NATIONAL HEALTH MISSION, UTTARAKHAND

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Brief History

The National Health Mission (NHM) in Uttarakhand began as part of the National Rural Health Mission (NRHM) launched in 2005 to enhance rural healthcare. In 2013, the National Urban Health Mission (NUHM) was added to address urban health challenges. NHM focuses on improving healthcare access, reducing child and maternal mortality, and controlling communicable and non-communicable diseases. Uttarakhand's NHM adapts strategies to its unique geographic and demographic needs, emphasizing healthcare for remote and hilly regions. The mission integrates various health programs and initiatives for comprehensive coverage.

Mission

The mission of the National Health Mission (NHM) Uttarakhand is to ensure accessible, affordable, and quality healthcare for all, especially in rural and remote hilly areas; reduce maternal, infant, and child mortality rates; control communicable and non-communicable diseases; and strengthen healthcare infrastructure, workforce, and health awareness

Vision

NHM aims to provide effective healthcare to all especially rural population, It seeks to raise public health spending from 0.9% to 2-3% of GDP and reform the health system for better resource management. The mission integrates health and family welfare programs, mainstreams AYUSH, and links health with sanitation, nutrition, and safe drinking water. It emphasizes decentralization and addressing disparities in health infrastructure,

SWOT Analysis

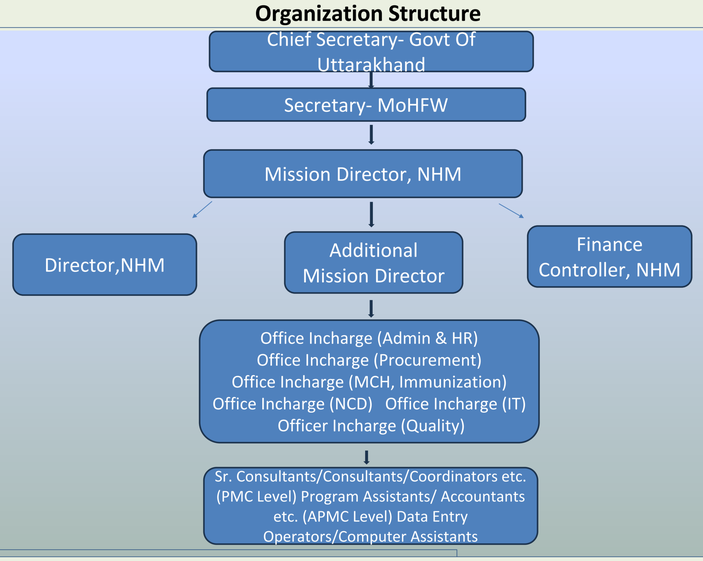
Strength –
1. Government Support
2. Comprehensive Programs.
3. Trained Workforce
4. Community engagement
5. Focus on Rural health

Weakness-
1. Resource Constraints
2. Infrastructure Gaps
3. Supply Chain gaps
4. Data Management
5. Training & Development

Opportunity –
1. Public Private Partnership
2. Awareness Campaigns.
3. Training programs
4. Technological Integration

Threats –
1. Changes in Government Policies.
2. Geographical changes.
3. Fluctuations in government funding

Organization Structure



Challenges faced during Internship

1. Understanding the work culture of the organisation.
2. Data collection and analysis was tough due to lack of experience and proper guidance.
3. Difficulty in getting the time of organization mentor as he was very busy.

Topic- Mental Health Issues of the patients visiting District Hospital Dehradun: An Observational Study

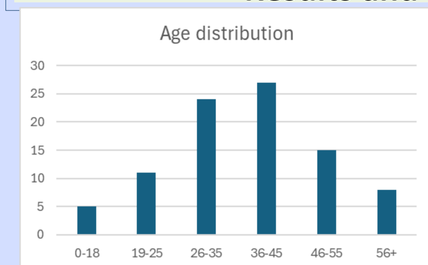
Introduction-
Mental health is vital for overall well-being, influencing thoughts, feelings, actions, stress management, relationships, and decision-making. Disorders like depression, anxiety, schizophrenia, and bipolar disorder affect over 1 billion people globally, impairing daily function. In India, mental health issues are rising, with significant prevalence yet often underreported due to stigma and lack of awareness. The National Health Mission (NHM) addresses this through programs to improve services, increase awareness, and reduce stigma

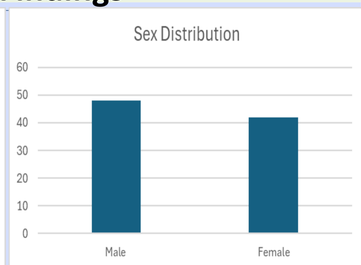
Objectives
- To observe the social, economic and demographic status of the patients
- To see the distribution of the patients suffering from various mental health issues
- Suggest to improve the services related to mental health in the district hospital

