

UNIT-3

National Health Programs, its Objective & outcomes

National Health Programs:— National Health Programme launched by the central government for the control and eradication of communicable diseases, improvement of environmental sanitation, raising the standard of nutrition, control of population and improving several health. Various international agencies like WHO, UNICEF, UNFPA as also number of foreign agencies like SIDA, DANIDA, NORAD and USAID have been providing technical and material assistance in the implementation of these programmes.

Objective of National Health Programs:—A] Strategic Target —

- ⇒ Creating conditions and developing personal motivation, knowledge and skills to choose healthy lifestyle and undertaking actions for improving our health & that of the others.
- ⇒ Creating environments supportive to health, work and education.
- ⇒ Reducing inequalities in health and access to health services.

B] Operational Targets —

- ⇒ Promoting physical activity among the general population.
- ⇒ Promoting healthy diet and improving food quality
- ⇒ Reducing tobacco smoking
- ⇒ Reducing alcohol consumption, and reducing alcohol abuse-related health damage.

- ⇒ Reducing abuse of other psychoactive substances and drug abuse health damage.
- ⇒ Improving efficiency of health education and health promotion programmes.
- ⇒ Promoting mental health and preventing mental disorders.
- ⇒ Reducing the incidents of accidents, and traffic accidents in particular.
- ⇒ Improving efficiency and effectiveness of emergency services in life threatening conditions.
- ⇒ Improving early diagnosis and active care of persons at risk of ischaemic heart disease.
- ⇒ Improving early diagnosis and treatment of breast and cervical cancers.
- ⇒ Improving prevention of communicable diseases.

HIV & AIDS Control Programme

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HIV (Human immunodeficiency virus) is a virus that attacks the body's immune system. If HIV is not treated, it can lead to AIDS (Acquired immunodeficiency syndrome). There is currently no effective cure. Once people get HIV, they have it for life.

The National AIDS Control Programme is a government health organization of Tanzania. It was founded in 1986 and it operates under the purview of the country's ministry of Health.

Aim & Objective:—

- ⇒ Minimizing the HIV infection in the country and
- ⇒ Reducing the morbidity and mortality rate due to AIDS and to check the spreading of HIV/AIDS infection to achieve these objectives.
- ⇒ To attain awareness level of not less than 90% among the ~~young~~ youth and those in the reproductive group.
- ⇒ To train at least 4 NGOs in the country in conducting targeting intervention programmes among high risk grouped Control STDs.
- ⇒ To conduct annual family health awareness campaigns among general population.

- ⇒ To educate the high-risk population (Sex workers, Truck Drivers, Migrant laborers, youth mass) about the prevention of HIV/AIDS infection.
- ⇒ To educate the low risk population (School children, Parents, Teachers and all people of different trades all vacation.

TB —xxx—

Tuberculosis (TB) is caused by bacteria (*Mycobacterium tuberculosis*) that most often affect the lungs.

Tuberculosis is curable and preventable.

TB is spread from person to person through the air.

When people with lung TB cough, sneeze or spit, they propel the TB germs into the air.

Tuberculosis Control Programme:—

⇒ The National TB Programme (NTP) was started in 1962 for TB control in India. This programme was not able to give expected results in India.

⇒ ^{Directly observed treatment short course} As a result of the review and pilot studies in 1993, the DOTS strategy was adopted in India under the revised National TB Control Programme - RNTCP.

⇒ The programme was implemented in a phase manner and by 24th March 2006, the entire country was covered under the programme.

Goal of Revised National Tuberculosis Control Programme —

RNTCP is to decrease the mortality and morbidity ^{The goal of} due to tuberculosis and cut down the chain of transmission of infection until TB ceases to be a public health problem.

Objective:—

⇒ Cure rate of at least 90% among newly detected smear positive (infectious) pulmonary TB cases.

⇒ Case detection of at least 85% of the expected new smear positive PTB cases in the community

⇒ To improve outcomes among HIV-infected TB patients

Integrated disease surveillance program (IDSP)

Surveillance: — Surveillance is information for Action, watch with attention, suspicion and authority.

Integrated disease Surveillance Program (IDSP) was launched by Honble Union minister of Health & Family welfare in November 2004 for a period up to March 2010. The project was restructured and extended up to March 2012.

Objective: — Decentralized Surveillance System
 To identify risk factors for ^{Communicable disease} CD/ NCD
 Timely initiation of Public Health action.
 Improvement of efficiency of surveillance activities.

Dissemination of relevant information to Health Administration, Community, other state holders about disease risk factors, monitoring & evaluation.

Regular Surveillance: —

Vectors Borne Disease — Malaria, Dengue, chikengunya etc.

Water Borne Disease — Acute ~~Diarrhoeal~~ Diarrhoeal Disease (Cholera), Typhoid

Respiratory Disease — Tuberculosis

Sentinal Surveillance —

Sexually transmitted disease/Blood borne — HIV ~~...~~

Use of Surveillance:

- ⇒ To assess magnitude of Problem
- ⇒ To monitor implementation of Health Programmes.
- ⇒ To understand Local ^{HEALTH FACTS} Epidemiology of the Problem
- ⇒ To assess changes in the trend / monitor the Trend of magnitude / Distribution of the Problem.
- ⇒ To identify specific population group at risk
- ⇒ To Enable Prediction about Patterns of Disease Occurrence
- ⇒ To assess impact ^{of the} of the programme interventions for control of the problem.

