



Ministry of Health

# Malawi Paediatric Non-Communicable Diseases Management Guidelines



2025





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## FOREWORD

Malawi has adopted the life course approach to health in the Health Sector Strategic Plan III and the child health strategy. This approach looks beyond the traditional causes of under-five mortality which are mainly infectious diseases extending to children aged nineteen years where non-communicable diseases (NCDs) are an important cause of morbidity and mortality.

Malawi's Package of Essential Non-communicable Disease Interventions-Plus (PEN-Plus) operational plan outlines the pathway for improving the diagnostics and management of NCDs in Malawi. It has however recognised the urgent requirement to address the unique needs and approach required to improve the management of paediatric NCDs. Some of the important common NCDs include chronic respiratory conditions like asthma, cardiovascular diseases like congenital heart disease and rheumatic heart disease, neurological conditions like epilepsy, sickle cell disease and renal diseases. Despite recognition of the problem posed by these non-communicable diseases, most health workers and health facilities may not be adequately prepared to manage children who present with non-communicable diseases mainly because of lack of human resources, knowledge, skills and supplies required to manage these patients.

In order to improve the provision of quality health care in children presenting with NCDs, the non-communicable disease treatment guidelines have been developed by experts both nationally and reviewed by international experts to aid health workers in managing such conditions. The guidelines are tailored towards helping health workers at various healthcare levels in Malawi including primary, secondary and tertiary care levels. They also include promotion and preventive messages where applicable.

The NCDs treatment guideline for children is aligned with the Child Health Strategic Plan and Health Sector Strategic Plan III priority 1, priority 4 and priority 6. The guidelines will ensure that all paediatric patients access quality equitable health care provided by knowledgeable and skilled professionals regardless of the level at which they access the care. The guidelines will also be accessed by an interactive application which will increase accessibility of the information by health professionals who manage these children.



Honourable Khumbize Kandodo Chiponda, MP  
**MINISTER OF HEALTH**

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