

Chronic non-communicable diseases and their impact on post-Covid-19 public health



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ABSTRACT

The outbreak of the disease COVID-19 caused by the new coronavirus SARS-CoV-2, the WHO classified as an international pandemic, given the number of countries in which it was already registered. The virus coverage and restriction measures employed were to reduce the movement of people and effect social isolation, making it difficult to contact and group people. The relocation of primary health care professionals to provide care for COVID-19, the closure of outpatient clinics are reasons that negatively affected the medical follow-up for patients with Chronic Non-Communicable Diseases (NCDs). The objective of this work was to carry out a bibliographical survey of articles in online databases from 2019 to 2023 that addressed the chosen theme: CHRONIC NON-COMMUNICABLE DISEASES AND THEIR IMPACT ON PUBLIC HEALTH POST-COVID-19. This work is a bibliographic review of the literature extracted from the online database Scientific Electronic Library Online (SCIELO), Latin American and Caribbean Literature in Health Science (LILACS), Virtual Health Library (BVS) between 2019 to 2023. A new reclassified Action Plan was released, with an open Public Consultation focused on evaluating the Strategic Action Plan for Combating Chronic Diseases and Non-Transmissible Diseases in the country in the period 2021-2030. Patients with CNCD have greater use of health systems. Thus, it is essential that health environments, together with government officials, practice effective actions for the assistance of CNCD patients.

Keywords: Covid-19, Chronic Noncommunicable Diseases, Prevention.



1 INTRODUCTION¹

On January 30, 2020, the World Health Organization (WHO) announced the outbreak of the COVID-19 disease caused by the new coronavirus SARS-CoV-2 as an international public health emergency. On March 11, the WHO classified it as an international pandemic, given the number of countries in which it was already registered and vigilant its rapid worldwide spread. In Brazil, the first confirmed case of infection by the new coronavirus was reported by the Ministry of Health on February 26, 2020, in the city of São Paulo (BILHIM, 2021).

Thus, the measures employed to cover and restrict the virus were to reduce the movement of people and carry out social isolation, making it difficult to contact and group people, in addition to the use of effective masks and constant hand washing. The reallocation of primary health care professionals to care for COVID-19, the reduction of public transportation, and the closure of outpatient clinics are reasons that have negatively affected medical follow-up for the entire population, especially for patients with Chronic Non-Communicable Diseases (NCDs) who lack comprehensive and longitudinal care (PAHO, 2021). Chronic non-communicable diseases (NCDs) are formed by a set of diseases of various causes and risk conditions, long latency periods and prolonged course. In addition, they have a non-infectious origin and can occur in functional insufficiencies (FIGUEIREDO; CECCON; FIGUEIREDO, 2020).

NCDs imply a high economic cost for both the health system and society, negatively impacting the progress of countries (FIGUEIREDO; CECCON; FIGUEIREDO, 2020). The relevance of NCD prevention actions to be kept at the top of the discussions, contextualized in the social determination of the health-disease-care process and to manage the rearrangement of care in the face of population aging and unfavorable economic policies (BRASIL, 2021). The objective of this study was to carry out a bibliographic survey of articles in online databases from 2019 to 2023 that addressed the chosen theme: CHRONIC NON-COMMUNICABLE DISEASES AND THEIR IMPACT ON PUBLIC HEALTH AFTER COVID-19.

The NCD Response Plan aims to enable the advancement and execution of adequate, integrated, sustainable, and indicator-based public policies for the care and containment of NCDs and their risk reasons, in addition to supporting health services focused on chronic diseases (BRASIL, 2021). This work is a bibliographic review of the literature extracted from the online database Scientific Electronic Library Online (SCIELO), Latin American and Caribbean Literature in Health Sciences (LILACS), Virtual Health Library (VHL) between 2019 and 2023.

¹ I declare that I am the author of this Course Completion Work. I also declare that it was prepared and fully written by me, and has not been copied or extracted, either partially or entirely, illicitly from any source other than those public consulted and correctly referenced throughout the work or those whose data resulted from empirical investigations carried out by me for the purpose of producing this work.

