

17 September 2026

World Patient Safety Day

Safe care for noncommunicable diseases

Noncommunicable diseases (NCDs) tend to be long-term and are the result of a combination of genetic, physiological, environmental and behavioural factors.

Common NCDs:



Cardiovascular diseases



Cancers



Chronic respiratory diseases



Diabetes



Five key areas of focus when caring for patients with NCDs...

Patient-centred long-term management



NCDs typically require ongoing care. Effective management includes:

- Regular monitoring and follow-up
- Shared decision making
- Individualised treatment plans
- Understanding patients' goals, preferences and circumstances

Risk factor assessment and prevention



Many NCDs share common risk factors:

- Tobacco use
- Harmful alcohol consumption
- Physical inactivity
- Unhealthy diet
- Obesity

Patient education and self-management support



We should help patients:

- Understand their condition
- Recognise warning signs
- Monitor symptoms when appropriate
- Develop a healthy lifestyle
- Build confidence in managing their health

Medication management and adherence



Patients often take many long-term medications. We must:

- Ensure appropriate prescribing
- Monitor effectiveness and side effects
- Identify drug interactions
- Support patients to take medication appropriately

Holistic care and comorbidity management



Patients may have several chronic conditions. Care should include:

- Physical health
- Mental health
- Functional status
- Social determinants of health

**Together, we can
make care safer
for all.**

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