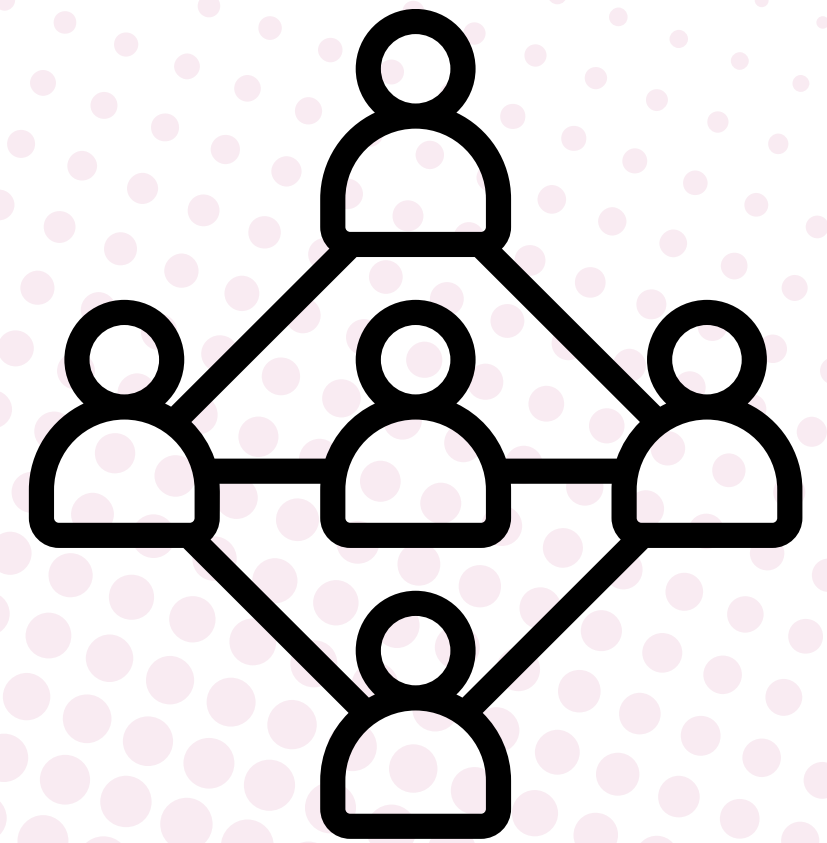
How can pharmacists be well-equipped to support effective self-care delivery for the prevention and control of NCDs?

Strategies include advocating for investment in pharmacist self-care competencies, undergoing trainings, leveraging supportive frameworks, and access to up-to-date resources and tools for effective patient engagement.

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FIP's resources to support the delivery of self-care and NCD services by pharmacists

15 | PEOPLE-CENTRED CARE

Cancer
HANDBOOK | K&S GUIDE

Cardiovascular diseases
HANDBOOK | K&S GUIDE

Chronic respiratory diseases
HANDBOOK | K&S GUIDE

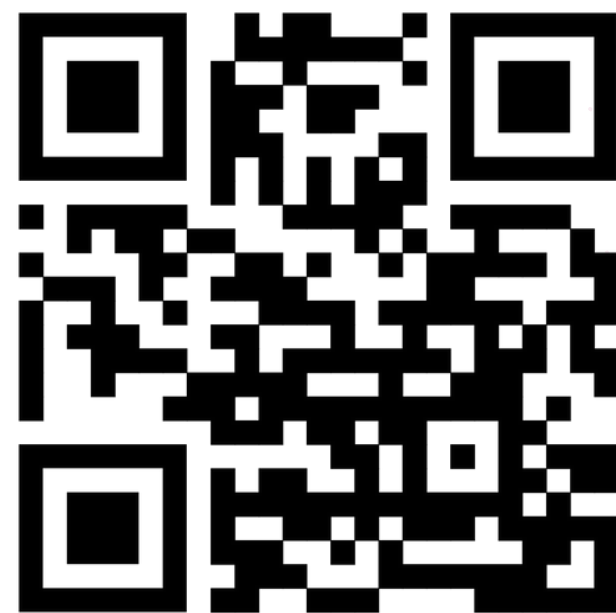**Self-care K&S**

Diabetes
HANDBOOK | K&S GUIDE

Mental health
HANDBOOK | K&S GUIDE

Tobacco cessation

For more information, please visit our websites at https://prevention.fip.org/ and https://ncd.fip.org/ or scan the QR codes below.

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