

Safer care, stronger systems:

What NCDs Teach Us About Patient Safety.

Valdymas Health Quarterly Newsletter | October 2026

PEOPLE | BETTER CARE | STRONGER SYSTEMS | BRIGHTER TOMORROWS

IN THIS ISSUE



NCDs and Patient Safety

Key lessons from noncommunicable diseases for safer, higher quality care.



Digital Transformation Without Digital Risk

How to innovate with confidence while keeping people and data safe.



Quarter in Review

Highlights, impact stories, and key achievements from Q3 2026.



What's Ahead: Final HQPSTP 2026 Cohort

Preparing the next cohort of healthcare leaders for greater impact.

From the Executive Editor

Safer care is built, not assumed. In this edition, we explore what noncommunicable diseases teach us about patient safety, healthcare quality, digital transformation, and leadership across the U.S., Nigeria, and Africa. Our goal is to help leaders translate insight into safer systems and measurable improvement.

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PATIENTS



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HEALTH SYSTEMS



BRIGHTER
COMMUNITIES



Quarterly Executive Brief

What leaders should know this quarter.

Key insights, evidence, and actionable ideas on healthcare quality, patient safety, digital transformation, and leadership — across global, U.S., Nigeria, and Africa contexts.



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KEY STATISTICS THIS QUARTER

EVIDENCE FOR A SAFER, STRONGER, HEALTHIER TOMORROW



74%
NCDs account for roughly 74% of global deaths.

Noncommunicable diseases (NCDs) such as cardiovascular diseases, cancers, diabetes and chronic respiratory diseases account for around 74% of all global deaths. (WHO, 2026)



Poor-quality care drives preventable harm

Poor-quality care drives preventable harm and undermines outcomes; high-quality systems require a systems approach.

(Kruk et al., 2018)



445 hospitals and 280,284 respondents

AHRQ's Hospital Survey on Patient Safety Culture Database 2.0 includes 445 hospitals and 280,284 respondents.

(AHRQ, 2024)



World Patient Safety Day 2026

World Patient Safety Day 2026 highlights safer care for people living with noncommunicable diseases.

(WHO, 2026)

EXECUTIVE SUMMARY



This issue of the Valdymas Health Quarterly Newsletter connects healthcare quality, patient safety, digital transformation, and leadership across global, U.S., Nigeria, and Africa contexts. We highlight key evidence on the growing burden of noncommunicable diseases, the urgent need for safer, higher-quality care, and the opportunities technology and strong leadership create to drive meaningful, measurable improvement.

Our goal is to inform, inspire, and equip healthcare leaders and teams with practical insights, real-world examples, and proven strategies to build safer health systems and healthier communities.

STRATEGIC TAKEAWAYS FOR LEADERS



Systems Design

Stronger, people-centered systems are essential to reduce preventable harm and improve quality at scale.



Patient Safety Culture

A culture of safety—supported by data, learning, and continuous improvement—drives better outcomes.



Digital Governance

Technology can improve access, quality, and efficiency when guided by strong governance and risk management.



Leadership Capability

Equipping current and future leaders with the right skills and mindsets is critical to sustain safer, higher performing health systems.



LOOKING AHEAD

Final HQPSTP Cohort 2026 | November/December
Preparing the next cohort of healthcare leaders for greater impact.



**BETTER CARE
STRONGER SYSTEMS
BRIGHTER TOMORROWS**





Safe care for NCDs: the patient safety frontier.

Noncommunicable diseases (NCDs) such as cardiovascular disease, diabetes, cancer, and chronic respiratory disease affect millions of people every day. Safe, high-quality NCD care depends on reliable systems, informed teams, and engaged patients across the entire care journey.

PEOPLE
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STRONGER SYSTEMS
BRIGHTER
TOMORROWS



NCDs expose the reliability of the entire care pathway — **prevention, diagnosis, medication safety, follow-up, and continuity.**

SAFER PEOPLE
HEALTHIER COMMUNITIES
STRONGER SYSTEMS

1 Why NCD care is a patient safety issue



NCD care is often long-term, involves multiple medications, and requires coordination across different providers and settings. These complexities increase the risk of preventable harm, including medication errors, delayed diagnoses, and gaps in follow-up. Patient safety in NCD care protects people from avoidable harm and enables better health outcomes and quality of life (WHO, 2026).

