

# HELPAGE MYANMAR

NCD AND MENTAL HEALTH SELF-REPORTING APP

STANDARD OPERATING PROCEDURE

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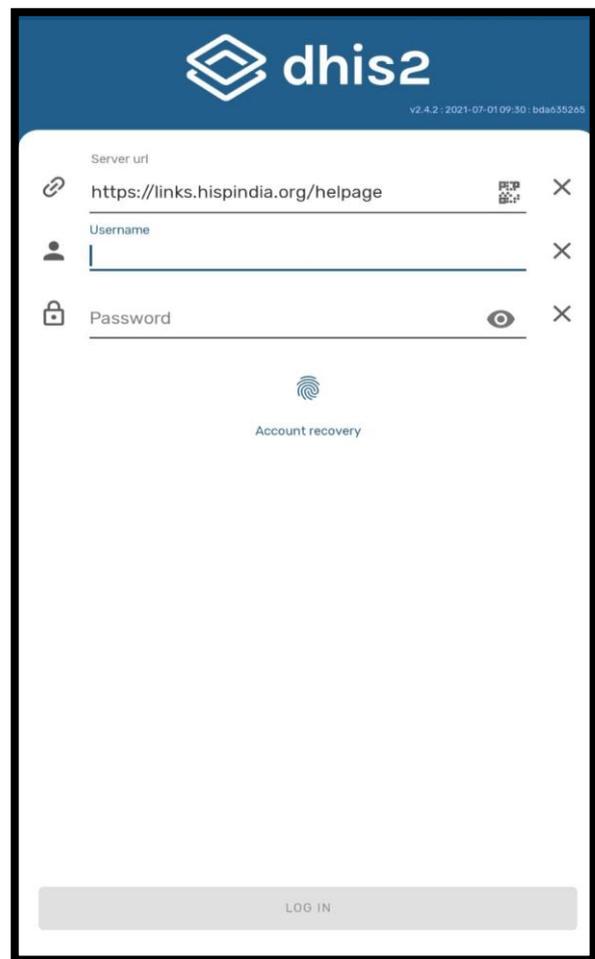
# 1. Getting Started

The following document explains the overall workflow NCD and Mental Health Self-Reporting App for HelpAge Myanmar using android devices. The pre-requisite for using the system is a and android phone (operating system) and internet connection to download DHIS2 app. The data can be entered offline and gets synced when there is stable internet connection.

## 1.1 Log In

### Step 1: Logging In

Open the DHIS2 app from your apps available in the phone. The login page will appear as shown in the picture.



## Step 2: URL, username, and password

URL:

<https://links.hispindia.org/helpage>

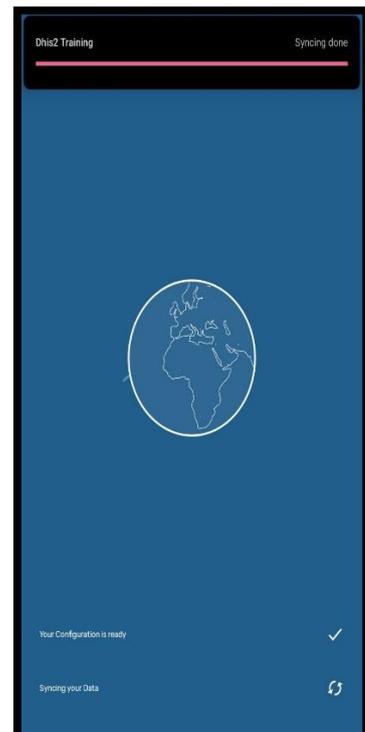
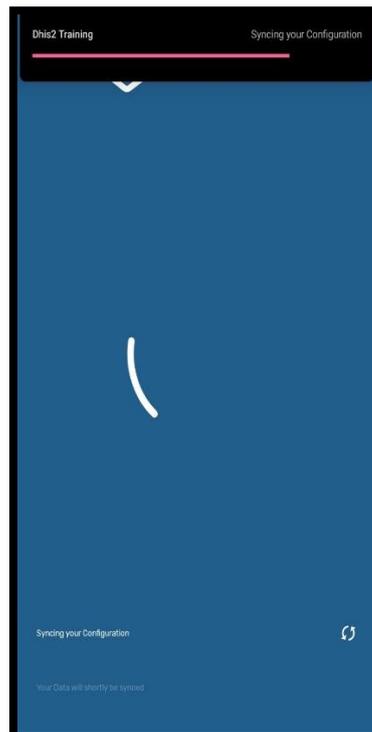
To create a beneficiary profile, the login form serves as an integrated sign up + login form.

