

Impact of a Community Engagement Program on Treatment Outcomes among People with Noncommunicable Diseases Attending Primary Care Clinics in Two South Indian States

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Abstract

Background: With epidemiological transition, the prevalence of diabetes and hypertension has significantly increased. Adherence to self-care is crucial to achieve blood glucose and blood pressure (BP) control. **Objectives:** The study aimed to understand the impact of a structured community engagement program on blood glucose and BP levels among patients with diabetes and hypertension, respectively. **Materials and Methods:** Patients receiving treatment at two primary care clinics at Karnataka and Telangana were enrolled after obtaining consent. Peer groups were created and weekly sessions on self-care conducted for 12 weeks. BP, body mass index, and glycosylated hemoglobin were recorded pre- and postintervention. **Results:** Out of 284 patients enrolled, 202 underwent baseline investigations, and 142 (70%) completed all sessions. A median 3 mmHg reduction in systolic BP (SBP) was observed among hypertensive patients post intervention. **Conclusion:** Community-based engagement sessions contributed to reduction in SBP. Similar model can be considered under the National Programme for Prevention and Control of Noncommunicable Diseases to improve self-care among noncommunicable disease patients by training health workers.

Key words: Community engagement program, diabetes, hypertension, noncommunicable disease, peer groups, South India, treatment outcomes