



National Health Mission
SDA Complex, Kasumpti, Shimla-9
Himachal Pradesh

Dated: Shimla-171009, the 28th April 2020

MISSION DIRECTOR (NHM)

28 APR 2020

Shimla-9 (H.P.)

NOTIFICATION

Under RKSK, Adolescent Friendly Health Clinics (AFHCs) entail a whole gamut of clinical and counselling services on diverse adolescent health issues ranging from sexual and reproductive health to nutrition, substance abuse, injuries, violence, non-communicable diseases and mental health issues at various level of health care facilities. For the purpose of operationalising the AFHCs which shall also provide deaddiction services to the adolescents, the following guidelines are hereby notified with immediate effect for these NAYI DISHA KENDRAS:

1. Abbreviations

RKSK	Rashtriya Kishor Swasthya Karyakaram
AFHC	Adolescent Friendly Health Clinic
IEC	Information, Education and Communication
BP	Blood Pressure
OPD	Out Patient Department
FHW	Female Health Worker
LHV	Lady Health Visitor
IPC	Inter Personal Communication
IFA	Iron Folic Acid
OCP	Oral Contraceptive Pills
ECP	Emergency Contraceptive Pills
BMI	Body Mass Index
RTI	Reproductive Tract infection
STI	Sexually Transmitted Infection
ANC	Ante Natal Care
HIV	Human Immunodeficiency Virus
AHD	Adolescent Health Day
FAQ	Frequently Asked Questions
GoI	Government of India
BMO	Block Medical Officer
AWC	Anganwadi Centre
RBSK	Rashtriya Bal Swasthya Karyakaram
PHC	Primary Health Centre
CHC	Community Health Centre
NHM	National Health Mission
HQ	Head Quarter
NDK	Nayi Disha Kendra

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3. Infrastructure

- | S.No | Items | Quantity |
|----------------------------------|--------------------------------|-------------|
| Furniture | | |
| 1 | Chairs | 3 |
| 2 | Table | 1 |
| 3 | Curtains for doors and windows | As per need |
| 4 | Bedside screen | 1 |
| 5 | Examination table | 1 |
| 6 | Almirah | 1 |
| 7 | Step stool | 1 |
| 8 | Bench/ chair for waiting area | As per need |
| Instrument and Equipments | | |
| 1 | Weighing machine | 1 |
| 2 | BP Apparatus | 1 |
| 3 | Stethoscope | 1 |
| 4 | Thermometer | 1 |
| 5 | Measuring tape | 1 |
| 6 | Torch/ Flashlight | 1 |
| 7 | Snellen's Chart | 1 |
| 8 | Height Chart | 1 |
| 9 | Hemoglobin measuring device | 1 |
| 10 | Glucometer with glucostrips | 1 |
| 11 | HIV rapid testing kit | 10 |
| 12 | Syphilis rapid testing kit | 10 |

4. Human Resource

- It will be ensured that all staff members in the NDK (Medical Officers, FHW, Staff Nurse, Lab Technician, Pharmacist, Counsellor etc.) should be trained.
- The facility in charge should ensure that the Nayi Disha Kendra is manned by trained staff during OPD hours.
- All the clinical and counselling services must be provided by the trained staff of Nayi Disha Kendra.
- Service providers should be non- judgmental and competent.

5. Privacy of Clients

- Efforts should be made to maintain privacy, confidentiality and to ensure that adolescents feel comfortable at the Kendra.
- Adolescents must be treated with dignity and respect.
- Place of examination must have screens.
- While examining adolescent girls, FHW/ LHV or a female attendant must remain present.
- All the doors and windows of the Kendra must have curtains.

6. Timing of Kendra

- The Kendra shall ordinarily provide services from 10:00am -4:00pm on all working days. However in those kendras, where there is a dedicated staff, the services shall be provided upto 5:30 pm daily to tap the health needs of adolescent population in the area after school hours.
- The clinical service for deaddiction shall be provided every Wednesday between 2:00 to 4:00 pm. During this period the MO trained for deaddiction shall sit exclusively in the NDK. He/she may continue to provide deaddiction service in routine OPD on other days.