In case you have registered before, add the username and password, in case you are adding the information for the first time, choose your username and password, click on Log In, the app will create an account for you.

## 1.2 Configuration Set-Up, Existing Data Download

### Step 1: Downloading Configuration and Data

The device will first synchronise the screening forms in the device, and if you have any past data reported from any other device, the same will be downloaded.

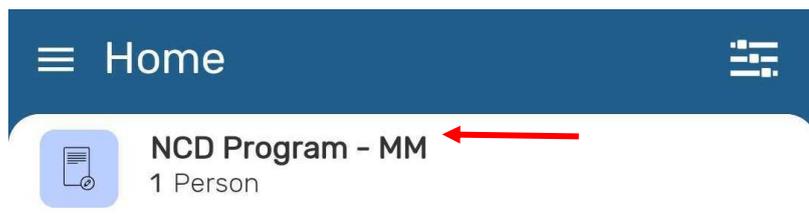


### 1.3 NCD Screening

Once the synchronisation is complete, the app will take you the activity dashboard, which will list the following program:

#### **NCD Program**

Click on NCD Program, and the app will take you to your record.



Click on the record, and the app will show you additional registration fields which you need to provide to the app to complete the registration process.

Fill the details in the form and click on the Save button in the bottom right of the screen.

← NCD Program - ... 🔍 ☰

? System G... - 5 hours ago

Full name -

Enrolled in: Myanmar ↩

← Enroll in NCD Program - MM

1 Enrollment data 2/2

2 Attributes - Person 2/6

System Generated Identifier  
Enter text  
SUNI-SEA-013494

Full name  
Enter text

Sex  
Choose option

Age/DoB  
Date Years Months Days

Marital Status  
Choose option

User Info  
Enter text  
gwen\_hansan-District1#

Save

On the next page, the app will ask questions for you to do NCD screening, your access to physical measurements, and whether you would like to have Mental Health screening as well.

**NCD and Mental Health**  
9/12/2021 | Myanmar

4%

1 NCD and Mental Health S... 0/2

Do you wish to do NCD screening?

yes  no

Do you also wish to do mental health screening?

yes  no

2 Vitals and Measurement I... 0/1

3 Nutrition 0/6

4 Tobacco Consumption 0/2

5 Alcohol Consumption 0/1

6 Physical Activity 0/1

7 NCD Risk Assessment (F... 1/10

Save

Clipboard Pencil Bar Chart Document

If you select to do Mental Health Screening as well, the app will also load specific sections for Mental Health Screening.

← NCD and Mental Health 8% 9/12/2021 | Myanmar

- 1 NCD and Mental Health S... ⓘ 2/3 ▾
- 2 Vitals and Measurement I... ⓘ 0/1 ▾
- 3 Nutrition 0/6 ▾
- 4 Tobacco Consumption 0/2 ▾
- 5 Alcohol Consumption 0/1 ▾
- 6 Physical Activity 0/1 ▾
- 7 NCD Risk Assessment (F... ⓘ 1/10 ▾
- 8 Anxiety Screening ← 1/9 ▾
- 9 Depression Screening (P... ⓘ 0/12 ▾
- 10 PTSD Screening ← 0/1 ▾

Save icon

If you choose to do NCD screening, click on the NCD screening section, answer the questions for any known diseases, and their treatment status.

 **NCD and Mental Health** 55%   
9/12/2021 | Myanmar

**2 NCD Screening** 1/10 

Have you been diagnosed with a disease?  
 yes  no 

Diabetes  
 yes

Hypertension  
 yes

Chronic respiratory disease (COPD/Asthma)  
 yes

Cardiovascular Disease  
 yes

Oral Cancer  
 yes

Breast Cancer  
 yes

Add your vital measurements as well if they are available in the next section.

In case the measurements are older than a year, or you do not have measurements available, visit the nearest ISHG club and get your measurements.

