

/385450/2024



NHMHP-NCD02016/1/2019-NCD-12262]- 141

National Health Mission
Himachal Pradesh

To

1. All the Chief Medical Officers,
Himachal Pradesh
2. All the Principals,
Medical Colleges, H.P.

Dated:- Shimla-9, the



Subject: - Clarification on guidelines for follow-up of patients of Hypertension and/or Diabetes.

Madam/Sir,

It has been observed that guidelines regarding follow-up of patients of Hypertension and/or Diabetes & the financial incentives thereof are not very clear:-

Accordingly, it is hereby clarified as under:-

1. **Follow up by ASHA:-** All the patients of Hypertension and/or Diabetes have to be followed up on a monthly basis. For this the concerned ASHA has to visit the house of the patient with Diabetes and/or Hypertension and enquire about regular consumption of the prescribed drugs and the general well-being of the patient. After the visit the ASHA has to update her visit on the National NCD portal/application.

Simultaneously, the ASHA has to counsel the patient to visit the nearest Health Institution at least once in three months where Blood Pressure can be measured and Blood Sugar can be estimated. Once the patients visits the HSC-HWC or PHC-HWC the CHO/MO will measure the Blood Pressure and estimate the Blood Sugar and record the same on National NCD portal/application. The concerned ASHA has to ensure that the patient of Hypertension or/and Diabetes visits a Health Institution at least once in three months.

An ASHA would be eligible for an incentive of Rs 50 if a particular patient of Hypertension and/or Diabetes has got his Blood Pressure and Blood Sugar checked at HSC, PHC or other Higher Health Institution at least twice in 6 months which is also recorded on the National NCD portal/application. For one particular patient of Hypertension and/or Diabetes, ASHA can claim a maximum of incentive Rs 100 in 12 months provided the Blood Pressure and Blood Sugar has been recorded at least 4 times in the given 12 months.

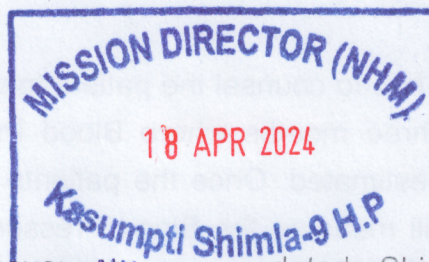
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For claiming the incentive the ASHA will fill the prescribe format "आशा को मिलने वाली प्रोत्साहन राशि के भुगतान हेतु संशोधित प्रपत्र (2023- 24)" under NCD Section at point no. 12.2. Further, the ASHA will mention the names of patients in the blank section of prescribed format whose Blood Pressure and Blood Sugar has been measured at least twice in the last six month & updated on the National NCD portal/application.

Subsequently, the ANM/concerned ASHA facilitator will verify that the mention patients have got their Blood Pressure and Blood Sugar measured twice in the last six month by logging in the National NCD portal/application with his/her credentials & affix her signature on the claim form only after verification of the same.

Subsequently ANM/concerned ASHA Facilitator will submit the form to Block ASHA Nodal Coordinator for the further processing. The Block ASHA Coordinator and Block Accountant would check that the ANM/Concerned ASHA facilitator has duly verified the follow-up visits and accordingly Block Medical Officer will release the incentive of Rs 50 for follow after due verification.

2. **Guidelines for CHOs and Medical Officers (PHC, CHC, CH, RH, ZH & Medical Colleges):-** The CHOs and Medical Officers (PHC, CHC, CH, RH, ZH & Medical Colleges) should counsel all the patients of Hypertension and/or Diabetes to get their Blood Pressure and Blood Sugar checked at least once in a month. They should duly update the National NCD portal/application using their credentials.



Yours faithfully,

Mission Director
National Health Mission

Endst no. as above: 141 dated: Shimla-9, the

Copy to:-

1. The Secretary (Health) to the GoHP for information, please.
2. The Director of Health Services for information, please
3. The Director, Medical Education, Shimla-9, for information, please.
4. The State Programme Officer, Community Process, NHM, H.P. for information and necessary action.

Mission Director
National Health Mission