AUDIO TRANSCRIPTS- FGD2 (MAGADA-MEN) 8PP

1. 1. What is your understanding of NCDs?
2. 3-these are non-sexually transmitted diseases
3. 1-these are diseases that cannot be transmitted from one person to another- e.g. if you share
4. the same taxi with someone with NCDs, it can’t be transmitted
5. 5-high blood pressure, diabetes
6. 4-cancer
7. 1-hernia
8. 7-severe headache, stomach pain
9. 2-asthma
10. 2. How often do you see people in your communities with NCDs while doing your VHT work?
11. 5-I always see such people with NCDs
12. 3-I often see such people with NCDs
13. 1-(same response as 3)
14. 4-i always see people with NCDs; I have seen a man with an amputated leg because of diabetes
15. 3. As VHTs, do you think NCDs are important health issues that should be taken care of in your 16. communities?
16. 3-it is very important to be checked for some diseases as some people have become disabled 18. due to NCDs
17. 2-it is very important and I encourage my community members to always go for such check-ups
18. 1-at least, there should be some organization whereby they organize workshops to educate
19. people on such diseases and be tested
20. 6-as VHTs, I have welcomed these programmes about NCDs as community elders complain that 23. VHTs only focus on newborn issues and forget people with NCDs
21. 5-it is very important and the government has just been reluctant on such programmes. For
22. instance, one could die suddenly from high blood pressure because it has gone undiagnosed.
23. 4. Are people in your communities aware of NCDs and what causes them?
24. 2-some community members are aware while others don’t know of NCDs
25. 3-people are aware of these diseases but don’t know the causes and prevention of NCDs
26. 1-some people are aware, some are not
27. 5-there are people with NCDs (aware of it) but don’t know the causes
28. 6-people are aware of NCDs but ignore going for tests because they lack knowledge on NCDs
29. and the need to be tested
30. Moderator: what could be the reasons why some people don’t know about NCDs?
31. 5-people lack sensitization about NCDs
32. 2-the health centers at the village setting don’t have a good means of treating NCDs, hence, the 36. communities ignore going for tests
33. 8-it is due to ignorance that some people don’t know about NCDs. There are some people in the 38. community that are growing fat and are at risk of high blood pressure but due their ignorance, 39. they think it is healthy they put on weight and are proud of it.

40. 5-due to ignorance, people are not aware of NCDs. It is in the later stages that people go for

41. check-ups, yet they had developed the diseases over a long time and now it cannot be

42. prevented.

43. Moderator re-emphasizes the question…

44. 1-people don’t know of NCDs because they lack knowledge about it. at least, there should be

45. programmes organized to sensitize the community of NCDs

46. 7-such diseases take long to be diagnosed so the communities relax and don’t go in for tests

1. 5. What ways could you help in dealing with NCDs in your communities?
2. 5-as VHTs, we need help from NCDs organizations in order to teach the communities on NCDs. If 49. we could get medical equipment for testing
3. 8- if we as VHTs can have more education about NCDs, we can go out into the communities and 51. sensitize people on NCDs …
4. 2-as VHTs, we need more education on such diseases in order to sensitize the community
5. 3-as VHTs, we should encourage our community members to go for medical check-up even
6. when one is not sick at the moment
7. 6. How could you manage to help with NCDs with your VHT work?
8. 4-as VHTs, we should talk to the community to reduce the sugar volume they take to prevent 57. diabetes. 1 teaspoon is fine
9. 7-People should reduce the amount of fats they eat as they block the veins. They get diseases 59. such as high blood pressure.
10. 5- talking about lung diseases…people are getting these because of smoking and alcohol
11. consumption. I am of the view that manufacturing of cigarettes should be banned. The
12. cigarettes manufacturers are aware of the diseases they cause
13. 8-maybe, as VHTs, we should communicate to village members to stop thinking a lot as it results 64. into high blood pressure. Majority of us are poor and tend to think a lot about it. at the end, this 65. could result in high blood pressure.

66. 4-Factories that produce items that people consume such as sugar should improve their

67. standards in order to prevent NCDs. For instance, there was a sugar company that was inspected 68. and found to have metals in their produce unsafe for consumption. At the end, this could result 69. in diseases such as cancer.

70. Moderator: as VHTs, how could you help your communities to prevent NCDs?

71. 3- we should encourage people to reduce the amount of fat they eat. People should stop

72. smoking cigarettes and taking alcohol

73. 2-as VHTs, we should encourage our communities and encourage them to go for NCDs tests

74. 8-there should be workshops on such diseases such that the community is aware of NCDs

75. 8-as VHTs, we could meet with community members once in a while to educate them on NCDs

76. 4-people should be conscious about expiry dates of products they buy. As expired products are 77. eaten by community members who in the long run, end up with NCDs. Such products are

78. poisons.

79. 5-as VHTs, we should encourage members to go for tests but due to poverty, some Ugandans

80. cannot go for tests.