2 Where harm commonly occurs across the care journey



Harm can occur at many points, including screening and diagnosis, prescribing and medication management, care transitions between facilities, and long-term follow-up. Poor communication, fragmented records, and inconsistent monitoring increase the risk of adverse events, especially for people with multiple conditions (Kruk et al., 2018; Javed et al., 2022).

3 What stronger systems look like



Stronger systems standardize evidence-based care, use digital tools, ensure clear information flow, and support multidisciplinary teamwork. They make it easier to do the right thing, at the right time, for every patient. A systems approach recognizes that most harm results from complex system factors, not individual blame (Reason, 2000).

4 Leadership actions that reduce harm



Leaders can reduce harm by prioritizing patient safety in NCD strategies, investing in workforce capacity, strengthening data systems, and driving accountability for safe, high-quality care. Creating a culture of safety, learning, and continuous improvement helps turn policy into safer experiences for patients and communities (WHO, 2026).

FOUR SOLUTION PILLARS



Medication safety

Safer prescribing, medication review, and adherence support across the care journey.



Continuity & follow-up

Reliable transitions, clear care plans, and proactive follow-up to prevent gaps.



Data-driven monitoring

Use data and digital tools to detect risks early and track safety, quality, and outcomes.



Patient partnership

Engage and empower patients and families as active partners in safer care.

“Safer NCD care is not a single intervention; it is coordinated system design.”



Regional health systems watch

Signals from the U.S., Nigeria, and Africa

Key developments, policies, and practices shaping safer care, stronger systems, and healthier people across the U.S., Nigeria, and Africa — and what they mean for the months ahead.



UNITED STATES

Safer Care Through Evidence and Innovation



Executive Summary

The U.S. continues to advance patient safety through stronger infection prevention, better measurement of safety culture, and wider adoption of digital tools for quality improvement. Federal agencies such as the CDC and AHRQ remain central to accelerating evidence-based practices and learning health systems.



Healthcare-associated infection (HAI) prevention

Expanded implementation of CDC guidelines to reduce HAIs and improve patient safety. (CDC, 2026)



Patient safety culture measurement

Greater use of validated tools (e.g., AHRQ's SOPS) to assess and strengthen safety culture in hospitals and health systems. (AHRQ, 2024)



Digital quality improvement

Growing adoption of EHR-based analytics and digital QI platforms to drive safer, higher-value care. (AHRQ, 2024)



NIGERIA

Stronger Systems for Safer, Healthier People



Executive Summary

Nigeria is making important progress in strengthening patient safety systems, expanding NCD-safe care, and building hospital quality teams. Workforce development and practical leadership capacity building are critical to sustaining gains and delivering safer, higher-quality care for all Nigerians. (Federal Ministry of Health Nigeria, 2026)



Patient safety system strengthening

Progress in national patient safety policies and stronger hospital quality systems. (Federal Ministry of Health Nigeria, 2026)



NCD-safe care and quality teams

Integration of NCD care with safety practices and expansion of multidisciplinary hospital quality improvement teams.



Workforce development and leadership

Growing investment in practical leadership capacity building for clinicians, managers, and emerging leaders. (Federal Ministry of Health Nigeria, 2026)



AFRICA

Resilient Systems for a Healthier Continent



Executive Summary

Across Africa, countries are strengthening health system resilience, building quality improvement capability, and advancing digital and public health transformation. Implementation leadership is increasingly recognized as essential to turn policy and plans into measurable, people-centred results. (WHO, 2026)



Resilient health systems

Greater focus on preparedness, continuity of essential services, and learning from recent global health threats. (WHO, 2026)



Quality improvement capability

Scale-up of QI training, tools, and networks to improve the quality and safety of care across diverse settings.



Digital and public health transformation

Increased use of digital solutions, data for decision-making, and stronger implementation leadership to translate evidence into impact. (WHO, 2026)

EVENTS WORTH NOTING THIS QUARTER



World Patient Safety Day

17 SEPTEMBER

A global call to action for safer care and greater patient involvement. (WHO, 2026)



Global Handwashing Day

15 OCTOBER

Clean hands save lives. A simple action for safer care everywhere. (WHO, 2026)



World AMR Awareness Week

18 – 24 NOVEMBER

Raise awareness. Promote responsible use. Help combat antimicrobial resistance. (WHO, 2026)



Valdymas Health Final HQPSTP Cohort

NOVEMBER/DECEMBER 2026

Preparing the next cohort of healthcare leaders for greater impact.



Digital transformation without digital risk

How healthcare leaders can modernize safely.

