NCD Academy

The Challenge We Face

NCDs: An Urgent Crisis

Non-communicable diseases (NCDs)—or diseases than are non-contagious and rooted in behavior, environment, and genetics—account for 71% of deaths annually. The pervasiveness of premature mortality and disability caused by NCDs is not inevitable. Most early NCD deaths are considered preventable because risk factors within our control are the main drivers. Curbing NCDs is in our collective best interest at the community, national, and international levels. NCDs are chronic conditions that inhibit individual productivity, require expensive long-term treatment, and ultimately restrain economic progress. Because of this immense burden, the United Nations has tasked all countries to reduce NCD deaths substantially by 2030 as part of Sustainable Development Goals.

Primary Health Care: A New Paradigm

NCDs are a relatively new crisis emerging through the crosswinds of better control of infectious diseases, resulting climbs in life expectancy, and health systems that were not designed for an older, larger, more urban populace. Primary Health Care (PHC) systems meet the needs of people today by expanding cost-effective strategies for subverting NCD risk factors as their foundational features. PHC is imperative and practical, but ambitious. Consider that over 40% of countries have less than 10 physicians/10,000 residents. For systems to fully realize a shift to PHC, they must implement new, proven guidance to enhance capacity of the health workforce while ensuring all sectors of society promote wellbeing.

PHC

1 PUBLIC HEALTH MEASURES

2 BASIC MEDICAL SERVICES

3 ADVANCED MEDICAL SERVICES

Recommended Solutions

The 2019 report, *Protecting Populations, Preserving Futures*, lays out five recommendations for health systems to expand PHC and achieve UN 2030 Sustainable Development Goals considering capacity constraints in the health workforce. NCD Academy responds to two in particular:

- ### Optimize Multi-Disciplinary Care Teams

•Health care professionals are not always well-utilized due to disconnects between experience and training vs. authority and purview. Enabling HCPs who are less scarce—for example, nurses—to fully apply hard-earned skills and knowledge can help improve health system capacity to manage and treat NCD patients with existing manpower. Meanwhile, individuals without an extensive medical background can be task-trained to provide preventive care and counseling as community health workers (CHWs). Health systems that are multi-disciplinary, collaborative, and inclusive of

- non-traditional actors mitigate chronic disease more affordably.

- ### Leverage Digital Tools

- Novel technologies such as artificial intelligence, virtual reality, and genomics can enhance the precision, efficiency, and effectiveness of medicine. Even widespread technologies of today like smartphones have demonstrated scalable applications across health care that are largely untapped. mHealth interventions allow health systems to conduct disease surveillance with fewer personnel, minimize the depth of knowledge needed to diagnose and treat disease, and connect remote communities with distant specialized facilities for advanced consultation. The applications do not end there.

Our Response

VISION

Equip health care providers across the front lines of patient care with high quality education available whenever, wherever, and at no cost on fundamental skills for the prevention and basic management of major non-communicable diseases (NCDs).

1 Democratize Continuous Skills Development

Logistical and financial hurdles can make face-to-face education difficult for individuals to attend and difficult for organizers to scale. In-person classes, conferences, and workshops are too often the domain of practitioners at elite institutions rather than everyday clinicians in community practice. Virtual live streaming eliminates location as a barrier to access but still requires availability at set times, while recordings are convenient but unengaging. NCD Academy harnesses the latest in eLearning to capture the immersiveness traditionally restricted to live education in an on-demand format.

2 Foster Person-Centered Care

Because of shared NCD risk factors, multimorbidity is common among patients, and disease prognosis and recommended treatment often differ when multiple chronic conditions are present. For example, best practices to manage high CVD risk are unique for people with cancer than for those without. For us to individualize care, we must integrate clinical education and begin teaching to these complex disease overlaps. Under one roof, NCD Academy offers primary care providers courses on the top five contributors to mortality and disability today (i.e., the "Big 5" NCDs), as well as non-clinical training on the pyramid of international to local stakeholders deciding global health priorities and shepherding system reforms.

Multiple Ways to Engage…

Smartphone users number over 3 billion globally and climbing. NCD Academy has been built for both mobile and desktop interfaces to make participation possible for those who lack ready access to the latter and to allow more flexibility in where and when users are able to connect.

Mobile Apps

Web Browsers

Main: ncdacademy.acc.org
China: ncdacademy.org.cn

… in a New Style of Medical Education

DYNAMIC ON-DEMAND LEARNING

Courses on NCD Academy incorporate practice and knowledge application through a variety of modalities including gamification, patient case scenarios, and knowledge check questions. Courses are more than instruction.

IN-DEPTH COVERAGE

Courses span an average of three hours on clinical strategies to improve NCD outcomes in areas ranging from preventive counseling, screening and risk assessment, medication to manage risk factors and side effects, and coordination with specialists.

EXPERT DRIVEN

All courses are authored by a major medical society known for releasing influential guidelines and research within the course's disease topic area.