81. Moderator: redirecting them back to question

82. 5- as VHTs, we should encourage our communities to go for every check-up.

83. 1-the nearest health centers to the villages should have equipment to test for NCDs

84. 6-as VHTs, we should be provided with means of transport like bicycles to ease our work as we 85. educate people about NCDs

1. 7. What might be the barriers to dealing with NCDs in your communities? (used an example of 87. drought preventing planting of maize)
2. 8-lack of motivation in the communities can also be a barrier. For instance, one could call up the 89. community to come for sensitization but because they are not compensated, they tend not to 90. attend.

91. 5-sometimes, we refer people to the hospital but they return without mediations which affects 92. our VHT work and also the community’s dealing with VHT workers.

93. 3-some community members don’t bother because after counseling them on NCDs, they will not 94. go in for tests. As a VHT, this is demoralizing

95. 2- as VHTs, we lack motivation while doing our work because the compensation we get is too

96. little and it can’t sustain my family.

97. Moderator: what kind of motivation are you referring to because you are not paid monthly?

98. 2- although we are not working for a salary, at least, once in a while, we should be given

99. something

100. 7-not having enough knowledge on NCDs also affects my work in the community. Because I 101. only have a little knowledge on NCDs, I can’t educate my community on it.

102. 1-some community members who drink and smoke don’t mind about NCDs. Even when you 103. teach about the dangers of smoking and drinking, they claim to stop at that point. But, later, 104. they still continue and this attitude affects me as VHT trying to educate on NCDs. Even on

105. diabetes, one would tell the community to reduce sugar intake but they continue taking a lot. 106. Now, they would be on high risk of diabetes.

107. 5-lack of equipment and means of transport (bicycle), uniforms for VHTs, umbrellas and gum 108. boots affect our work, probably more in the raining season.

109. 8-lack of equipment like counseling cards also affect our work as VHTs. For instance, use of

110. pictorial teaching materials in educating community members about NCDs will help to reinforce 111. the knowledge/information the VHT is giving ( on smoking, drinking, the dangers…).

1. 8. What would encourage NCDs prevention in your communities? Probe added
2. 1-if we could have enough training on NCDs, it would help us in sensitizing the communities
3. 3-there should be more education for the VHTs on NCDs. It would help us in their
4. communities while sensitizing.
5. 5-as VHTs, once in a while, we should meet and talk about the various health problems 117. our communities are facing as this would help in the prevention of NCDs
6. 7-at least all health centers should have medications on all diseases such as when we 119. refer people to the clinics, they get the medications they need. This would encourage me as a 120. VHT in the prevention of NCDs in the community.

121. Though we are having this discussion at a small clinic like the health center 2, necessary NCDs 122. medications should be available here and not only in big hospitals

123. 2-for instance, if you meet a patient with cancer, they are referred to Mulago which is too far. 124. As such, medications should be available in the community health centers; it would help in the 125. prevention of NCDs.

126. 8-as VHTs, we should meet once in a month and discussion the health problems in our

127. communities brainstorm of ways to address them and return to our communities to sensitize. 128. This would encourage us as VHT workers in the prevention of NCDs in our communities.

129. 6-as a VHT worker, if the government starts to pay us a salary, it will facilitate out work in

130. preventing NCDs in our communities.

131. 3-we should be provided with means of transport (bicycle) to move around our communities as 132. we sensitize them on the prevention of NCDs. More education about NCDs will help us in the 133. prevention of NCDs in the communities.

134. 2-if we can be told of the signs and symptoms of NCDs, it would help its prevention in the

135. communities. At least, if I know the signs, I can be alert of the risk of an NCD

136. 5-as VHTs, if we can keep records of what we have been doing in the prevention of NCDs, and 137. how much coverage one has accomplished, we would be able to reach the whole community, 138. leaving no one out. If we get people with NCDs in the communities, such people can be

139. referred to health centers.

140. 8-what is most important is to know the signs and symptoms of NCDs so that when we sensitize 141. the communities, we are sure of what we are saying.

142. 4- if we can be sensitized on the cause of NCDs, it will help in the prevention of NCDs.

1. 9. Would you like to add anything else?
2. 8-most community members are aware of NCDs but due to lack of funds, they cannot go 145. for tests.
3. 5-at least, you have come up with such a study and the community has been waiting for 147. it. Would this study continue with a NCDs program and if yes, when will it begin?
4. Moderator: in research, we come to ask questions, take back the feedback; maybe the 149. government would start a program based on your feedback.
5. 3- I appreciate the study because the elderly in our communities are complaining of
6. their health issues being unattended to. Due to ignorance about NCDs, some people 152. have reached the extent of seeking traditional healers instead of hospitals. as such, people with 153. signs of an NCDs would rather seek help from a traditional healer instead of going to the

154. hospital. At least, with this study, we are aware of NCDs and can start conversations about it in 155. our communities.