7. Registration of client

- All the adolescents visiting the Nayi Disha Kendra must be registered and record must be maintained in the Client Registration Register.

- Referring all the adolescents coming to the General OPD to Nayi Disha Kendra must be encouraged initially to enhance the attendance of the kendras.

8. Package of Nayi Disha Kendra Services

The following services shall be provided in each NDK

Information	Service Package
Commodities	IEC and IPC for Nutrition, Sexual and Reproductive Health, Gender Based Violence, Non Communicable Diseases and Substance misuse
	IFA
	Albendazole tablets
	Sanitary Napkin
	Contraceptives (Condoms, OCP, ECP)
	Other medicines (e.g. Paracetamol, anti-spasmodic, first aid etc.)
	Pregnancy testing kits
	HIV and Syphilis testing kits
Services	Medicines for deaddiction (to be prescribed only by the trained doctor)
	BMI screening
	HB testing
	RTI/ STI management
	ANC for pregnant adolescents
	Counselling on Nutrition, puberty related concerns, Premarital Counselling, Sexual Problems, Contraceptive, Abortion, RTI/STI, counseling and treatment services for Substance abuse, Learning problems, Stress, Depression, Suicidal Tendency, Violence, Sexual Abuse, Other Mental Health Issues, healthlifestyle, risky behavior
	Management of Menstrual problems
	Management of Iron deficiency Anemia
	Screening for Diabetes and Hypertension
	Management of common adolescent health problems
	HIV testing and counseling
	Management of physical violence and sexual abuse
	Treatment by specialist
	Referral



9. IEC

- The signboard of Nayi Disha Kendra (Annexure A) should be placed at a prominent place. Services provided under Nayi Disha Kendra should be made a part of Citizen Charter of the facility.
- Another board mentioning list of all the services (Annexure B) being provided at the Nayi Disha Kendra should also be placed. Board with "Privacy is maintained here" should also be placed outside the Nayi Disha Kendra.
- IEC material relevant to the Adolescents and Deaddiction (Annexure C, D, E, F) should be strategically displayed in Nayi Disha Kendra. The IEC material attached in the Annexures is only indicative and may be expanded as per local need/context.
- Flip books, pocket books, pamphlets, posters to be utilized for communication.
- Services being provided at Nayi Disha Kendra should be widely publicized through IEC strategies and during AHD celebrations in the schools, so that the beneficiaries and other stakeholders are aware of the services provided and understand the need for the same.

10. Counselling Tools:

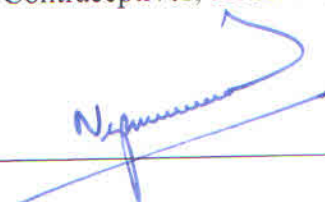
Following counselling tools should be used for counselling in Nayi Disha Kendra:

- RKSK FAQ Booklets
- Flip Book for Substance abuse
- Screening and brief intervention for drug use
- Substance use disorder case book

These tools have already been provided to the concerned Chief Medical Officers. In case of any more requirement, the NHM HQ may be contacted for the same.

11. Outreach Sessions

- Counsellor at Nayi Disha Kendra should prepare a tour plan for visiting Schools, Colleges, Youth Clubs, Major health events, Adolescent Health Days etc. twice a week to sensitize the adolescents and the stakeholder.
- Major topics which can be covered during the outreach sessions are nutrition, puberty related concerns, Premarital Counselling, Sexual Problems, Contraceptives, Abortion,



RTI/STI, Substance abuse, other mental health issues, healthy lifestyle, risky behavior etc.

12. Record Keeping

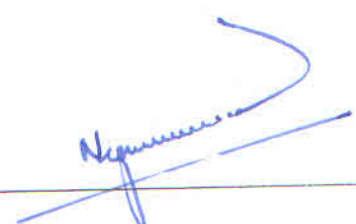
As per the guidelines of GOI four types of registers to be maintained in Nayi Disha Kendra as per formats annexed.