← NCD and Mental Health 9% ⋮  
9/12/2021 | Myanmar

2 Vitals and Measurement I... ⓘ 1/8 ^

Have you ever gotten your physical measurements taken?  
 yes  no ×

How long ago?  
Enter text

Weight (in kgs)  
Enter number

Height (in cms)  
Enter number

BMI  
Enter number

Waist (in cms)  
Enter number

Blood pressure (systolic) ⓘ

Next, move to the assessment of behavioral and lifestyle factors starting with Nutrition section, at the end of the questionnaire, you will get access to the Nutrition Counselling details, which will provide you basic tips on food habits and consumption for a healthy lifestyle.

**NCD and Mental Health**  
9/12/2021 | Myanmar 9%

**3 Nutrition** 0/6

Weight loss: Have you unintentionally lost more than 3 kg over the last three months?  
 yes  no

Appetite loss: Have you experienced loss of appetite?  
 yes  no

Weight gain: Have you gained weight over the last year?  
 yes  no

Do you take much sugar every day  
Choose option ▼

Do you take much salt every day?  
Choose option ▼

Do you eat sufficient fruits and vegetables every day?  
Choose option ▼

Assess the nutrition counselling section, click on the top back arrow next to Nutrition Counselling, or the back key on your phone to move back to the screening questions.

## ← Nutrition Counseling

### Nutrition Counseling

- Take 3 basic food groups in each meal everyday.
- Eat meat, fish, eggs , milk and milk products everyday.
- Eat more fresh and organic fruit and vegetables instead of eating preserved food.
- Reduce eating fatty, salty and sweetened foods.
- Older people should eat nutritious foods in daily life.
- Often, older people do not eat enough. An older person can eat more by eating eat family-style meals and social dining, particularly for those living alone or who are socially isolated.
- Use iodized salt in preparing and cooking food.
- Drink more water.
- Reduce taking soft drinks.
- Exposure to morning sunlight is helpful to make the skin produce vitamin D. The vitamin D in food is not enough for older people to maintain optimal levels.

Next, assess for Tobacco Consumption, in case you smoke or chew tobacco you will get access to Tobacco counselling.

**NCD and Mental Health** 22%  
9/12/2021 | Myanmar

4 Tobacco Consumption 0/2

 Cigarette

 Cigar

 Home made cigarette

 Tobacco pipe

Do you smoke tobacco?  
 yes  no

Do you chew tobacco?  
 yes  no

5 Alcohol Consumption 0/1

6 Physical Activity 0/1

7 NCD Risk Assessment (E) 2/10

Assess the Tobacco counselling section, click on the top back arrow next to Tobacco Counselling, or the back key on your phone to move back to the screening questions.

## ← Tobacco Counseling

### Tobacco Counselling

Tobacco smoking can lead to lung cancer, chronic bronchitis, and emphysema. It increases the risk of heart disease, which can lead to stroke or heart attack. Smoking has also been linked to other cancers, leukemia, cataracts, and pneumonia. Smokeless tobacco increases the risk of cancer, especially mouth cancers. Even secondhand smoke can lead to lung cancer and heart disease as well as other health effects in adults and children

- All non - smokers do not start smoking
- All smokers try to stop smoking with their efforts
- Individuals who use other forms of tobacco should be quit

Next, assess for Alcohol Consumption, in case you consume alcohol you will get access to Alcohol counselling.

**NCD and Mental Health** 27% 9/12/2021 | Myanmar

5 Alcohol Consumption 0/1

### Alcohol Consumption

			
1 standard bottle of regular beer (285ml)	1 single measure of spirits (30ml)	1 medium size glass of wine (120ml)	1 measure of aperitif (60ml)

Note: net alcohol content of a standard drink is generally 10g. of ethanol depending on the country. Countries will adapt this measure according to their own standards and will report this measure if different from the standard mentioned above

Do you use Alcohol?

yes  no

6 Physical Activity 0/1

7 NCD Risk Assessment (F... 2/10 

8 Anxiety Screening 1/9 

Assess the Alcohol counselling section, click on the top back arrow next to Alcohol Counselling, or the back key on your phone to move back to the screening questions.

## ← Alcohol Counseling

### Alcohol Counseling

Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These are most often the result of binge drinking. Over time, excessive alcohol use can lead to the development of chronic diseases, cancers, learning and memory problems, mental health problems, social problems, alcohol use disorders and other serious problems.



ပုံမှန်ဘီယာတစ်ခွက် (285ml)



ခိုင်တစ်ခွက် ( အလယ်အလတ် ) (120ml)



အရက် (30ml)

တစ်ခါသောက်စံအရက်ခွက် (one standard drink = 10 grams of ethanol)

Next, assess for Physical Activity, and add your response.

