

19th South Pacific Nurses Forum: Cook Islands

“EMPOWER THE HEALTH WORKFORCE TO FIGHT AGAINST NCDs in TONGA”

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Outline:-

- ▶ Kingdom of Tonga in the Pacific
- ▶ Tonga and its Population
- ▶ What was the empowerment that have been done ?
- ▶ Acknowledgement
- ▶ Why was the empowerment done?
- ▶ How was the empowerment done?
- ▶ Services providing by NCD Nurses
- ▶ Advantages of having NCD Nurses
- ▶ Way forward

Where is Tonga?





Kingdom of Tonga

- 5 Administrative islands
 - Tongatapu – 74,611 population
 - Vava'u - 13,738
 - Ha'apai – 6,125
 - 'Eua – 4,945
 - Niua – 1,232(Niuatoputapu and Niuafo'ou)
- Total Population – 100,651



Empowerment of the Health workforce to Fight against NCDs in Tonga

- What was the empowerment that have been done?
 - Establishment of another Cadre of Nurses to work directly for NCDs at the Community





Acknowledge.

NURSES
A VOICE TO LEAD
HEALTH IS A HUMAN RIGHT



**HUMAN RIGHT
MENT AND**

CASE STUDY: Coalitions and collaborations to tackle NCDs: nursing stepping up to be a partner in a country wide health improvement initiative

Country: Tonga

Non-Communicable Diseases (NCDs), which accounted for 2008, according to the WHO are due mainly to poor diet, la alcohol consumption.¹¹³ According to Hon. Dr Saia Ma'u Piu Tongan adult population is at medium to high risk of devel

The focus on NCDs in Tonga began in 2003 with the devel strategy (2004-2009), the first in the Pacific. The then Minis has been a mainstay of the NCDs fight and has consistent role to play in arresting and controlling NCDs. The evalua there were difficulties with both accurate data collection a NCDs strategy (2010-2015) focused on redressing these is: critical positioning of nurses in the Tongan community as Several years earlier, reproductive health nurses had been sp in each community health centre resulting in a significant mortality, morbidity and rise in immunisation rates. This con it was believed, might also work with NCDs if a role could be health promotion, early detection, illness prevention, treat and palliation. The idea of the Tonga community based NCD

A pilot was set up in 2012 in five community centres and t community based offering quickly became clear. Funding wa programme out to 20 community centres and by early 2014 community nurses graduated from an innovative collaborat Advanced Nursing Diploma in the Prevention, Detection and Diseases. To demonstrate the importance placed on this r ceremony was attended by Her Majesty Queen Nanasipau'u T

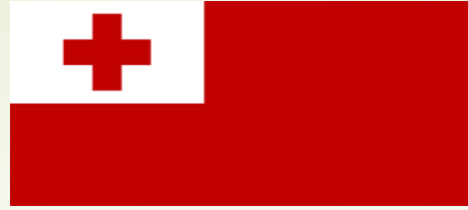
This nurse-led initiative has already enhanced the accuracy diabetes and cardiovascular disease monitoring and treatme in exercise and nutrition programmes; and reduce the need

The latest strategic plan for NCDs (2015-2020) continues th this latest plan on young people and a healthy start to life. health success and NCD success will continue to be supported





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Acknowledgement:

- Current Minister for Health at that point of time: Dr. Viliami Ta'u Tangi
- CNO at that time: Sr. Sela Sausini Paasi
- Professor Jill White





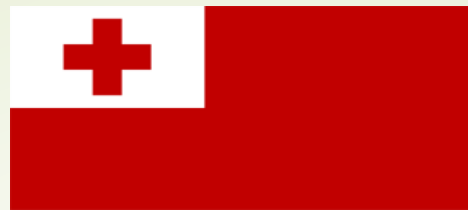
Background: Why was the empowerment done?

- ▶ NCDs accounted for 75% death in Tonga in 2008 due mainly to:-
 - ▶ Poor diet
 - ▶ Lack of physical exercise
 - ▶ Smoking and alcohol consumption

The focus on NCD in Tonga began in 2003 with the development of a comprehensive NCD Strategy (2004 – 2009) the first in the Pacific

The Minister for Health at that point of time, Dr. Viliami Ta'u Tangi has been a mainstay of the NCDs fight

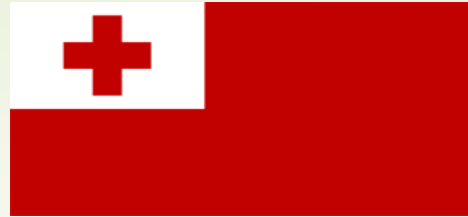
He also consistently seeing nursing as having a central role to play in arresting and controlling NCDs