- a) **Client Registration Register (Annexure 2):** This register is to be used to record details of all clients visiting the Nayi Disha Kendra prior to consultation with doctor/counselor. This register must be marked confidential since it has the contact information of all clients visiting the Kendra. The clients must be assured of confidentiality while collecting this information so that their contact details like address and phone number may be recorded for follow up.
- b) **Service Provision Register (Annexure 3):** This register is for recording the services provided at Nayi Disha Kendra.
- c) **Stock Register:** This register is to be maintained at Nayi Disha Kendra.
- d) **Outreach Session Register (Annexure 4):** This register is to be maintained at Nayi Disha Kendra to record the outreach services.

These registers for each AFHC have already been provided to concerned facility.

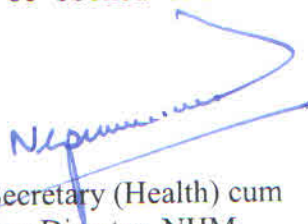
13. Reporting

- It is important for districts to report accurate, timely and comparable data to State Office for monitoring and supportive supervision of the existing program and scale up.
- Timely submission of data should be ensured.
- Nayi Disha Kendra to send monthly consolidated reports to the districts by 5th of the following month on the format as prescribed by annexure 3 and 4.
- District level consolidated monthly report to be compiled for each district in the state. This district level consolidated monthly report has to be generated by 10th of every month and the districts must ensure timely entry of the services provided on HMIS.



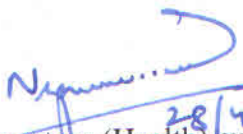
14. Financial Support:

Each Kendra has been sanctioned an amount of Rs. 10,000/- to be spent for the contingency requirement of the Kendra. This should be booked under FMR Code: 1.3.1.6.


Special Secretary (Health) cum
Mission Director, NHM
Himachal Pradesh, Shimla – 9

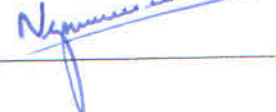
Endst. No. As above, Dated Shimla-9 the 28th April 2020
Copy for information and necessary action to:

1. The Additional Chief Secretary (Health) to the Government of Himachal Pradesh.
2. All Deputy Commissioners, Himachal Pradesh
3. The Director Health Services, Himachal Pradesh
4. The Director of Medical Education and Research, H.P.
5. All the Chief Medical Officers, H.P.
6. All the Medical Superintendents, H.P.
7. All District Programme Officers – Adolescent Health, Himachal Pradesh

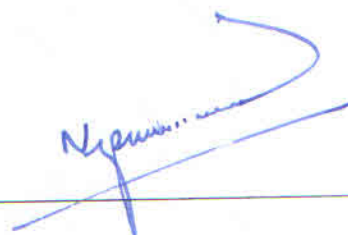

Special Secretary (Health) cum
Mission Director, NHM
Himachal Pradesh, Shimla – 9

Annexure 1: List of facilities where NDK shall be established

List of Adolescent Friendly Health Clinics			
Sr. No.	Name of District	OLD CLINICS	NEW CLINICS
1	Bilaspur	RH Bilaspur	
		CH Ghumarwin	
		CH Berthin	
		CH Jhandhuta	
		CHC Ghawandal	
2	Chamba	CHC Sahoo	CHC Tissa
		RH chamba	CH Chowari
		CH Dalhousie	CH Killar
		CH Kihar	
		CH Bharmour	
3	Hamirpur	RH hamirpur	CH Tauni Devi
		CH Bhoranj	CH Sujanpur Tihara
			CH Barsar
			CH Nadaun
4	Kangra	Zonal Hospital Kangra	CH Nagrota Bagwan
		Civil Hospital Kangra	CH Jawalamukhi
		Civil Hospital Baijnath	CH Indora
		Civil Hospital Nurpur	CH Thural
		Civil Hospital Fatehpur	CH Rehan
		Civil Hospital Palampur	CH Chadhiar
		Civil Hospital Dehra	CH Dadasiba
		Civil Hospital Shahpur	CH Bhawarna
		Civil Hospital Bir	CH Jawali
			CH Jaisinghpur
5	Kullu	RH Kullu	CH Tegu behar
			CH Manali
			CH Anni
			CH Nirmand
			CH Banjar
6	Kinnaur	RH Reckong peo	CH Chango
		CHC Sangla	
7	Lahaul & Spitti	RH Keylong	
8	Mandi	ZH Mandi	CH Sandhol
		CH Sundernager	CH Ratti
		CH Jogindernager	CH Padhat



