

INTERNSHIP REPORT

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INTRODUCTION

The National Health Mission (NHM) is a flagship initiative of the Government of India launched in 2013 to address the health needs of underserved rural and urban populations. It integrates two previously existing programs, the National Rural Health Mission (NRHM) and the National Urban Health Mission (NUHM), to provide accessible, affordable, and quality healthcare to all.

The primary objectives of the National Health Mission include reducing maternal and child mortality rates, controlling communicable and non-communicable diseases, enhancing access to universal immunization, promoting population stabilization, and achieving universal access to public health services such as sanitation and safe drinking water.

Under NHM, various programs and initiatives are implemented across India at the national, state, and district levels. These include strengthening healthcare infrastructure, training healthcare providers, promoting community participation in health initiatives, providing essential drugs and diagnostics, and ensuring effective management and monitoring of health programs.

OBJECTIVE

The primary objectives of the National Health Mission (NHM) in India are multi-faceted and aimed at improving the overall health indicators and healthcare infrastructure across the country. Here are the key objectives:

1. **Reduce Infant Mortality Rate (IMR) and Maternal Mortality Ratio (MMR):** NHM aims to reduce the infant mortality rate and maternal mortality ratio by improving maternal and child health services, promoting institutional deliveries, and ensuring access to essential obstetric care.
2. **Universal Immunization:** NHM aims to achieve universal immunization coverage for all vaccine-preventable diseases. This includes strengthening immunization infrastructure, conducting regular vaccination drives, and increasing community awareness about the importance of immunization.
3. **Control of Communicable Diseases:** NHM focuses on controlling and preventing communicable diseases such as tuberculosis, malaria, dengue, and HIV/AIDS through effective surveillance, diagnosis, treatment, and public health interventions.
4. **Non-Communicable Diseases (NCDs):** NHM addresses the rising burden of non-communicable diseases such as diabetes, hypertension, cardiovascular diseases, and cancer by promoting preventive healthcare measures, early detection, and management.

5. **Healthcare Infrastructure Strengthening:** NHM aims to strengthen healthcare infrastructure at all levels, from primary health centers (PHCs) to tertiary care hospitals, to ensure better healthcare delivery, especially in rural and remote areas.
6. **Human Resource Development:** NHM focuses on training and capacity building of healthcare providers, including doctors, nurses, and paramedical staff, to improve clinical skills and service delivery.
7. **Community Participation and Empowerment:** NHM promotes community participation in health planning and decision-making processes. It empowers communities to take ownership of their health by promoting health literacy, awareness, and participation in health programs.
8. **Health Systems Strengthening:** NHM works towards improving the overall health system by enhancing healthcare financing, management, and governance. It aims to ensure effective implementation, monitoring, and evaluation of health programs.
9. **Promotion of Sanitation and Hygiene:** NHM integrates sanitation and hygiene promotion with health interventions to address preventable diseases.

SERVICE PROVIDED BY ORGANISATION

- **Maternal and Child Health Services:**

- Antenatal care (ANC) services including health check-ups, iron and folic acid supplementation, and tetanus toxoid vaccination for pregnant women.
- Institutional deliveries and support for safe childbirth practices.
- Postnatal care for mothers and newborns to ensure health monitoring and support.

- **Immunization Services:**

- Universal immunization program (UIP) providing vaccines against diseases such as polio, measles, tetanus, hepatitis B, etc.
- Conducting routine immunization drives and campaigns to increase coverage and protect children from vaccine-preventable diseases.

- **Family Planning and Reproductive Health Services:**

- Access to contraceptives and family planning counseling.
- Promotion of spacing methods and contraception choices for family planning.

- **Infectious Disease Control:**

- Prevention, diagnosis, and treatment of communicable diseases such as tuberculosis (TB), malaria, HIV/AIDS, dengue, etc.
- Promoting awareness and behavior change for preventing the spread of these diseases.

- **Non-Communicable Disease (NCD) Management:**

- Screening, diagnosis, and management of non-communicable diseases such as diabetes, hypertension, cardiovascular diseases, and cancer.
- Promoting healthy lifestyles and preventive measures to reduce the incidence of NCDs.

KEY LEARNINGS

- **Importance of Integrated Approach:** NHM emphasized the integration of various health programs (like maternal and child health, immunization, infectious diseases, and non-communicable diseases) under a single umbrella. This integrated approach has streamlined service delivery, improved efficiency, and enhanced overall health outcomes.
- **Community Participation and Engagement:** NHM highlighted the significance of community participation in health initiatives. Engaging communities in planning, implementation, and monitoring has not only improved program effectiveness but also fostered ownership and sustainability of health interventions.
- **Focus on Maternal and Child Health:** The NHM's focus on maternal and child health has been instrumental in reducing maternal mortality ratio (MMR) and infant mortality rate (IMR). By promoting institutional deliveries, improving antenatal and postnatal care, and ensuring access to essential obstetric and neonatal services, NHM has made significant strides in improving maternal and child health outcomes.
- **Strengthening Healthcare Infrastructure:** NHM underscored the importance of strengthening healthcare infrastructure at all levels, particularly in rural and underserved areas. This includes upgrading facilities, ensuring availability of essential drugs and diagnostics, and enhancing the capacity of healthcare providers.
- **Promotion of Preventive Healthcare:** NHM has emphasized the promotion of preventive healthcare measures such as immunization, screening for communicable and non-communicable diseases, and health education on sanitation, hygiene, and nutrition. This approach aims to reduce the burden of diseases and improve overall population health.
- **Capacity Building and Human Resource Development:** NHM has invested in training and capacity building of healthcare providers, including doctors, nurses, and community health workers. Enhancing their skills in clinical care, public health management, and community engagement has strengthened the healthcare workforce and improved service delivery.
- **Utilization of Health Information Systems:** NHM has highlighted the importance of robust health information systems for data collection, analysis, and decision-making. Timely and accurate health data has facilitated monitoring of health indicators, tracking of program performance, and informed policy formulation.
- **Adaptation to Local Contexts:** NHM has recognized the diversity of health challenges across different states and regions of India. Tailoring interventions to local contexts and needs has been critical in addressing disparities and improving access to healthcare services for marginalized and vulnerable populations.

- **Public-Private Partnerships (PPP):** NHM has explored the potential of public-private partnerships to enhance healthcare delivery. Collaborating with the private sector has expanded service coverage, improved access to specialized care, and utilized resources more efficiently.
- **Continual Improvement and Innovation:** NHM has encouraged a culture of continual improvement and innovation in public health interventions. Adopting evidence-based practices, piloting new initiatives, and learning from successes and challenges have been key in advancing healthcare reforms and achieving sustainable health outcomes.