

INTERNSHIP REPORT

INTRODUCTION

I had the opportunity to intern under the National Health Mission (NHM), where I worked on the LaQshya program. This program focuses on improving the quality of care in labor rooms and maternity operation theaters to reduce maternal and neonatal morbidity and mortality.

As pregnancy is a transformative and often challenging period in a woman's life, marked by both anticipation and anxiety about the birthing process. The environment in which a woman gives birth plays a crucial role in her overall experience, influencing her perception of care and delivery outcomes. Despite a declining trend in maternal and neonatal deaths, a substantial burden remains. The maternal mortality ratio (MMR) is currently 97 per 100,000 live births, the newborn mortality rate (NMR) is 23 per 1,000 live births, and Rajasthan has an MMR of 113 per 100,000 live births, according to the Sample Registration System (SRS) 2018.

Improving maternal health is essential, as reflected in the Sustainable Development Goals (SDGs) adopted by the United Nations in 2015. Specifically, SDG 3 aims to reduce the global maternal mortality ratio to less than 70 per 100,000 live births by 2030. Quality of care during childbirth is vital in reducing maternal mortality and morbidity. To ensure quality care during the intrapartum and immediate postpartum period, the Ministry of Health and Family Welfare (MoHFW) launched the Labour Room Quality Improvement Initiative, LaQshya, aiming to ensure Respectful Maternity Care (RMC).

LaQshya's goals include reducing maternal and newborn morbidity and mortality, improving the quality of care during delivery and the immediate postpartum period, and enhancing beneficiary satisfaction by providing a positive birthing experience and respectful maternity care. The MoHFW also launched guidelines in 2016 for standardizing labor rooms, focusing on space, layout, human resources, equipment, supplies, consumables, and protocols.

In Rajasthan, 68 labor rooms and 35 operation theaters have achieved LaQshya certification. These certifications come with incentives to encourage health professionals to deliver high-quality care. Given this context, the LaQshya-certified District Hospital in Jhunjhunu was selected to assess whether LaQshya standards are being upheld and if pregnant women are receiving optimal labor room and maternity OT services.

RESEARCH QUESTION

- How do pregnant women perceive labor room services at District Hospital, Jhunjhunu, Rajasthan?
- How do pregnant women perceive maternity operation theater services at District Hospital, Jhunjhunu, Rajasthan?

OBJECTIVES

- To review the LaQshya program, guidelines, and tools.
- To study the perceptions of pregnant women regarding labor room services at District Hospital, Jhunjhunu, Rajasthan.

- To study the perceptions of pregnant women regarding maternity OT services at District Hospital, Jhunjhunu, Rajasthan.
- To suggest the ways to improve and/or sustain the quality of labor rooms and the operation theater

AIM

This study aims at strengthening and/ or sustaining the quality of health care system

OBJECTIVES OF INTERNSHIP

Internships are a vital part of academic development. An internship at the National Health Mission (NHM) provides invaluable insights into the functioning of different departments and the various programs to improve public health outcomes.

It offers a comprehensive understanding of how the public health sector operates. During my internship, I was assigned a project under the LaQshya Programme, which specifically focuses on enhancing the quality of care in labor rooms and maternity operating theaters in district hospitals

This project, I became well-versed with the LaQshya guidelines and the LaQshya checklist, which are critical tools for ensuring standardized, high-quality maternal and neonatal healthcare.

This experience has not only deepened my knowledge of maternal healthcare initiatives but also provided a broader perspective on the mechanisms and strategies employed to achieve better health outcomes in the public health sector.