LEARNER RECOGNITION

Courses conclude with a final exam, and HCPs who pass unlock a downloadable certificate. Courses are recognized for CME credits in multiple countries.
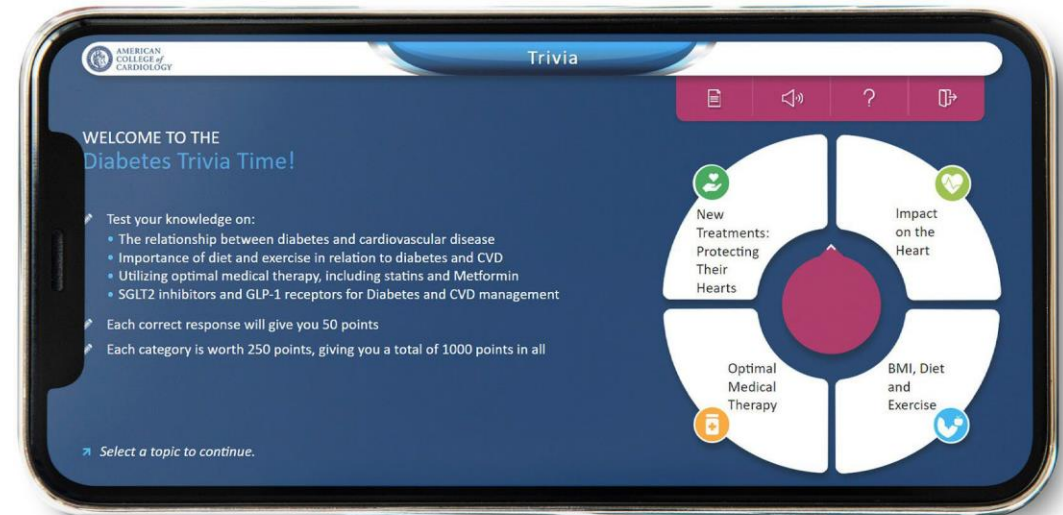
MULTIPLE LANGUAGES

All NCD Academy courses are available in English, Spanish, and Chinese, and certain courses are available in a broader set of languages.
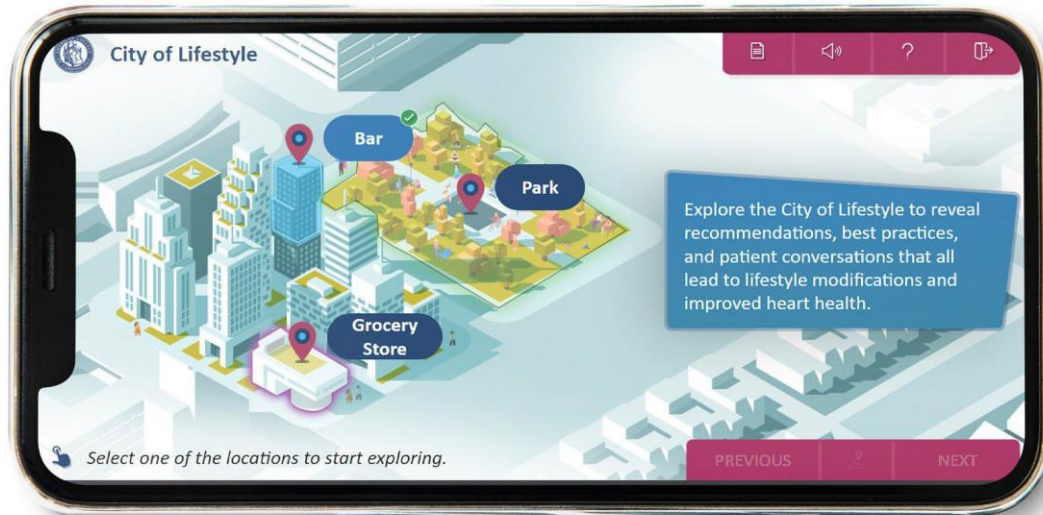
Lesson Snapshots

The first lesson of the cancer course introduces contributing factors for cancer risk, common warning signs, and steps to ensure patients with suspected cancer are properly assessed.

¡Diabetes Trivia!, part of the CVD course, gamifies education on clinical recommendations to mitigate cardiovascular disease progression in people living with diabetes.

Lesson Snapshots

The City of Lifestyle, part of the CVD course, transports users around town to review the science behind healthy living and strategies to counsel patients on improving their daily habits.

NCD Interplays, Part of the Foundational Course, introduces common examples of multimorbidity between the "Big 5" NCDs, the impact on disease prognosis, and the implications for treatment.

NCD Academy Impact

147
Countries with
NCD Academy users

NCD Academy users
24,930

15+
hours of eLearning
content available

USER DEMOGRAPHICS (OMITTING CHINA)

Profession

64% Doctor

11% Pharmacist

4% Nurse

4% Med Student

Practice Setting

41% Hospital

25% Community Clinic – Urban

7% Community Clinic – Rural

14
Number of languages currently on
NCD Academy: Chinese, Italian,
English, French, Portuguese, Spanish,
Greek, Korean. More coming soon!

