

Internship
at
National Health Mission, Gujarat

By
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Project report on-

Knowledge attitude and practices (KAP) of menstruation and menstrual hygiene among married women (age group 15 to 49 years) of Rural population of Sabarkantha District, Gujarat

NHM GUJARAT

National Health Mission, state health society Gujarat has created wide network of health and medical care facilities in the state to provides primary, secondary and tertiary health care at the door step of every citizen of Gujarat with prime focus on BPL families, marginalized population and weaker sections in rural and urban slum areas.

Department also takes appropriate actions to create adequate educational facilities for medical and paramedical manpower in the state of Gujarat.

Vision

- To provide effective healthcare to rural population throughout the country with special focus on 18 states, which have weak public health indicators and/or weak infrastructure.
- 18 special focus states are Arunachal Pradesh, Assam, Bihar, Chhattisgarh, Himachal Pradesh, Jharkhand, Jammu and Kashmir, Manipur , Mizoram, Meghalaya, Madhya Pradesh, Nagaland, Orissa , Rajasthan, Sikkim, Tripura, Uttaranchal and Uttar Pradesh.
- To raise public spending on health from 0.9% GDP to 2-3% of GDP, with improved arrangement for community financing and risk pooling.
- To undertake architectural correction of the health system to enable it to effectively handle increased allocations and promote policies that strengthen public health management and service delivery in the country.
- To revitalize local health traditions and mainstream AYUSH into the public health system.
- Effective integration of health concerns through decentralized management at district, with determinants of health like sanitation and hygiene, nutrition, safe drinking water, gender and social concerns.
- Address inter State and inter district disparities.
- Time bound goals and report publicly on progress.
- To improve access to rural people, especially poor women and children to equitable, affordable, accountable and effective primary health care.

GOALS

In the 12th Five Year Plan period, efforts will be made to consolidate the gains and build on the successes of the Mission to provide accessible, affordable and quality universal health care, both preventive and curative, which would include all aspects of a clearly defined set of healthcare entitlements including preventive, primary and secondary health services.

- Reduce maternal and child mortality
- Address adverse sex ratio
- Stabilize population

- Effectively implement National Health Programmes and address locally endemic diseases like leptospirosis, sickle cell anemia and thalassemia
- Provide state of the art health and medical education relevant to local needs
- Work with the citizens to make the health system more equitable, accessible, accountable, transparent, and cost-effective to enhance overall satisfaction with health services
- Provide an environment in which the health teams blossom fully to lead a fulfilling life and effectively achieve the above goals
- Develop public health capacities and systems, to effectively address determinants of good health such as potable water, sanitation, nutrition and healthy environment as well as to promote healthy lifestyles

Sabarkantha district

District Profile

Brief characteristics of the district

- Sabarkantha is a district in Northeast of Gujarat state of India spread across an area of 7390 km². The administrative headquarters of the district is Himmatnagar.
- It's bounded by Rajasthan state to the Banaskantha, Mehsana, Gandhinagar and Arvali districts. It comprises of 8 talukas out of which 5 are Non tribal taluka, namely Himmatnagar, Prantij, Idar, Vadali, Talod, and 3 are tribal taluka, namely, Vijaynagar, Khedbrahma, Poshina.
- Himmatnagar, Prantij, Talod are the major industrial locations in Sabarkantha mainly for, ceramics, chemicals, agriculture, and milk processing

Table 1.

Units	Number
District Hospital	0
Medical College Hospital	1
Sub District Hospital	1
CHC	13
PHC	48
Sub center	281

Health and Wellness centres	69
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I. Infrastructure

1. Building
2. Human resource

II. Service provided Indicators

1. OPD services
2. Sample taken (blood sample, sputum, diabetes screening)
3. Maternal death
4. Infant death
5. ANC registration
6. PNC check up
7. HBNC
8. Immunization
9. ANC corticosteroids
10. LBW babies
11. SAM
12. CMTC admission.
13. Sex ratio at birth
14. High risk mother

Infrastructure

According to the guidelines of Indian Public health standards. Following points should be cleared:

1. Every PHC should have its own building
2. Surrounding area should be clean.
3. It should be located at easily accessible area.
4. It should have all the basic facilities like electricity supply, water supply.
5. PHC should have compounding wall and gate.

On the basis of these points following indicators have been chosen for the comparability of infrastructure of the health Centres. 1 is given to the availability of that and 0 given to the unavailability of the service. These indicators are as follows:

1. Location
2. Area
3. Sign-age
4. Entrance with barrier free access
5. Waiting area
6. Wards
7. Labour room
8. Laboratory
9. General store
10. Boundary wall/ fencing
11. Other amenities

- a. Water supply
- b. electricity supply
- c. Water storage facility

Public Health Institutional Status (2019)

Table 2.

Taluka	Population	CHCs	PHCs	24x7 PHCs	SCs	Villages	Gram Sanjivani Samities
Himatnagar	366287	2	8	1	43	147	147
Idar	272781	3	9	3	47	144	142
Khedbrahma	188756	1	7	1	46	76	76
Poshina	155850	2	7	1	445	59	59
Prantij	175300	2	5	1	28	64	64
Talod	163361	1	5	1	26	73	73
Vadali	92213	1	2	0	13	54	54
Vijaynagar	104191	1	5	2	33	85	85
Total	1518739	13	48	10	281	702	700

Status of Human Resources

Table 3.

Sr.No	Cadre Name	Sactioned	Filled	Vacant
1	CDHO	1	1	0
2	ADHO	1	1	0
3	RCHO	1	1	0
4	EMO	1	1	0
5	QAMO	1	0	1
6	A.O	3	2	1
7	THO	8	4	4
8	Medical Officer(PHC)	63	55	8
9	Ayush (Vanbandhu)	9	3	6
10	Ayush (NHM)	34	31	3
	Ayush (RBSK)	58	53	5
11	Dieco	1	0	1
12	Tieco	6	6	0
13	DPHNO	1	1	0

Table 4.

Sr.No	Cadre Name	Sactioned	Filled	Vacant
1	Lab.tech	51	45	6
2	Pharmacist	49	43	6
3	FHS	56	18	38
4	Staff Nurse	72	61	11
5	MPHS	62	32	30
6	FHW	329	320	9
7	MPHW	285	238	47