		CH Sarkaghat	CH Kotli
		CH Dharampur	CH Ladbharol
		CH Karsog	CH Bagsaid
		CHC Baldwara	CH Janjehli
		CH Gohar	CHC Rohanda
		CHC Kataula	
9	Shimla	DDU ZH Shimla	CH Theog
		MGMSG Khanari Rampur	Kamla Nehru Hospital
		CH Junga	IGMC, Shimla
		CH Rohru	CH Sarahan
		CH Jubal	CH Nerwa
		CH Chopal	
		CH Sunni	
		CHC Kumarsain	
		CHC Kotkhari	
		CH Nankhari	
		CHC Chirgaun	
10	Sirmaur	CH Ponta Sahib	YSPGMC
			CH Rajgharh
			CH Shillai
			CH Dadahu
			CH Sarahan
11	Solan	CH Nalagarh	RH Solan
		CH Kandaghat	CH Arki
			CH Parwanoo
			CH Baddi
12	Una	RH Una	CH Chintpurni
		CH Amb	CH Haroli
			CH Daulatpur
			CH Bangana
			CH Gagret



Annexure 2:

Client Registration Register

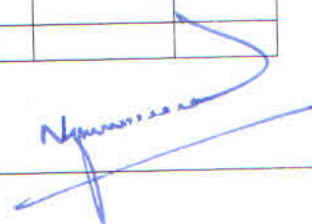
Name of the Facility											Year:			Month:					
S.No	Date	Registration Number	Name	Village/SC	Age	Sex	Height	Weight	BP	RBS	Marital Status	In school/drop out	Type of visit	First/follow up	If referred (by PE/ASHA/ANM)	Name of the physical problem	Treatment	Medicine/IFA/C ontraceptive/Sa nitary Napkin	Referral



Annexure: 3

Service Provision Register

Name of Facility		Year:				Month:			
S.No	Services	Male				Female			
		Unmarried		Married		Unmarried		Married	
		10-14 yrs	15-19 yrs	10-14 yrs	15-19 yrs	10-14 yrs	15-19 yrs	10-14 yrs	15-19 yrs
1	Anemia testing								
2	Clinical Services								
2.a	Menstrual Problems								
2.b	RTI/ STI Management								
2.c	Skin Problems								
2.d	ANC								
2.e	Number of Adolescent provided IFA tablets								
2.f	Number of Adolescent provided Albendazole tablets								
2.g	Number of Adolescent provided Sanitary Napkin								
2.h	Contraceptives								
*	Condoms								
*	OCP								
*	ECP								
*	IUD								
2.i	Immunization								
2.j	Others								
3	Counselling Services								
3.a	Nutrition								
3.b	Skin								
3.c	Menstrual Problems								
3.d	Pre-marital Counselling								
3.e	Sexual Problem								
3.f	Contraceptives								
3.g	Abortion								
3.h	RTI/STI								
3.i	Substance abuse								
*	Tobacco								
*	Alcohol								
*	Opium + derivatives								
*	Marijuana +								
*	Derivatives								
*	Solvents/ Inhalants								
*	Medicines Misused								
*	Multiple/ others								
3.j	Learning Problems								



3.k	Stress								
3.l	Depression								
3.m	Suicidal Tendency								
3.n	Violence								
3.o	Sexual Abuse								
3.p	Other Mental Health Issues								
3.q	Others								
4	Referral Services								
4.a	ICTC								
4.b	Suraksha/ RTI/ STI Clinic								
4.c	Skin OPD								
4.d	Ob/ Gyn Department								
4.e	MTP								
4.f	Psychiatrist								
4.g	Others								
Remarks									
Name									
Designation									
Contact Number									