Cont. Background

- *The evaluation of the first plan revealed that there were difficulties with both accurate data collection and implementation*
- *The second NCD Strategies (2010 – 2015) focused on redressing these issues and Lord Tangi recognized the critical positioning of nurses in the Tongan Community as well as the acute care sector*





How: Nursing Led Model for established NCD Nursing

- *Several years earlier, reproductive health nurses had been specifically educated and stationed in each community health centre resulting in a significant reduction in maternal and infant mortality, morbidity and rise in immunizations rates*
- *This community based nursing-led model, it was believed, might also work with NCDs if a role could be introduced which would combine health promotion, early detection, illness prevention, treatment adherence, rehabilitation and palliation*
- *The idea of the Tonga community based NCDs nurse was born*
- *A pilot was set up in five community centres and the efficacy and acceptance of this community based offering quickly clear*
- *Funding was sought for formal training in 2013 and rolling the NCD nurse program out to 11 community centres.*



Existence of the NCD Nursing Section

Communicable Diseases.

- *To demonstrate the importance placed on this nursing initiative, the graduation ceremony was attended by He Majesty Queen Nanasipau'u Tuku'aho, and the Minister for Health*
- *This nurse-led initiative has already enhanced the accuracy of data collection on NCDs, improve diabetes and cardiovascular disease monitoring and treatment; enhance community participation programmes and reduce the need for amputations*





Distribution of NCD Nurses

Health Facility	Population / Total NCDs	Number of NCD Nurse
Kolonga Health Centre	4686: 620 - 67 % diab. & htn	1
Mu'a Health Centre	6013: 969 - 64% diab. & htn	2
Fua'amotu Health Centre	4099: 580 - 65.1%	1
Vaini Health Centre	8409: 868 - 71%	2
Houma H/C	4955: 644 - 62.1%	1
Nukunuku H/C	4203: 610 - 61.5%	1
Kolovai H/C	3631: 645 - 56%	1
Vaiola Hospital (Tongatapu)	42,931	5
Niu'eiki Hospital ('Eua)	4945: 1241 - 59. 2%	1
Niu'ui Hospital (Ha'apai)	6125: 1275 - 62%	2
Ngu Hospital (Vava'u)	13,738: 3453 - 62%	2



Services providing by NCD Nurses

- Screening for NCDs
- Patient Education
- Conduct Clinics
- Lifestyle Clinics
- Screening for GDM and Follow positive GDM mothers
- Post natal follow up
- Home visits for people with disabilities / elderlies
- Home care / Home dressing
- RHD Screening with monthly Benzathine Injection
- Others:-



Improvement reflects on the following activities

- Enhanced Data Collection
- Early discharged of people with diabetic wounds (short length of stay)
- Better GDM program
- Continuity of care for GDM mothers from Ante-natal to Post-natal
- Inclusive Home care program for people with disabilities and elderlies
- Well organized NCD Screening
- Take ownership of RHD screening program
- Improve Benzathine Injection - Tracing defaulters



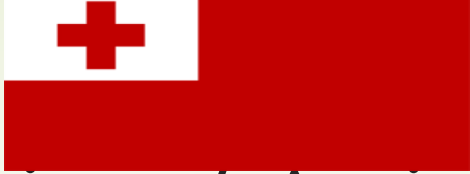
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GDM Screening





RHD Screening / Assist visiting teams





Pictures from home dressing wounds





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Where to from now!

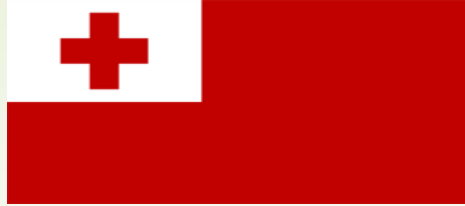
Train more NCD Nurses

- ▶ Close the gap between post natal and Adult
- ▶ Set programs for schools (all levels)



CONCLUSION:-

- Health workforce was empowered by the establishment of the NCD Nursing Section
- It is still a long long way to go, but the MOH has benefit from the existence of the NCD Nursing
- NCD Nursing extended roles to make sure that **NO ONE IS LEFT BEHIND**
- **In the future – train more NCD Nurses to close gaps**



"Many of the deaths from NCDs could be prevented through simple lifestyle – related changes."

by WHO Emro

MALO 'AUPITO