



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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Dr. Samson Mndolo
SECRETARY FOR HEALTH

List of contributors

The Ministry of Health acknowledges contributions from the following individuals:

Kamuzu University of Health Sciences:

Dr Ajib Phiri, Paediatrician
 Dr Dominic Moyo, Paediatrician
 Dr Emmie Mbale, Paediatrician
 Dr Jenala Njirammadzi, Paediatric Intensivist
 Dr Josephine Langton, Paediatric Emergency Medicine Specialist
 Dr Kondwani Kawaza, Neonatologist
 Dr Prisca Harawa, Paediatric Registrar
 Dr Yamikani Chimalizeni, Paediatric Cardiologist

Queen Elizabeth Central hospital:

Dr Beatrice Chikaphonya Phiri, Paediatric Haematologist-Oncologist
 Dr Frank Phoya, Paediatric Rheumatologist
 Dr George Chagaluka, Paediatric Haematologist-Oncologist
 Dr Ethwako Phiri, Paediatric Nephrologist
 Mphatso Nawena, Clinician

Zomba Central hospital:

Dr Jessica Chikwana, Paediatrician
 Dr Takondwa Chimowa, Developmental Paediatrician

Kamuzu Central Hospital:

Dr Amos Msekandiana, Paediatric Endocrinologist
 Dr Elizabeth Nkosi, Medical Officer
 Dr Jessica Chaziya, Paediatrician
 Dr Mercy Kumwenda, Paediatrician
 Sunganani Manjolo, Clinician

Baylor Children's Foundation, Malawi:

Dr Rizine Mzikamanda, Paediatric Haematologist -Oncologist
 Dr Watipaso Kalizang'oma, Paediatric Registrar
 Dr Stella Wachepa, Paediatrician

University of North Carolina (UNC – Lilongwe):

Dr Tisungane Mvalo, Paediatrician

Internal and external reviewers

Kamuzu University of Health Sciences:

Prof Elizabeth Molyneux, Paediatric Emergency Medicine Specialist
Dr Trijn Israels, Paediatric Oncologist

Baylor College of Medicine:

Dr Amy Sanyahumbi, Paediatric Cardiologist

Witten/Herdecke University, Germany:

Prof Ralf Weigel, Paediatrician
PD Dr Carsten Krüger, Neonatologist/ Gastroenterologist

Germany:

Dr Antke Zuchner, Paediatric Cardiologist
Dr Judith Lindert, Paediatric Emergency Medicine Specialist
Dr Sara Loetz, Paediatrician
Dr Ute Muhitira, Paediatric Endocrinologist
Prof Peter Höger, Paediatric Rheumatologist/Dermatologist
Prof Hans-Iko Huppertz, Paediatrician

University of Kwazulu-Natal:

Dr Lawrence Mubaiwa, Paediatric Neurologist

University of Witwatersrand:

Dr Rachel Mlotha-Mitole, Paediatric Gastroenterologist

University of Cape Town:

Dr Thembi Katangwe-Chirwa, Paediatric Neurologist

Queens University Belfast:

Prof Neil Kennedy, Paediatrician

United Kingdom:

Prof Kevin Morris, Paediatric Intensivist

University of Liverpool:

Prof Melissa Gladstone, Developmental Paediatrician

Editorial team

Dr Ajib Phiri, Dr Amos Msekandiana, Dr Emmie Mbale, Dr Frank Phoya, Dr Jessica Chikwana, Dr Kondwani Kawaza, Dr Mercy Kumwenda, Dr Takondwa Chimowa, Dr Yamikani Chimalizeni

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