

## Barriers Facing Syrian Refugees with Non-Communicable Disease Living In Community in Mafraq Jordan

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### Background:

Mafraq area situated in north Jordan with the longest borders with Syria and because of the geographical nearness has the highest number of Syrian refugees. A high percentage of those with non-communicable diseases are elderly with diabetes and hypertension.

### Methods:

One hundred Syrian refugees with non-communicable diseases (NCD) were selected; the household was identified through door-to-door inquiry to fill a pre-structured questionnaire that was tested and validated by piloting on 15 refugees. Analyses was done using Access software package.

### Results:

Of the sample, 70% female and 30% males, 98% between age of 40 and 70 years old and 2% children less than 12 years; of these 50% with hypertension, 20% with diabetes, 25% with both hypertension and diabetes, and the remaining 5% with other NCD. All the sample were refugee more than 18 months, 90% of patient were given alternative drugs 60% goes to MOH as main care provider, 30% goes to United Arab Emirates hospital, 5% goes to AID society, and 2% goes to other societies. 80% reported that drugs are partially available, specialized doctors are not always available, 70% of patients cannot determine if they are controlled or not, 25% reported that they are uncontrolled and only 5% are controlled which they relay to self-caring. 40% reported that they needed private doctor but could not go because of money. When the patients were asked about lab, they reported it is available with difficulty, and 70% reported last lab was 6 months ago, 20% 3-6 months and only 10% reported within 3 months.

### Discussion:

Syrian refugees with NCDs are suffering both from being refugees and having a chronic disease that needs medical care including counseling, lab tests, and medications. The Jordanian Government has opened all public hospitals and medical centers for refugees legally located for free, but the problem is the huge number of refugees that overburdens the health system. Differences in medications between Jordan and Syria and the psychological impact of being a refugee make it very difficult to control hypertension and diabetes. This situation is worst for illegally situated refugees as they are not allowed to go to MOH centers. Syrian refugees with non-communicable disease need support from international communities for the care for their diseases