If you do any of the below activities choose your response accordingly as Yes or No:

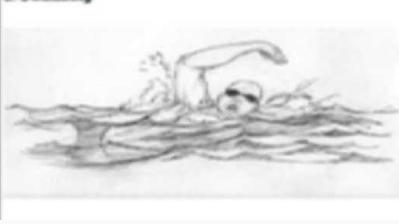
Minimum standard combining work activities and home activities is a or b (or combination), on a weekly basis:

- a. Cumulate 70 minutes of vigorous activity (carrying or lifting heavy loads, digging or construction work, running, football).
- b. 150 minutes of moderate activity (brisk walking, carrying light loads, cycling to places)

A and B is equivalent to 30 minutes of physical activities per day

← NCD and Mental Health 9/12/2021 | Myanmar 29%

6 Physical Activity 0/1

1. Brisk walking 	2. Cycling 
3. Swimming 	4. Playing table tennis 

yes  no

7 NCD Risk Assessment (F... ⓘ 2/10 ▾

8 Anxiety Screening 1/9 ▾

9 Depression Screening (P... ⓘ 0/12 ▾

10 PTSD Screening 0/1 ▾



Assess the Physical Activity counselling section, click on the top back arrow next to Alcohol Counselling, or the back key on your phone to move back to the screening questions.

## ← Physical Activity Counseling

### Physical Activity Counselling

Sedentary lifestyles increase all causes of mortality, double the risk of cardiovascular diseases, diabetes, and obesity, and increase the risks of colon cancer, high blood pressure, osteoporosis, lipid disorders, depression and anxiety. Therefore, all should take regular physical exercise as follow:

- For Adult, to do at least 45 minutes per day 3 days per week for simple and strenuous exercise. Or combined moderate and highly strenuous exercise at least 45 minutes daily for 3 days per week.
- For older people, there will be difficult to do exercises like adult and so that will be depend on the capacity of body and need to adjust and focus especially on balancing exercises.

Next, if you have already done your NCD Screening above, and have filled your Vital Measurements, the next section will help you get your NCD Risk Assessment Section

The app will assign the information it has captured in the above forms, and you need to respond to remaining questions for the app to calculate the NCD screening score or the FINDRISC score and level of risk.

← NCD and Mental Health 8/12/2021 | Myanmar 87%

8 NCD Risk Assessment (... i 10/10 ^

Vegetable/fruit intake  
Choose option  
Yes, if you eat five or more servings of fruits and vegeta ▾

Medicines for high blood pressure  
 yes  no ×

Have you ever been found to have high glucose levels during medical examination, illness or pregnancy?  
 yes  no ×

Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)?  
Choose option  
Yes (grandparents, aunt, uncle, or first cousin) ▾ ×

FINDRISC score  
Enter number  
12 Trung bình / Moderate

Level of Risk  
Choose option  
Moderate ▾

## 1.4 Mental Health Screening

Next, if you have opted for Mental Health Screening, then you have assessments available for the following:

- a. Anxiety
- b. Depression
- c. PTSD

The screenshot displays a mobile application interface for 'NCD and Mental Health' screening. The header shows a back arrow, the title 'NCD and Mental Health', the date '9/12/2021 | Myanmar', a progress indicator at 8%, and a menu icon. The main content is a list of 10 assessment items, each with a numbered circle, a title, an information icon, a progress indicator, and a dropdown arrow. A red bracket highlights items 8, 9, and 10, with an arrow pointing to item 9. A blue save button is located at the bottom right.

Item Number	Assessment Title	Progress
1	NCD and Mental Health S...	2/3
2	Vitals and Measurement I...	0/1
3	Nutrition	0/6
4	Tobacco Consumption	0/2
5	Alcohol Consumption	0/1
6	Physical Activity	0/1
7	NCD Risk Assessment (F...	1/10
8	Anxiety Screening	1/9
9	Depression Screening (P...	0/12
10	PTSD Screening	0/1

You can opt for the screenings you would like to carry out, the responses will give you a score and advise for future action, if needed.

