

Internship at
National Health Mission Madhya Pradesh and Shri Medicine
Hospital, Raipur

By

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National Health Mission

The National Health Mission (NHM) envisages achievement of universal access to equitable, affordable & quality health care services that are accountable and responsive to people's needs.

The National Health Mission seeks to ensure the achievement of the following indicators:

- Reduce Maternal Mortality Rate (MMR) to 1/1000 live births
- Reduce Infant Mortality Rate (IMR) to 25/1000 live births
- Reduce Total Fertility Rate (TFR) to 2.1
- Prevention and reduction of anemia in women aged 15–49 years
- Prevent and reduce mortality & morbidity from communicable, non-communicable; injuries and emerging diseases
- Reduce household out-of-pocket expenditure on total health care expenditure
- Reduce annual incidence and mortality from Tuberculosis by half
- Reduce prevalence of Leprosy to <1/10000 population and incidence to zero in all districts
- Annual Malaria Incidence to be <1/1000
- Less than 1 per cent microfilaria prevalence in all districts
- Kala-azar Elimination by 2015, <1 case per 10000 population in all blocks

Components of National Health Mission

The National Health Mission (NHM) encompasses its two Sub-Missions, the National Rural Health Mission (NRHM) and the National Urban Health Mission (NUHM).

NHM has six financing components:

- NRHM-RCH Flexipool
- NUHM Flexipool
- Flexible pool for Communicable disease

- Flexible pool for Non communicable disease including Injury and Trauma
- Infrastructure Maintenance and
- Family Welfare Central Sector component

The main programmatic components include:

- Health System Strengthening in rural and urban areas
- Reproductive-Maternal- Neonatal-Child and Adolescent Health (RMNCH+A)
- Communicable and Non-Communicable Diseases.
- Within the broad national parameters and priorities, states would have the flexibility to plan and implement state specific action plans. The state PIP would spell out the key strategies, activities undertaken, budgetary requirements and key health outputs and outcomes. The State PIPs would be an aggregate of the district/city health action plans, and include activities to be carried out at the state level. The state PIP will also include all the individual district/city plans. This has several advantages: one, it will strengthen local planning at the district/city level, two, it would ensure approval of adequate resources for high priority district action plans, and three, enable communication of approvals to the districts at the same time as to the state.

PROGRAM RELATED TO MY TOPIC:

Rashtriya Kishore Swasthya Karkyakram (RKSK)

RKSK is implemented in 11 districts of MP with coverage of 4110 villages. The program is implemented with the support of selected NGOs. The initiatives taken include:

- 88 functional AFHCs providing services given through 88 trained Counselors

- Convergence with School education have been initiated to streamline counseling services in schools and thereby increase the footfall of the clinic
- Restructuring of outreach activities of counselors to offer services up to PHC level.
- Establishment of E - learning platform for capacity building of counselors
- Designing of comic books for Sathiyas and their brigade members
- Creation of RKSK S/W & Mobile App for capturing village level activities data.

The community-based interventions have gained momentum and facility-based interventions have become stable. The NGO model seems to be fruitful. The strategies of identifying two Sathiyas instead of four and handholding of Sathiyas through mentors is paying in terms increased involvement of Sathiyas in health campaigns.

AIM OF THE STUDY:

The aim is to know about the menstrual hygiene management and to find out the various factors like social, cultural, religious which affects the adolescent girls.

OBJECTIVES:

- To study about various factors impacting menstrual practices on adolescent girls.
- To know about the awareness related to menstrual hygiene management.
- To identify various myths and taboos about menstruation.