ORGANIZATIONAL PROFILE

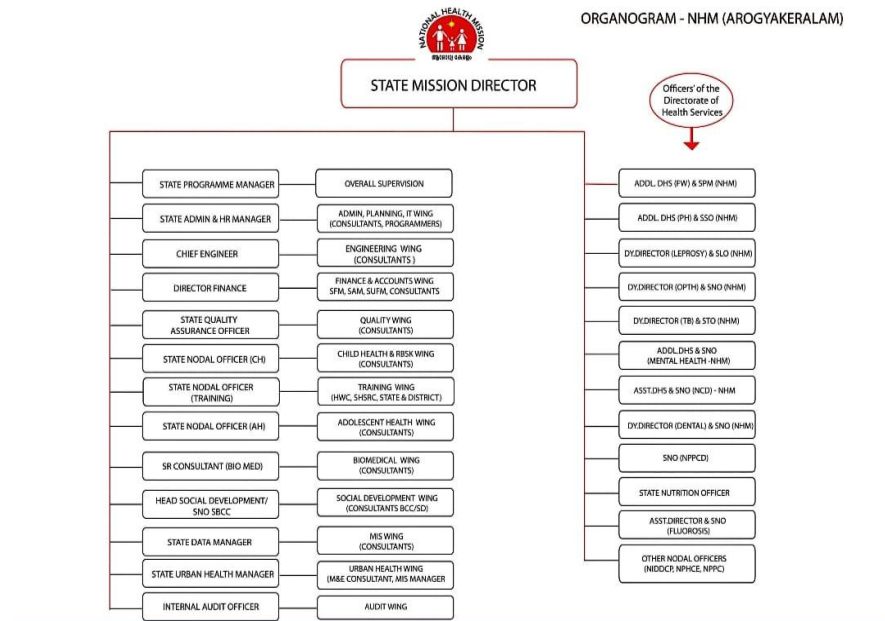
**NATIONAL HEALTH MISSION –
(JAIPUR, RAJASTHAN)**



VISION

***Attainment of Universal Access to Equitable Affordable and Quality health care accountable and responsive to people's needs with effective inter-sectoral convergent action to**

The **National Health Mission (NHM)** was launched by the government of India in 2005 subsuming the National Rural Health Mission and National Urban Health Mission. It was further extended in March 2018, to continue until March



GOALS OF NHM-

1. Reduce MMR
2. Reduce IMR
3. Reduce TFR
4. Prevention and reduction of anaemia in women aged 15–49 years
5. Prevent and reduce mortality & morbidity from communicable, non- communicable; injuries and emerging diseases
6. Reduce household out-of-pocket expenditure on total health care expenditure
7. Reduce annual incidence and mortality from Tuberculosis by half
8. Reduce the prevalence of Leprosy to <1/10000 population and incidence to zero in all districts
9. Annual Malaria Incidence to be <1/1000
10. Less than 1 percent microfilaria prevalence in all districts
11. Kala-azar Elimination by 2015, <1 case per 10000 population in all blocks.

♦ COMPONENTS OF NATIONAL HEALTH MISSION –

1. RMNCH+A
2. Health system strengthening
3. Non-communicable disease control programme
4. Communicable disease control program

5. Infrastructure maintenance

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

National Rural Health Mission - The mission aims to bridge rural healthcare gaps through improved infrastructure, increased human resources, enhanced service delivery, and decentralized programs at the district level for tailored, context-specific interventions and resource utilization.

National Urban Health Mission aims to enhance the health of the urban population, especially the urban poor and vulnerable sections, by providing access to quality primary healthcare.

The main programmatic components include Health System Strengthening, Reproductive-Maternal- Neonatal-Child and Adolescent Health (RMNCH+A), and Communicable and Non-Communicable Diseases. The NHM envisages achievement of universal access to equitable, affordable & quality health care services that are accountable and responsive to people's needs. Continuation of the National Health Mission - with effect from 1st April 2017 to 31st March 2020 has been approved by Cabinet in its meeting dated 21.03.2018.

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

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.

SERVICES PROVIDED BY NATIONAL HEALTH MISSION

The key services provided under NHM:

1. Maternal and Child Health Services

- **Antenatal Care:** Regular check-ups, screening, and management of high-risk pregnancies.
- **Institutional Deliveries:** Promoting deliveries in healthcare facilities to ensure safe childbirth.
- **Postnatal Care:** Monitoring and care of mothers and newborns after delivery.
- **Immunization:** Providing vaccines to protect children from preventable diseases.