The screenshot shows a mobile application interface for "NCD and Mental Health" screenings. At the top, there is a blue header with a back arrow, the title "NCD and Mental Health", the date "9/12/2021 | Myanmar", and a progress indicator showing "45%". Below the header, the current screen is titled "8 Anxiety Screening" with a progress of "8/9". The main content area contains a question: "Feeling afraid as if something awful might happen" with a "Choose option" prompt. The selected option is "Nearly everyday". Below this, there is an "Anxiety assessment" section with an "Enter number" input field. A "Level of Risk" section shows "Choose option" with the selected option being "No anxiety". A yellow text box provides advice: "If your feelings affect your sleep, eating, work, or relationships, talk to someone you trust and seek health professionals' help if necessary." At the bottom, there are two other screening options: "9 Depression Screening (P..." with "0/12" progress and an information icon, and "10 PTSD Screening" with "0/1" progress. A blue circular button with a white document icon is located in the bottom right corner of the screen.

In case, your responses result in Moderate Anxiety or Moderate Depression, you will get access to Mental Health Counselling.

## ← Mental Health Counseling

### Mental Health Counseling

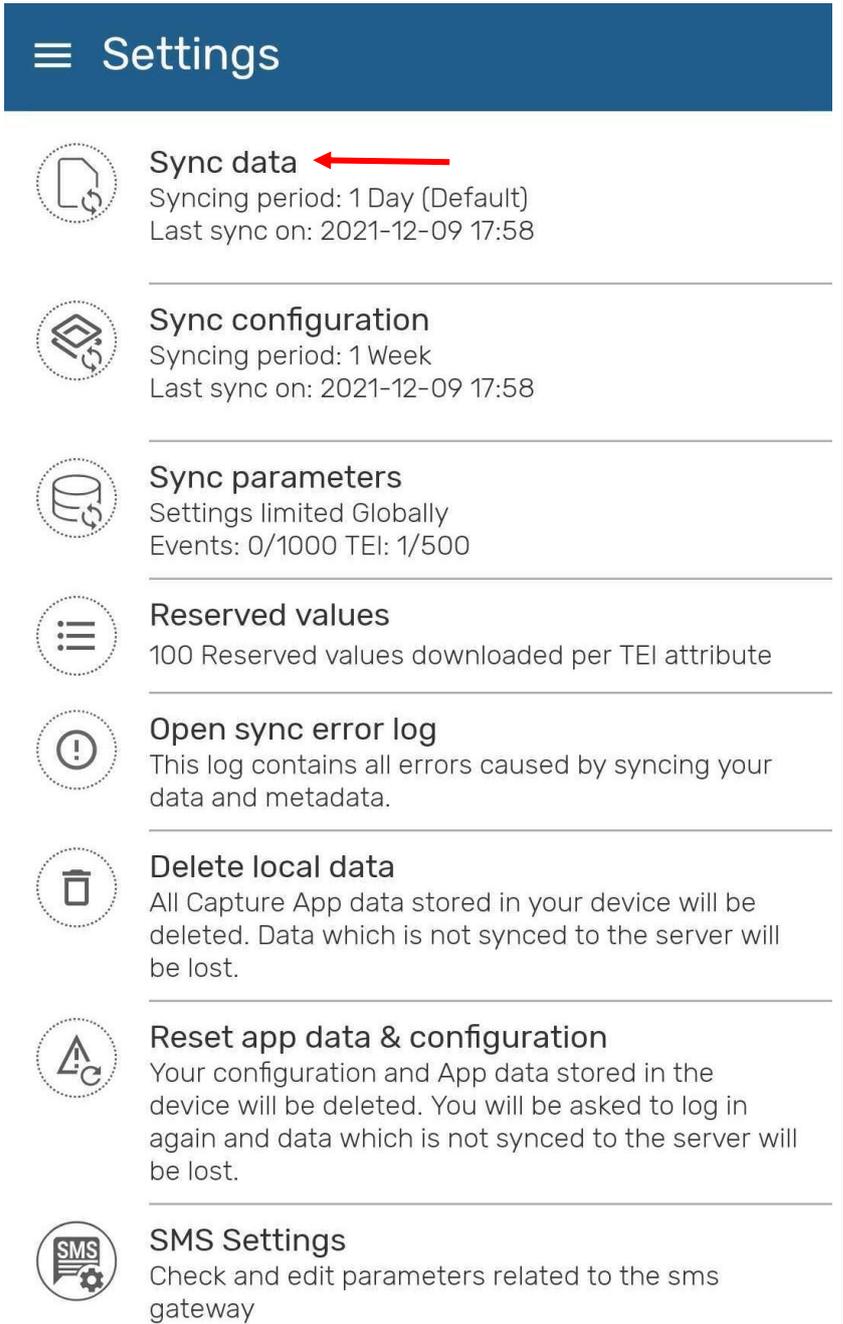
- These tools are not a formal diagnosis, they are only suggesting potential anxiety/depression/PTSD. For formal diagnosis, you should consult with a mental health expert (psychiatrist, psychologist, etc.). Please consult with your ISHG to ask for further information if you wish to be put in touch with a mental health provider, and/or want more information on mental health.
- In the meantime, here are some coping strategies to perform at home:
  - Get plenty of sleep for physical and mental health. Without enough sleep, those people can start to feel depressed or anxious.
  - Eat well with a balanced diet to protect mineral deficiencies. Regularly consuming a high-fat diet can have similar effects as chronic stress in terms of causing depression.
  - Avoid alcohol and drug. The excessive use of alcohol and any

