

## **National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular diseases and Stroke (NPCDCS)**

### **Background:**

NPCDCS was launched in the State in the f.y. 2011-12, 1<sup>st</sup> from Nuapada district. Then the programme was extended to Bolangir, Koraput, Nabarangpur and Malkangiri districts of Odisha. During 2014-15, State has submitted PIP under the NCD- Flexi-pool for continuance of programme in the 5 districts and extension of programme in another 10 districts; those are Cuttack, Khurda, Ganjam, Sambalpur, Rayagada, Mayurbhanj, Angul, Puri, Sundergarh and Kalahandi. ROP/Approval of PIP was received by State NCD Cell in October, 2014. A budget of Rs.14.97 crs have approved against our demand of Rs.28.39 crs. During 2015-16, proposal has been developed to extend the NPCDCS in another 5 districts those are Kendrapada, Balasore, Jajpur, Jharsuguda and Kandhamal. In 10 districts, taken up during 2014-15, at CHC level only one counselor post has been proposed.

### **Situation Analysis:**

- Incidence / prevalence of Cancer, Diabetes, CVDs and Stroke increasing very fast in the State.
- Rural and tribal areas of State are also reporting high numbers of NCDs.
- Infrastructure almost non existence for management of NCDs at primary and secondary level.
- Shortage of trained manpower.
- Treatment and follow up are grossly inadequate.
- NCD drugs are not adequately procured and provided as a result of which the out of pocket expenditure is huge.
- Public awareness about NCD is highly inadequate.
- Non existence of any data base to know actual burden of NCDs

### **Goal:**

To reduce overall morbidity and mortality due to NCDs by 25% by 2025.

### **Objectives:**

1. Prevent and control common NCDs through behavior and life style changes.
2. Provide early diagnosis and management of common NCDs.
3. Build capacity at various levels of health care for prevention, diagnosis and treatment of common NCDs.

4. Provide additional human resource as per need and built up the capacity of new and existing personnel within the public health setup viz doctors, paramedics and nursing staff to cope with the increasing burden of NCDs.
5. Establish and develop capacity for palliative & rehabilitative care.
6. Establish monitoring system

**Activities undertaken in 5 implementing districts and State level under NPCDCS since 2011-12 till Dec.2015:**

- NCD cells at State Directorate and District HQ were established
- 114 Staffs under NPCDCS were recruited.
- Construction of huge NCD Complex at District HQ Hospitals taken up and completed.
- Integrated NCD clinics at DHH and CHC established
- 3 months duration of ICU training to doctors and paramedics were taken up.
- ICUs were established and made functionalized all 5 districts.
- Screening of more than 29 lakh persons for Diabetes and Hypertension cases completed and screening is still in progress.
- Referral and initiation of treatment of Diabetes and Hypertension cases at CHC & DHH were started as result of which more than 41000 diabetes and 21399 cases were put under treatment.
- Specialists and Lab. Technicians were provided training on early diagnosis of cancers
- Cancer diagnosis was started at District HQ Hospitals by conducting VIA, Pap smear, FNAC, and Scrape cytology.
- Trainings manuals on NCD in Odia for ANM & ASHA were developed and distributed with training.
- Physiotherapy units have been established at DHH & CHC Level.
- NCD information system was established.
- Training of all 114 NCD staffs completed.
- 264 Cancer patients referred to AHRCC for advance treatment.
- IEC materials on NCD developed and displayed up to Sub Centre / Village Level.

## **National Programme for Health Care of Elderly (NPHCE)**

### **Background:**

NPHCE was launched in the State in the f.y. 2011-12, 1<sup>st</sup> from Nuapada district. Then the programme was extended to Bolangir, Koraput, Nabarangpur and Malkangiri districts of Odisha. All selected districts are KBK districts and highly challenged districts. During 2013-14, State has submitted PIP under the NCD- Flexi-pool for continuance of programme in already implementing 5 districts and extension of programme in another 5 districts; those are Cuttack, Khurda, Ganjam, Sambalpur and Rayagada. Again during 2014-15 a PIP was submitted to GOI with proposal of extension of NPHCE in 10 districts those are Cuttack, Khurda, Ganjam, Sambalpur, Rayagada, Angul, Puri, Kalahandi, Mayurbhanj and Sundergarh But no ROP/Approval of PIP was received by State NCD Cell during 2013-14 and 2014-15 from GOI. Rs. 116 lakhs were released during 2014-15 with no guidelines.

### **Objectives:**

- To provide easy access to Preventive, Promotive, Curative and Rehabilitative services to the elderly.
- To make use of Community based primary health care approach and strengthen capacity of medical and paramedical professional as well as the care takers within the family for carrying practices of the elderly.
- To identify health problems in the elderly and provide appropriate health interventions in the community with a strong referral backup support.
- To provide referral services to the elderly patients through district hospitals, medical college & strengthen manpower development in the field of geriatric medicine.
- Development of treatment models for the elderly persons in our State.

### **Activities undertaken:**

- Integrated 10 bedded geriatric wards are functioning in 5 implementing districts.
- New 10 bedded Geriatric wards have already been constructed and made functional in Koraput, Nabarangpur, Bolangir and Nuapada.
- Integrated Geriatric OPD started at DHH.
- Separate registration counter with all mobility supports have been established at DHH.
- Physiotherapy unit at DHH established with a dedicated physiotherapist and all equipments and appliances.

- At CHC level Rehabilitation worker one each CHC has been recruited to provide PT services to elderly patients.
- At every CHCs PT unit has been established.
- PT equipments and appliances have been provided to all PHCs in programme districts.
- Special training was organized in geriatric health for all staffs working under NPHCE.
- A proposal for establishment of Regional Geriatric Center at SCB Medical College, Cuttack was developed and submitted to GOI for approval and sanction of funds.