



**NHMHP-NCD0GEN/20/2019-NCD-10334**  
**National Health Mission**  
**SDA Complex, Kasumpti, Shimla-9**  
**Himachal Pradesh**  
 Dated: Shimla-171009, the

MISSION DIRECTOR (NHM)

16 DEC 2020

Shimla-9 (H.P.)

### **NOTIFICATION**

Due to the epidemiological transition and dual burden of diseases, there has been a special focus on NCDs prevention and control in recent years. The NPCDCS program and the HWCs are the key interventions in addition to the NCD risk reduction through awareness and regulations. The strategy of NCDs screening (mainly diabetes & HTN) has now been changed from opportunistic screening to population based strategy. ASHA worker has to fill up the risk assessment checklist /CBAC of all 30+ populations and refer the patients for screening to ANM and for further treatment to the various levels of Health Institutions. Over and above the GOI mandate of NCD screening of 30+ populations, the State of Himachal Pradesh has taken a lead to screen all individuals of 18+ age under Mukhyamantri Nirog Yojna. The guidelines for timely and adequate screening for NCDs have already been notified vide notification no. NHMHP-NCD0GEN/18/2019-NCD-NATIONAL HEALTH MISSION-HP-4911 dated 8<sup>th</sup> July 2020.

Although the State is doing well in population based NCD screening, but in order to address the increasing demand and cater to the enhanced load of patients detected after screening, a need is being felt to integrate the treatment component of all non communicable diseases and operationalise modalities for comprehensive management on a fixed day approach, at least in the leading secondary health institutions of the State. These integrated NCD clinics shall be called as Nirog clinics keeping in view the pivotal role they are going to play in decreasing the burden of NCDs and keeping the people the State healthy.

**Institutions:**

The Nirog Clinics shall be established in the following Institutions of the State:

S.No.	Name of the Health Institution
1	RH Bilaspur
2	ZH D/Shala
3	RH Reongpeo
4	RH Kullu
5	ZH Mandi
6	RH Solan
7	RH Una
8	CH Rampur
9	CH Palampur
10	CH Paonta Sahib

**Services at Nirog Clinics:**

The following fix day OPD schedule for Nirog clinics shall be adopted in all the notified Institutions:

Day	Diseases to be addressed	by
<b>Monday</b>	Hypertension, Diabetes clinic	Trained MO
<b>Tuesday</b>	Cancer screening (oral, breast and cervical)	Oral & breast cancer screening in OPD by trained MO & Cervical cancer in the MOT by trained MO
<b>Wednesday</b>	Chemotherapy & cancer care	Trained MO
<b>Thursday</b>	Hypertension, Diabetes	Trained MO
<b>Friday</b>	Palliative care clinic	Trained MO
<b>Saturday</b>	COPD clinic	Trained MO

The inpatients from the Nirog clinics shall be admitted in the concerned specialty wards only.

**Infrastructure and Equipments:**

There will be a dedicated room/OPD and the support staff for the Nirog clinic in the concerned facility. The clinic shall be adequately branded with signages. The following equipments/infrastructure are to be provided in the Nirog Clinic:

<b>Diseases to be addressed</b>	<b>Proposed equipments</b>
Hypertension, Diabetes Clinic	BP apparatus, glucometers, height and weight measuring scale, ECG machines
COPD	Spirometer , Nebulizer, Pulse oxymeter, peak flow meter
Cryotherapy (Cervical cancer screening)	Cryotherapy and LED spot lights facility
Cancer care unit / Chemotherapy clinic (Breast & oral cancer screening )	Torch for oral examination
Palliative care clinic	Fowler Beds x 5 , mattresses and special toilet seats etc.

The table, chairs, examination tables, view box etc. will be used from the existing infrastructure in the Hospital. One Desktop with Printer shall be provided for the clinic as well. The funds for the equipment and the infrastructure up-gradation including minor civil work, if required shall be spent from the funds available with National Health Mission, based on gap analysis of the institutions concerned.

**Human resource:**

The overall in charge of the Nirog Clinic will be the Medical Superintendent of the Hospital who will be responsible for providing the space, logistics including drugs and



consumables. He will be assisted by the DPO NCD of the concerned district for financial support under NHM. The structure of Nirog clinics will be as below:

1. Medical Superintendent of the Hospital – overall in charge of the clinic.
2. Senior most specialist of the concerned specialty – Co- Head.
3. Concerned doctor - MBBS (trained in the specialty).
4. Staff nurses x1 - Dedicated for Nirog clinic.
5. DEO - for data entry and reporting purposes.
6. Class IV or helper x 1 - To assist the clinic.

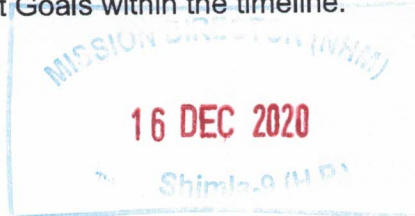
10 staff nurses and 10 DEOs for the Nirog clinics shall be provided in a dedicated manner by National Health Mission. Other manpower shall be pooled by internal adjustment. A pool of MBBS doctors (initially 2 per centre) shall be trained who shall manage the clinic daily on monthly rotation basis. Such Medical Officer shall be exempt from the emergency night duty in the month he is serving the Nirog Clinic to maintain continuity of care and services.

The staff nurses will work exclusively in the Nirog clinics and will be trained in the concerned specialty by the trained Medical Officer. The staff nurse will assist the trained MO in all procedures like chemotherapy, COPD care, Palliative care, Cancer screening (Cervical, breast and oral mainly) and will attend the OPDs and ward daily from 9.30 to 4 PM. The DEOs will report all the cases to the higher authorities on the desired platforms after proper verification of the data on prescribed formats. The class IV or the helper will work in the Nirog clinic exclusively for the routine assistance and up keeping of the clinic

The dedicated HR provided for these clinics will not be detailed for any other responsibility without the permission of Mission Director, National Health Mission. However any additional work can be assigned to any of the officer or official from time to time as decided and notified by the State Headquarters.

The specialized Nirog Clinics/ specialized clinics shall be the way forward to address the anticipated demand. They shall have adequate forward and backward linkages with

the Tertiary and primary health care institutions for the referral and community based care of NCDs. They shall be instrumental in helping the state achieve the Sustainable Development Goals within the timeline.



By Order  
-sd-  
Secretary (Health) to the  
Government of Himachal Pradesh

Endst No. As Above, Dated: Shimla-9, the

Copy forwarded to the:

1. The Secretary (Health) to the Government of Himachal Pradesh w.r.t. approval conveyed vide letter no. Health-A-A(1)6/2020 dated 22<sup>nd</sup> September 2020 for the budget announcement of the Hon'ble Chief Minister Himachal Pradesh for the year 20-21.
2. Director Health Services, Himachal Pradesh
3. Director Medical Education and Research, Himachal Pradesh
4. All Deputy Commissioners in Himachal Pradesh
5. All Chief Medical Officers in Himachal Pradesh
6. All Medical Superintendents Himachal Pradesh
7. All State Programme Officers, NHM, Himachal Pradesh
8. All District Programme Officers-NCD, Himachal Pradesh
9. Website Information Manager, NHM with the request to upload on the NHM, HP Website.
10. Office record.

  
Mission Director, NHM  
Himachal Pradesh, Shimla – 9