## 2. Data Synchronisation

Once all the data is entered and events are completed, you need to sync the data to the server. To sync the data, click on the three lines present at the uppermost left corner.

You will see different options.

Click on **Settings**



**Settings**

-  **Sync data** ←  
Syncing period: 1 Day (Default)  
Last sync on: 2021-12-09 17:58
-  **Sync configuration**  
Syncing period: 1 Week  
Last sync on: 2021-12-09 17:58
-  **Sync parameters**  
Settings limited Globally  
Events: 0/1000 TEI: 1/500
-  **Reserved values**  
100 Reserved values downloaded per TEI attribute
-  **Open sync error log**  
This log contains all errors caused by syncing your data and metadata.
-  **Delete local data**  
All Capture App data stored in your device will be deleted. Data which is not synced to the server will be lost.
-  **Reset app data & configuration**  
Your configuration and App data stored in the device will be deleted. You will be asked to log in again and data which is not synced to the server will be lost.
-  **SMS Settings**  
Check and edit parameters related to the sms gateway

Step 2: After clicking the **Settings** button, you will see two different syncing options, use Sync Data

To sync the data entered, click on the first blue box **Sync Data Now**

Data will be sync in few seconds and will be sent to the server.

**Settings**

**Sync data**  
Syncing period: 1 Day (Default)  
Last sync on: 2021-12-09 17:58

Syncing period  
1 Day (Default)