National Leprosy Control Programme

The National Leprosy Control Programme was launched by the Govt. of India in 1955. India achieved the goal set by the National Health Policy, 2002 of elimination of leprosy as a public health problem, defined as less than 1 case per 10000 population at the National level in December 2005.

Objective:—

- To detect all cases of leprosy
Irrespective of endemicity of the area
- To treat all detected cases of leprosy and its
Complication till its cure or recovery
- To impart training to all categories of health
Personnel.
- The attainment of leprosy free status for the people
of India.

Activities under National Leprosy Control Programme:—

- ⇒ Diagnosis & treatment of leprosy
- ⇒ Capacity building
- ⇒ Counselling
- ⇒ Disability Prevention and Medical Rehabilitation
- ⇒ Supervision and Monitoring
- ⇒ NGO services
- ⇒ Prioritization of the district to reduce the leprosy burden.

National mental Health Programme

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The Government of India launched the National Mental Health Programme (NMHP) in 1982, keeping in view the heavy burden of mental illness in the Community.

The District Mental Health Program was added to the Program in 1996.

The programme was re-strategized in 2003 to include two schemes which are

- ⇒ Modernization of state mental Hospitals.
- ⇒ Upgradation of Psychiatric of medical Colleges.

Aim of the National mental Health Programme: —

- ⇒ Prevention and treatment of mental and neurological disorders and their associated disabilities.
- ⇒ Use of mental Health technology to improve general Health Services.
- ⇒ Application of mental health principles in total National development to improve quality of life.

Objective of the programme: —

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- ⇒ To ensure availability and accessibility of minimum mental health care for all in the foreseeable future, particularly to the most vulnerable and underprivileged sections of population.
- ⇒ To encourage application of mental Health knowledge in general Health Care and in the social development.

- ⇒ To promote Community participation in the mental Health services development and to stimulate efforts towards self-help in the Community.
- ⇒ To enhance human resources in mental health sub-specialities.

Activities of National mental Health Programme

- ⇒ Integration of mental health with primary health care through the NMHP.
- ⇒ Provision of tertiary care institutions for treatment of mental disorders.

National Programme for Prevention & Control of deafness

Hearing loss is the most common sensory deficit in human today. As per WHO estimates in India there are approximately 63 million people, who are suffering from significant auditory impairment this places the estimated prevalence at 6.3% in Indian population.

National Programme for Prevention and Control of ~~deafness~~ Deafness (NPPCD) was initiated on pilot basis in the year 2006-07 covering 25 districts of 10 states and 1 UT and has been expanded to 228 districts of 27 States/Union Territories in a phased manner till now.

Objectives of the Programme:—

- To prevent avoidable hearing loss on account of disease or injury.
- ⇒ Early identification, diagnosis and treatment of ear problems responsible for hearing loss and deafness.
- ⇒ To medically rehabilitate person of all age groups, suffering with deafness.
- ⇒ To strengthen the existing inter-sectoral linkages for continuity of the rehabilitation programme for persons with deafness.
- ⇒ To develop institutional capacity for ear care services by providing support for equipment material and training personnel.

Benefits of the Programme:—

- ⇒ availability of various services like prevention, early identification, treatment, referral, rehabilitation etc. for hearing and deafness as the primary centre / community health centre / district hospitals largely cater to their need.
- ⇒ Decrease in the magnitude of hearing impaired persons.

Universal Immunization Programme

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polio
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measles
Diphtheria
malaria
hepatitis B

Universal Immunisation Programme is a Vaccination Programme launched by the government of India in 1985. It became a part of Child Survival and Safe Motherhood Programme in 1992 and is currently one of the key areas under National ~~Health~~ Rural Health Mission since 2005.

In October 1985, UNICEF emphasized the goal of achieving universal immunization by 1990 so the global program was renamed as "Universal Child Immunization."

Goal of Universal Immunization Programme:— Reduce mortality and morbidity due to preventable disease through high quality immunization services.

Objective:—

- ⇒ Improve program service delivery for equitable and efficient immunization services by all districts.
- ⇒ Increase demand and reduce barriers for people to ~~access~~ access immunization services through improved advocacy at all levels and social mobilization.
- ⇒ Strengthen and maintain robust surveillance system for vaccine preventable disease and adverse events following immunization.
- ⇒ Introduce and expand the use of new and underutilized vaccine and technology in UIP.
- ⇒ Strengthen health system for immunization program.

National Programme for Control of blindness

India was the first country in the world to launch National level blindness Control Programme.

- ⇒ NPCB was ~~launched~~ launched in 1976 as a 100% centrally sponsored programme.
- ⇒ In 1994-95 programme decentralized with formation of district blindness Control Society in each district.

Goal - to reduce the prevalence of blindness from 1:4 to 0.3% by 2020.

Objective: - To reduce the backlog of blindness through identification and treatment of the blind

- ⇒ To develop Comprehensive eye care facilities in every district
- ⇒ To develop human resources for providing eye care services
- ⇒ To improve quality of service delivery to

Pulse Polio Programme

National Immunization Days (NIDs) commonly known as Pulse Polio immunization programme was launched in India in 1995 and is conducted twice in early part of each year.

Historical aspect of polio - prior to introduction of polio vaccine in 1978, there were estimated 200000 polio cases annually.

Objective - 100% coverage under oral polio vaccine.

- ⇒ It aimed to immunize children through improved social mobilization
- ⇒ to interrupt transmission of wild poliovirus as soon as possible
- ⇒ to achieve certification of global polio eradication
- ⇒ to contribute to health system development and strengthen routine immunization and surveillance for communicable disease.