Digital transformation should augment care, reduce harm, and strengthen systems — not create new safety risks. When people, processes, technology and governance work together, digital innovations can improve clinical decisions, enhance continuity of care, expand access, and build more resilient health systems (Topol, 2019; Carayon et al., 2014; WHO, 2021).

THE FOUR GUARDRAILS

A practical framework for modernizing safely and sustainably.



THE IMPACT

When digital transformation is done safely, organizations can achieve:



“Technology is most powerful when it is designed around people — augmenting the work of clinicians, empowering patients, and strengthening the health system for everyone.”

Dr Joshua Kolawole
MD, MBA, MASC. (HQ&PS),
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Founder, Valdymas Health
CEO, Valdymas Intelligence
Global Healthcare Quality
& Patient Safety Expert



PEOPLE
TECHNOLOGY
DATA
SAFER CARE
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“Questions every executive team should ask



Does this improve care?

Will it help patients, clinicians and communities achieve better health outcomes?



Is the workflow safer?

Will this reduce burden, errors and unintended consequences for our teams?



Is the data protected?

Do we have the right governance, privacy and security measures in place?



What outcome will we measure?

How will we know it is making a meaningful and sustained difference?



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Valdymas Health quarter in review

Programs, learning, and leadership impact

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01 HQPSTP Summer Cohort | July–August 2026

A practical learning journey in healthcare quality, patient safety, and digital transformation. The cohort featured expert-led sessions, mentorship, and applied tools to help participants solve real-world challenges and drive measurable improvements in their organizations.



Expert-led sessions



Mentorship and coaching



Practical tools for real impact

02 Empowering the Next Generation | September 2026

Our free introductory training for healthcare students across Southwestern Nigeria equipped the next generation of healthcare leaders with essential knowledge in quality, patient safety, and digital transformation.



Healthcare students



Quality, safety and digital skills



Building tomorrow's healthcare leaders

03 Executive tools and thought leadership

This quarter, we advanced our leadership resources and practical frameworks, with a growing collection of books, playbooks, and tools to support healthcare leaders and organizations in building safer, higher quality, and more resilient systems.



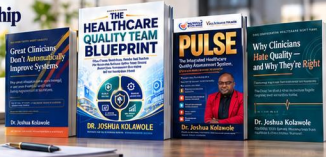
Leadership resources



Practical frameworks



Growing knowledge products



What this quarter reinforced



Capability matters

People with the right skills drive better care.



Systems matter

Well-designed systems enable consistent, high quality outcomes.



Safety is designed

Safer care happens when we intentionally design people, processes, and tools.



Leadership must be practical

Real change comes from practical ideas, tools, and consistent execution.



PROGRAM SPOTLIGHT

What's ahead: Final HQPSTP Cohort 2026

November/December cohort now in focus

A high-impact, live virtual program to equip healthcare professionals with the knowledge, tools, and leadership skills to improve quality, patient safety, and system performance — in today's rapidly changing healthcare environment.



Live Virtual Cohort

Interactive sessions with global faculty and peers.



Healthcare Quality

Practical strategies to improve quality and clinical outcomes.



Patient Safety

Build a culture of safety and reduce preventable harm.



Digital Transformation

Leverage digital solutions for smarter, safer health systems.



Practical Tools & Mentorship

Real-world tools, case studies and guidance from experienced experts.

A NOTE FROM DR JOSHUA KOLAWOLE

“

“Healthcare quality and patient safety are everyone's responsibility. The HQPSTP equips you with practical knowledge, global insights, and proven tools to create safer care, stronger systems, and better outcomes in your organization and community. I encourage you to be part of our final cohort for 2026.”

Dr Joshua Kolawole

MD, MBA, MAsc. (HQ&S), M.Ed., PMP
Founder, Valdymas Health
CEO, Valdymas Intelligence
Global Healthcare Quality & Patient Safety Expert



COHORT DATES
**NOV. & DEC.
2026**



IDEAL FOR
Clinicians, Administrators,
and Quality Leaders
across all healthcare settings.



Final cohort
for 2026



Limited
slots available



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Transform your practice.



Advance safer care.



Be part of the change.

Also from Valdymas Health

Student Pipeline Program

Building the next generation of healthcare leaders through training, mentorship, and practical exposure.



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Leadership toolkit: building hospital quality capability

Practical steps for healthcare leaders to set up strong quality teams, develop the right capabilities, and make the case for investment in safer, higher quality care.