69 million
Indirect annual patient impact based on a reported
average of 79 patients/week for an estimated 50 work
weeks/year across all unique NCD Academy learners.

NCD Academy Course Catalogue

FOUNDATIONAL
COURSE

CARDIOVASCULAR DISEASE
American College
of Cardiology

COVID-19
American College
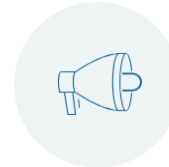of Cardiology

MENTAL HEALTH
World Psychiatric
Association

CANCER
American Society
of Clinical Oncology

HEALTH EQUITY & SOCIAL DETERMINANTS OF HEALTH
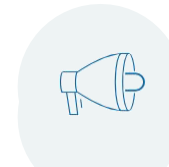American College of Cardiology
NCD Alliance
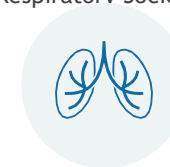
DIABETES
American Diabetes
Association

ADVOCACY
World Heart Federation
NCD Alliance

CHRONIC RESPIRATORY DISEASES
Forum, Intl.
Respiratory Societies

75
AMERICAN
COLLEGE of
CARDIOLOGY

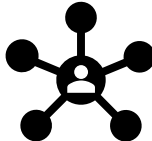# New Content Coming Very Soon

Integrated Care Fundamentals

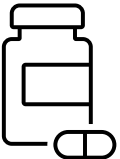Clinical Links b/w Communicable and NCDs

Global Health Initiatives and Funding

NCD Integration into Primary Care

Components of Integrated Health Systems

Vaccine-preventable Disease

Medication Adherence

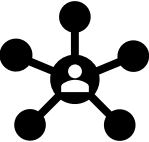## HIV Life-Long Care

Morbidity and Mortality in HIV Community

Long-term Antiretroviral Therapy and NCDs

HIV/NCD Health Systems Integration

Ophthalmology

Our Hope For the Future

LOCALIZE

NCD Academy courses through translation to more languages and supplemental content on variables at the country and regional levels related to NCDs such as disease prevalence, guidelines for care, therapeutics and technologies, and health system setup.

EXPAND

into new topics through on-demand and live education spotlighting NCDs besides the "Big 5," common communicable illnesses other than COVID-19 that are impacted by NCD multimorbidity, and education on care and counseling with specific demographics, such as adolescents and the elderly.

UPDATE

NCD Academy courses as new evidence and guidelines are released to remain consistent with best practices and provide health workers with an accessible means of continually refreshing their knowledge around NCDs.

CONTEXTUALIZE

courses through supplemental education and resources on the many roles within multidisciplinary care teams to prevent, screen, and manage disease. Courses are most closely attuned to the clinical practice setting, whereas PHC also depends on pharmacists, community health workers, and others in non-clinical capacities.

INTEGRATE

NCD Academy education with established workforce development programs at the ground level, particularly in rural and resource-constrained communities where HCPs are most disenfranchised by traditional continuing medical education opportunities.

Join Us

1 AS A HEALTH CARE PROFESSIONAL, YOU CAN

- Take the courses available for free in the language of your choice.
- Promote the courses with your peers and medical institutions.
- After competition of a course, claim your certificate, which is customized for countries recognizing CME credits through the NCD Academy

3 AS A CIVIL SOCIETY NETWORK, YOU CAN

- Integrate NCD Academy courses as part of your staff's professional development plans.
- Promote NCD Academy courses across your local networks, including among community health workers.
- Leverage the NCD Academy in your policy and advocacy efforts as an example of improving clinical education through a digital health solution for the establishment of multidisciplinary care teams at PHC level

2 AS A MEDICAL SOCIETY, HEALTH FACILITY, OR NGO IN CAPACITY DEVELOPMENT, YOU CAN:

- Encourage the utilization of NCD Academy courses as an extension of your own learning programs
- Identify subject matter experts (SMEs) for the development of the courses and potential local interviewees that can present in their own native language on the idiosyncrasies of clinical practice in their home country through the NCD Academy

4 AS A GOVERNMENT OR MULTILATERAL AGENCY, YOU CAN:

- Support and provide visibility to the NCD Academy by becoming an official partner
- Facilitate the recognition of CME credits for NCD Academy courses by relevant medical colleges at country and regional levels
- Recommend NCD Academy courses in relevant local, national and regional guidelines through the NCD Academy

A variety of promotional tools are available on the NCD Academy website, including leaflets and posters in all languages represented among NCD Academy courses. NCD Academy Global Partners are happy to consult with organizations interested in supporting and leveraging this unique and important resource.

TO LEARN MORE AND INQUIRE ABOUT COLLABORATING:

ncdacademy@acc.org