**SYNC DATA NOW**

**Sync configuration**  
Syncing period: 1 Week  
Last sync on: 2021-12-09 17:58

**Sync parameters**  
Settings limited Globally  
Events: 0/1000 TEI: 1/500

**Reserved values**  
100 Reserved values downloaded per TEI attribute

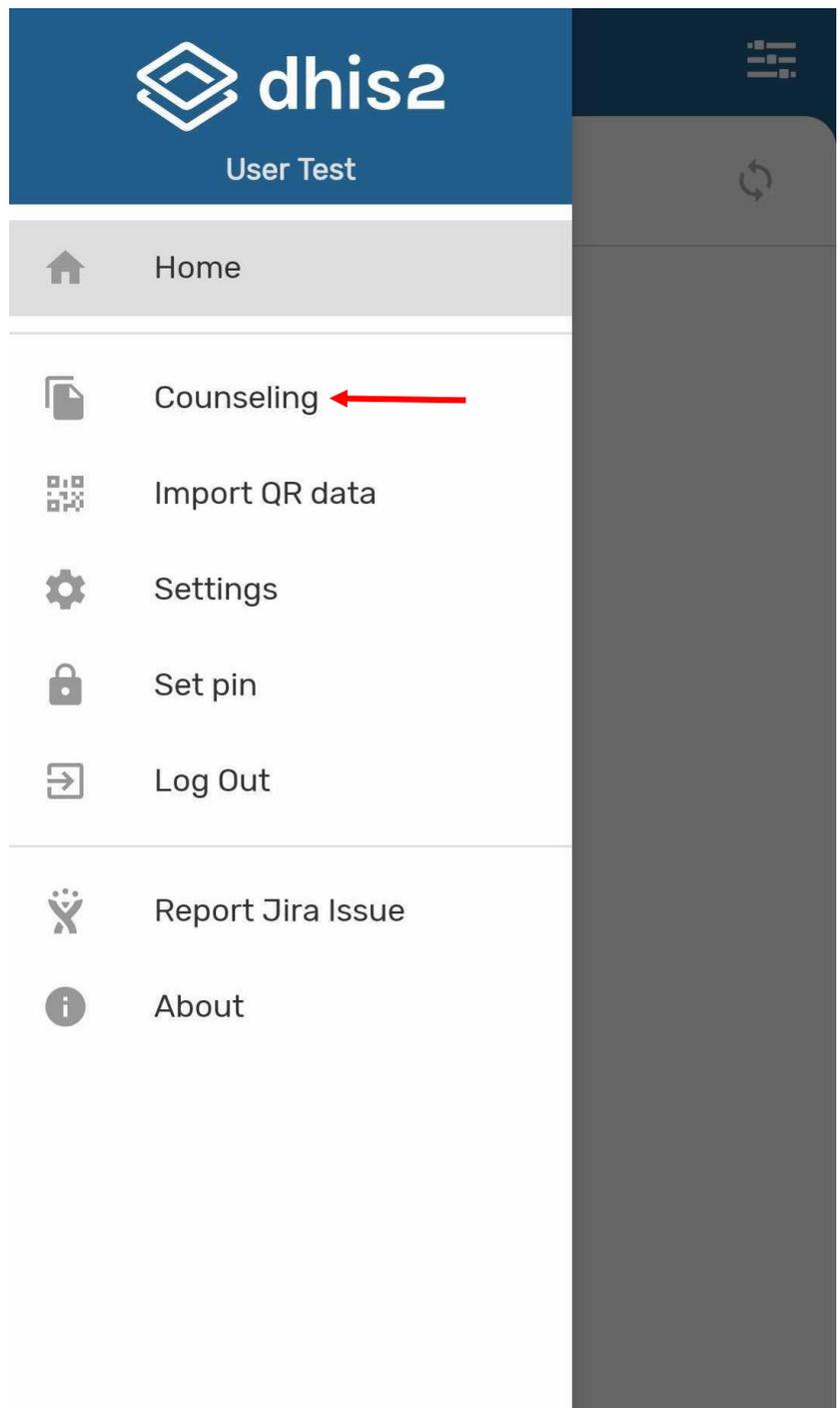
**Open sync error log**  
This log contains all errors caused by syncing your data and metadata.

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**Reset app data & configuration**  
Your configuration and App data stored in the device will be deleted. You will be asked to log in again and data which is not synced to the server will be lost.

### 3. Access Counselling Sections

In case, you would like to access Counselling Sections irrespective of the Screening outcomes, in the Settings menu, click on 'Counselling' section.



Click on the counselling section which is required.

← Counseling

NUTRITION COUNSELING ←

PHYSICAL COUNSELING ←

ALCOHOL COUNSELING

TOBACCO COUNSELING

MENTAL HEALTH COUNSELING

## 4. Maintaining Vital Measurements

In case, you would like to continue tracking your Vital Measurements, then you can create another event for adding your vital sets again.

For that, on your profile, click on + button.

Enrollment Date:  
Enrolling OU:

9/12/2021  
Myanmar



SEE DETAILS



SHARE



NCD and Mental Health Screening

1 events



1/11/2021

Myanmar

Schedule new

Add new



Referral



Select the date, and click on Next.

← NCD Program - MM - New event



NCD and Mental Health Screening

Event date

9/12/2021

Org unit

Myanmar

**NEXT**

Add details under Vitals and Measurements as done previously.

**NCD and Mental Health** 25% 9/12/2021 | Myanmar

- 1 NCD and Mental Health S... 4/4
- 2 Vitals and Measurement I... 1/8

Have you ever gotten your physical measurements taken?

yes  no

How long ago?

Enter text

Weight (in kgs)

Enter number

Height (in cms)