Thus, I declare, demonstrating my full awareness of its civil, criminal and administrative effects, and assuming full responsibility in the event of a crime of plagiarism or copyright infringement. (See Clause 3, § 4, of the Service Agreement).



2 DEVELOPMENT

According to the Ministry of Health, 2021. "Non-communicable diseases and conditions (NTD) are responsible for more than half of all deaths in Brazil. In 2019, 54.7% of deaths registered in Brazil were caused by chronic non-communicable diseases (NCDs) and 11.5% by diseases." This work is a literature review of the literature extracted from the online database Scientific Electronic Library Online (SCIELO), Latin American and Caribbean Literature in Health Sciences (LILACS), Virtual Health Library (VHL) between 2019 and 2023. The guiding question of the present study was "What is the impact of COVID-19 on public health in the management of chronic non-communicable diseases?" A total of 30 articles were found, respecting the filtering criteria, of which 10 were selected because they were related to the proposed theme. The exclusion criteria were scientific materials that did not address the topic proposed in the academic treatise, and scientific articles related to the topic that were published before 2019, that were not in Portuguese and that were not directly related to the topic addressed.

Systemic Arterial Hypertension (SAH), Diabetes Mellitus (DM), Cancers and Chronic Respiratory Diseases portray the main NCDs. Among the causes that contribute to its evolution are: genetics, sex, age, sedentary lifestyle, inadequate diet, obesity, smoking and alcohol abuse. (GOVERNMENT OF THE STATE OF TOCANTINS, 2021)tag. Most of the risk conditions are changeable, such as physical inactivity, smoking, alcoholism, and mental health. To this end, Prevention Policies facilitate the determination of healthy and accessible goals by encouraging good behaviors in their routine, aiming to reduce the occurrence of NCDs (PAHO, 2017, apud LIMA, 2021). NCDs are a group of diseases of wide magnitude in the country, particularly comprising the most vulnerable populations, such as those with low income and education (BRASIL, 2021).

The COVID-19 pandemic caused by the new coronavirus (SARS-CoV-2) has been one of the world's greatest difficulties. Changes were made to the NCD picture with new immediate measures aimed at saving lives and ensuring a better life expectancy for these patients. Faced with this new reality, for various reasons, many people have increased the consumption of alcoholic beverages in their homes, acting as an escape valve, in the midst of multiple worries and losses of loved ones. One of the examples to be followed is to have a balance, change alcohol swallowing for physical activity practices, make a video call to someone, help others and even find a new hobby so that the occurrence is reduced in all risk groups. Bearing in mind that because it is a current issue and is part of daily life, people become aware of how to face and proceed in the face of these events in Brazil (LIMA, 2021).

According to SOUTO,2020."The psychological factor can also be seen as a risk factor, like stress, which can affect health and consequently quality of life and the feeling of well-being." The study of the articles exposed the strong frequency of suicidal behavior in patients with NCDs, and many studies pointed to the incomprehension and inability of health professionals to recognize and