- **Nutritional Support:** Supplementary nutrition programs for pregnant women, lactating mothers, and children.

2. Reproductive Health Services

- **Family Planning:** Access to contraceptive methods, counselling, and sterilization services.
- **Adolescent Health Services:** Health education, nutrition, and reproductive health services for adolescents.

3. Communicable Disease Control Programs

- **Tuberculosis (TB) Control:** Diagnosis, treatment, and follow-up services for TB patients.
- **Malaria Control:** Prevention, diagnosis, and treatment of malaria.
- **HIV/AIDS Control:** Awareness, prevention, testing, and treatment services.
- **Vector-Borne Diseases:** Control programs for diseases like dengue and chikungunya.

4. Non-Communicable Disease Control Programs

- **Screening and Management:** Programs for early detection and management of diabetes, hypertension, cancer, and other chronic diseases.
- **Lifestyle Modification:** Awareness campaigns and interventions to promote healthy lifestyles and prevent non-communicable diseases.

5. Primary Health Services

- **Health and Wellness Centers:** Comprehensive primary healthcare services, including preventive, promotive, curative, rehabilitative, and palliative care.
- **Outpatient Services:** General outpatient consultations and treatment.
- **Emergency Care:** Basic emergency care services at primary health centers and community health centers.

6. Secondary and Tertiary Health Services

- **Hospital Services:** Inpatient and outpatient services in district hospitals and medical colleges.
- **Specialized Care:** Access to specialist consultations, advanced diagnostics, and treatment.

7. Nutrition and Anemia Control

- **Supplementary Nutrition:** Programs to address malnutrition among children, pregnant women, and lactating mothers.
- **Anemia Control:** Screening and treatment of anemia, particularly in women and children.

8. Mental Health Services

- **Community Mental Health:** Screening, counseling, and treatment for mental health conditions.
- **Awareness Programs:** Promoting mental health awareness and reducing stigma associated with mental illnesses.

9. Health Promotion and Education

- **Health Awareness Campaigns:** Public health education on various health topics, including hygiene, sanitation, and nutrition.
- **Community Participation:** Involving communities in health planning, implementation, and monitoring.

10. Integrated Disease Surveillance Program (IDSP)

- **Disease Monitoring:** Continuous monitoring and reporting of disease outbreaks to enable timely interventions.
- **Response Mechanism:** Rapid response teams for outbreak investigation and control.

11. Support Services

- **Telemedicine:** Remote consultation services to improve access to specialist care.
- **Mobile Medical Units:** Healthcare services in remote and difficult-to-reach areas.
- **Free Drugs and Diagnostics:** Ensuring availability of essential medicines and diagnostic services.

12. Water, Sanitation, and Hygiene (WASH) Initiatives

- **Safe Drinking Water:** Programs to ensure access to clean and safe drinking water.
- **Sanitation Facilities:** Promoting the construction and use of toilets to improve sanitation and hygiene.

KEY ACTIVITIES /PROJECTS UNDERTAKEN OTHER THAN DISSERTATION.

- Explored and learned about various departments and programs run by the National Health Mission (NHM), including maternal and child health, immunization, and disease control initiatives.
- Visited both quality-certified and non-quality-certified Urban Primary Health Centers (UPHCs) to compare standards and identify gaps.
- Interacting with healthcare staff and patients to gather feedback and identify area for improvement.
- Analyzed trends and patterns in healthcare utilization and outcomes across different regions and populations.
- Researching to identify areas for improvement to enhance healthcare practices

KEY LEARNINGS FROM INTERNSHIP

- Practical knowledge of departments, organization structure and work of NHM during our orientation session scheduled for a week.
- Exposure to witness how a Health care System works.
- Gained in-depth knowledge of NQAS and LaQshya guidelines and reviewed its checklist and their criteria for assessing healthcare facilities.
- Learn how to create Google Forms and insert citations.
- Learn about Data analysis and to make a comprehensive report.