Enter number

BMI

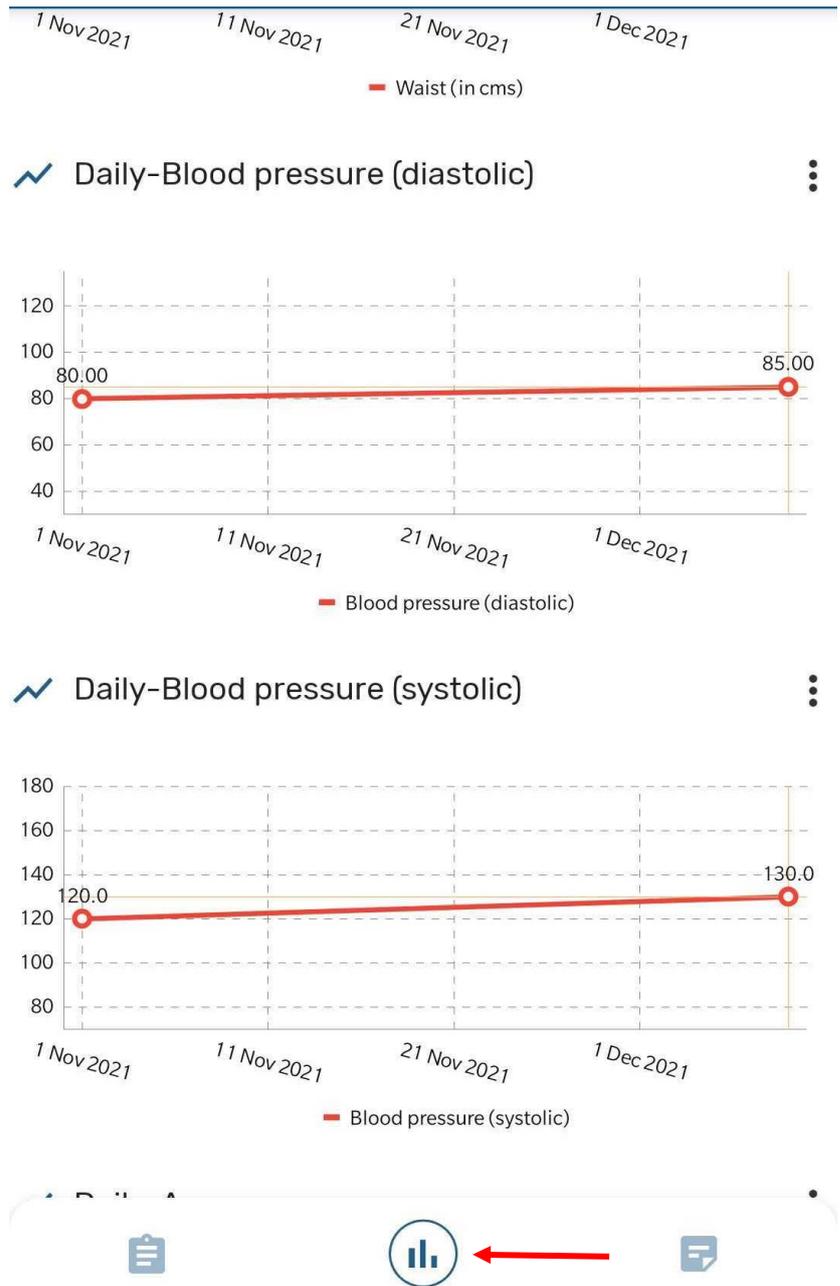
Enter number

Waist (in cms)

Enter number

Based on the values reported the app will chart the different variables to see progression over time.

To see the charts, click on Chart icon at the bottom of the screen.



## 5. Risk Signs and Review for ISHG

The app generates a Risk Sign summary for you, and after each assessment/screening you can show this to the ISHG volunteer to further guide you.

To view the summary, click on the Assessment event.

Enrollment Date: 9/12/2021  
Enrolling OU: Myanmar

 SEE DETAILS

 SHARE



NCD and Mental Health Screening

2 events



9/12/2021

Myanmar



1/11/2021

Myanmar



To see the charts, click on Chart icon at the bottom of the screen.

**NCD and Mental Health** 53%  
1/11/2021 | Myanmar

1 NCD and Mental Health S... 4/4

Do you wish to do NCD screening?  
 yes  no

Do you wish to access counselling section?  
 yes  no

Do you wish to see your last measurements?  
 yes  no

Do you also wish to do mental health screening?  
 yes  no

2 Vitals and Measurement ... 8/8

3 Nutrition 0/6

4 Tobacco Consumption 0/7

5 Alcohol Consumption 0/1

Navigation icons: List, Edit, Chart (highlighted with a red arrow), Notes.

After each assessment/screening you can show this to the ISHG volunteer to further guide you.

 **NCD and Mental Health** 53% 

1/11/2021 | Myanmar

### Indicators

Info  
High Risk-Underweight. We advise you to consult with a health care provider. Call your ISHG to ask for further information. 

Info  
Medium Risk-Hypertension. We advise you to consult with a health care provider. Call your ISHG to ask for further information.