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01 Five common errors to avoid

When setting up a hospital quality team.



1. Choosing by title alone
Selecting people because of rank, not quality competence and improvement ability.



2. No clear charter or role definition
Unclear purpose, scope, authority, and member responsibilities.



3. Weak data and measurement capability
Inability to interpret data, track progress, and make evidence-based decisions.



4. Ignoring patient safety and digital transformation
Treating quality and patient safety as separate from system redesign and digital tools.



5. No accountability for results
Without clear timelines, outcomes, and follow-through, efforts lose momentum.

02 Five qualities to prioritize

In quality team leaders and members.



1. Strong systems thinking
See the big picture and connect issues across people, processes and the whole hospital system.



2. Excellent communication and influencing skills
Ask the right questions, listen actively, and engage others toward action.



3. Patient safety mindset
Recognize risks early, prioritize harm prevention, and champion a culture of safety.



4. Integrity and professional courage
Remain honest, objective and impartial, and escalate issues when needed.



5. Improvement orientation
Apply structured problem-solving and drive continuous, measurable improvement.

03 How to build the business case for quality

Six steps for healthcare leaders.



1. Define the problem
State the current rate or performance gap using data, not anecdotes.



2. Show the human impact
Estimate how many patients are affected each year.



3. Quantify the cost
Show the financial impact in bed-days, rework, denied claims, or avoidable procurement, using your own data.



4. Propose the intervention
Outline the key improvement actions and cite evidence for what works.



5. Estimate the investment
Break down the people, equipment, and time required.



6. Define and measure success
Set clear metrics, an owner, and a review date.

**“Quality is not the cost that needs justification.
Poor quality is the cost that needs explanation.”**



Stronger people.
Safer care.
Brighter tomorrows.

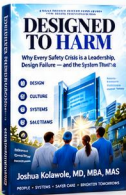
Valdymas book library

Healthcare quality, patient safety, and transformational leadership resources.

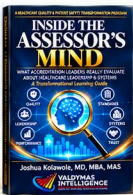


Healthcare quality & patient safety titles

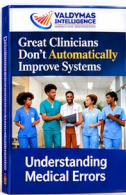
PRACTICAL RESOURCES. REAL CHANGE.
SAFER CARE FOR A BRIGHTER TOMORROW.



Designed to Harm
Why every safety crisis is a leadership, design failure — and how to stop it.



Inside the Assessor's Mind
What accreditation leaders really evaluate — and how to lead high-reliability systems.



Great Clinicians Don't Automatically Improve Systems
Why great clinicians struggle — and how to unlock their full potential for lasting change.



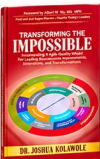
Why Clinicians Hate Quality
— and Why They're Right
Rethinking quality through the clinician lens for real, lasting improvement.



The Healthcare Quality Team Blueprint
Practical steps to build, lead, and sustain high-performing quality teams.

Transformational leadership collection

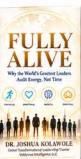
CLARITY. IDENTITY. TRANSFORMATION.
LEADERSHIP. INNOVATION. PURPOSE. SUSTAINABLE IMPACT.



Transforming the Impossible
A practical roadmap to lead sustainable improvements, innovations, and change.



Clarity: The 6th C
How character, competence, compassion, courage, and consistency drive transformation.



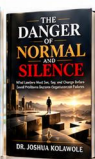
Fully Alive
Why high-impact leaders audit energy, not time.



Transforming the Impossible Workbook
Apply the 9 mindsets with practical tools and exercises.



Learn. Think. Script. Speak.
Turn knowledge into clarity, clarity into strategy, and strategy into impact.



The Danger of Normal and Silence
Why leaders must see, say, and change before small problems grow.



Identity Recalibration
Strengthen identity before you build.

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Selected references & connect with Valdymas Health

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People. Better Care. Stronger Systems. Brighter Tomorrows.

We partner with healthcare leaders, institutions, and organizations across the globe to improve healthcare quality, patient safety, leadership, and system performance. Through evidence-driven solutions, practical tools, and transformative learning, we help build safer, smarter, and higher quality health systems.

AREAS OF ENGAGEMENT



Hospital-Level Quality Institutionalization
Build reliable systems for safer, higher quality care.



HOPSTP Cohorts & Continuous Learning
Structured learning for healthcare professionals and institutions.



Empowering the Next Generation
Mentorship, training and opportunities for future healthcare leaders.



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