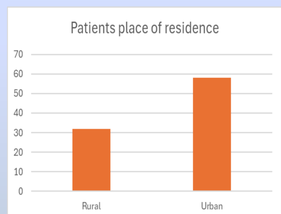
Methodology-

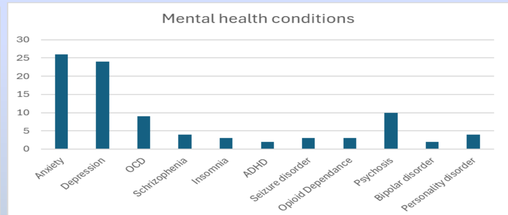
Type of Study	Study Population	Study Period-	Inclusion Criteria-	Mode of Data Collection-
Observational Cross Sectional	*Patients receiving mental health care from District Hospital, Dehradun.*	*27th May'24 to 7th June'24*	*Patients diagnosed with mental health conditions and currently receiving treatment at the district hospital*	*Hospital Records &Face to face semi-structured interviews with patients receiving mental health services at District hospital.*
		Sample Size		
		90		

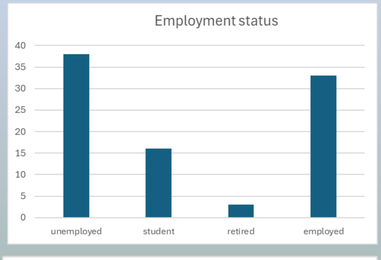
Results and Findings

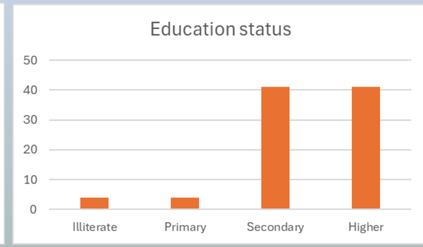


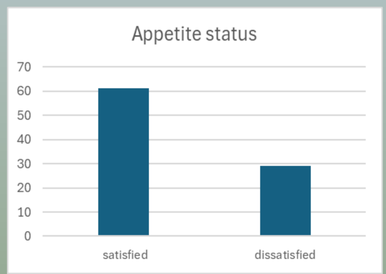


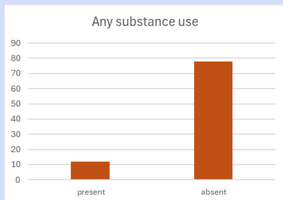


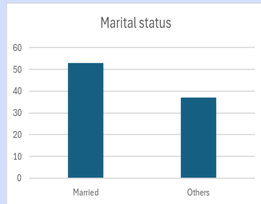


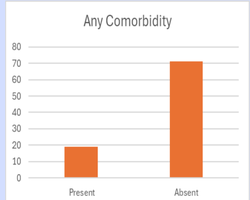












- The patient population is diverse, with a notable prevalence of middle-aged adults and a slightly higher number of male patients.
- A chi-square test was performed to find statistically significant association between predictors and mental health condition of respondents. It was emerged out from the analysis that sex of respondent and sleep(satisfied/dissatisfied) have statistically significant association with depression.
- The presence of comorbid conditions such as diabetes and hypertension indicate the need for integrated care approaches.
- Depression and anxiety are the most common mental health issues, which may impact on sleep and appetite among patients.
- The OPD services are currently not up to the mark due to lack of human resources. A psychiatrist managing the entire patient load without support from any additional mental health professionals.
- The absence of IPD facilities and essential psychotropic medications significantly hampers the hospital's ability to provide comprehensive care.

Recommendations

1. Enhance Human Resources
2. Establish IPD Facilities
3. Medication Availability
4. Targeted Interventions- Implement specific interventions for managing and improving sleep and appetite disturbances, particularly for patients with depression and anxiety.
5. Awareness and Education

Learning

1. Helped me in understanding how to collect primary data.
2. Analysis of Data.
3. Importance of understanding the work culture and effective communication.
4. Understanding the challenges and strategies in delivering healthcare services at the grassroots level.
5. Experienced working with healthcare professionals.

Usefulness of internship

1. Exposure to Public health Challenges
2. Networking with Healthcare professionals.
3. Insights into Health policies & programs.
4. Career Advancement

Theory V/S Practical

Theoretically –
1. Studying health policies, guidelines, and their intended impact.
2. Learning data collection and analysis methods.
3. Learning about importance of understanding Organisation culture and environment.
4. Understanding ethical principles, patient confidentiality, and public health ethics.

Practical Learning-
1. Witnessing the real-world implementation of policies and understanding the gaps and challenges.
2. Collecting Primary data & analysing it.
3. Experienced and understood the importance of understanding about the organization culture.
4. Applying ethical standards in interactions with patients and handling sensitive data responsibly