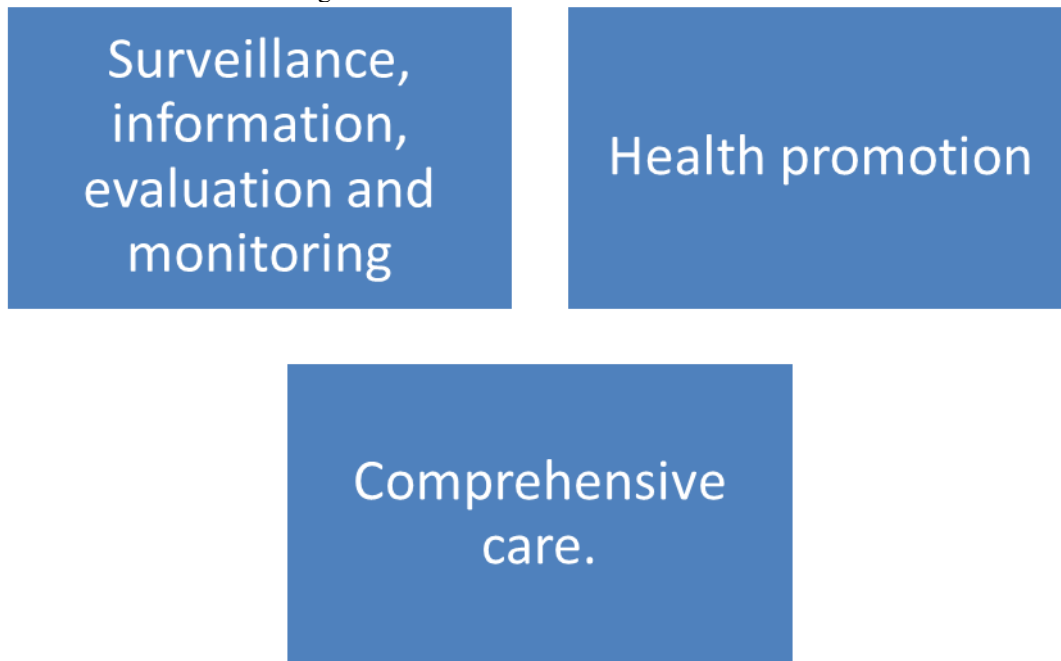
control these situations. Based on this literature review, it was able to understand that every patient with NCDs admitted to general hospitals has to undergo a more comprehensive anamnesis that observes the mental health points of view. It is relevant to ask characteristic questions about suicide risk, since this is how it will be feasible to initially recognize the behavior (MAGALHÃES, FIGUEIREDO, 2019).

The prevention and control of NCDs is a global difficulty, which led the United Nations (UN) to request a High-Level Meeting of the General Assembly in 2011, in which 34 heads of government and state, including the Brazilian State, adopted a UN Political Declaration on NCDs, understanding them as a huge global development challenge (ANDREIS, 2019). The NCD Plan 2011-2022 is the gigantic symbol of the actions seen in the epidemiological panorama of morbidity and mortality in the country for ten years. For their follow-up, they presented 12 goals, followed up over decades of validity to conduct health actions and bring them closer to the objectives of preventing illness and containing premature deaths due to NCDs (BRASIL, 2021). Examining the Strategic Action Plan for tackling NCDs in Brazil between 2011 and 2022, the authors achieved cost-effective health promotion actions with the effects comprising fundamental information systems for protection, involving topics such as alcoholism and smoking. This intervention helps each year in the consolidation avoiding conditions that cause NCDs, resulting in an example for the reduction of series of mortality factors (LIMA, 2021).

In 2020, a new requalified Action Plan was released, being an open Public Consultation focused on evaluating the Strategic Action Plan to Combat Chronic Diseases and Non-Communicable Diseases in the country in the period 2021-2030 (LIMA, 2021). The outline of Coping with NCDs deals with the four essential groups of chronic non-communicable diseases (cardiovascular, cancer, chronic respiratory and diabetes) and their changing risk conditions (smoking, alcohol abuse, physical stagnation, inappropriate diet and obesity) and determines guidelines and actions in three axes observed in the scheme below:



Figure 1: Guidelines and actions in three axes



Source: BRAZIL, 2021

To continue to confront NCDs, in addition to having the main subsidies, these policies need to be related and adequate with integrated attitudes (LIMA, 2021). Advancing the goals determined by the Ministry of Health, 2020: expand the practices of physical activities and intake of fruits and vegetables (30%), operating in a way that reduces the prevalence of obesity in children, adolescents, adults and the elderly, reflecting in the drop in the intake of artificially sweetened beverages (30%), alcoholic beverages (10%) by 2030. The acts between surveillance and health care have the purpose of organizing preservation and care from early stages in view of the reasons for the risk of NCDs, intersectoral actions that provide efficient manifestations in the country.

3 CONCLUSION

Patients with NCDs have greater use of health systems. Thus, it is essential that health environments, together with government officials, practice effective actions for the care of NCD patients, since, in addition to preserving their life capacity, they preserve that they endure worsening events, overloading emergency services. Understanding how people with NCDs use health systems is essential to reduce barriers to access and boost health policies, promoting equity in the access to resources, in addition to guiding the design of policies to reduce vulnerabilities.



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