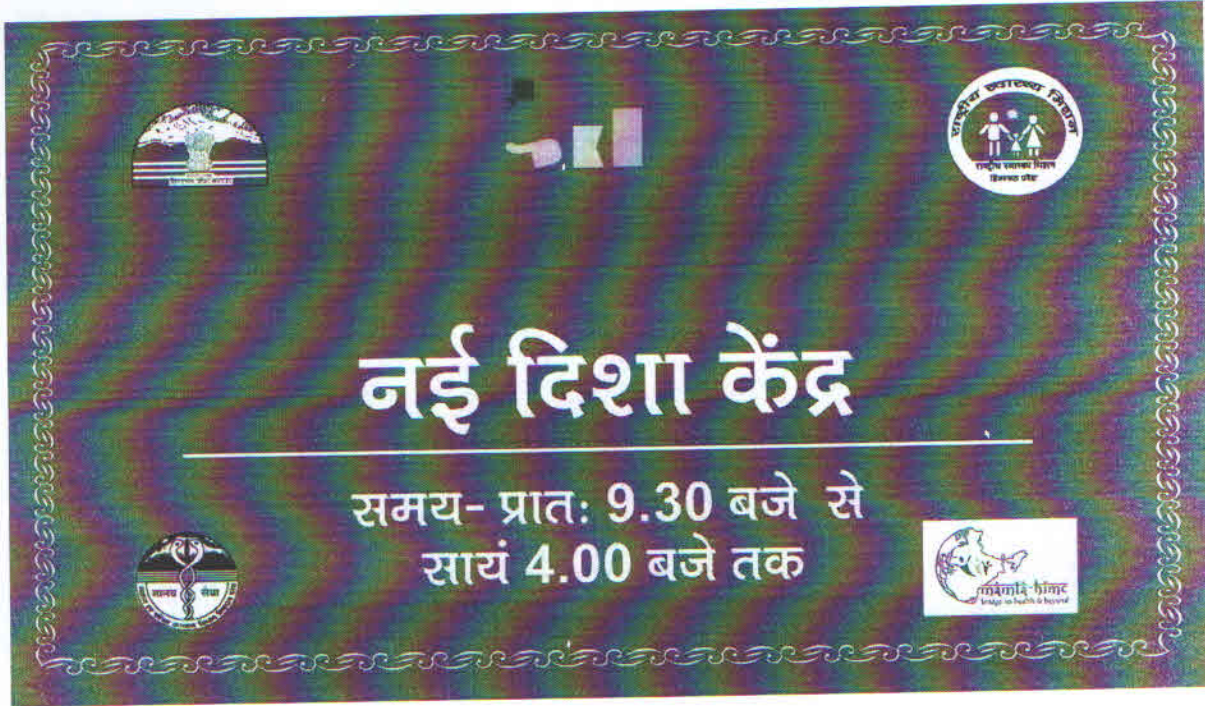
Annexure: 4

Outreach Sessions Register

Name of Facility		Year:	Month:	
Client participation & mode of out- reach activities during the reporting period.		Out-reach Activities		
		In-school		Out-school
		Male	Female	Male
A	Total no. of clients participated in the out- reach sessions during the reporting period			
1	Mode of Out-reach activities	No. of out-reach activities conducted during the reporting period	Topics Discussed	Activities Conducted
1.a	Direct in schools			
1.b	Direct in colleges			
1.c	VHNDs			
1.d	School Health Team			
1.e	Mobile Medical Unit			
1.f	Teen Clubs			
1.g	Youth Clubs/ Gymnasium			
1.h	Self Help Groups			
1.i	Vocational Training Centres			
1.j	Youth Festivals			
1.k	Health Mela			
1.l	Others			
1.m	Has the state established Adolescent Health Helpline? (1: Yes, 2: No) If Yes, details of the helplines and number of adolescent Male/female provided services			





Annexure A – Sign board of Nayi Disha Kendra





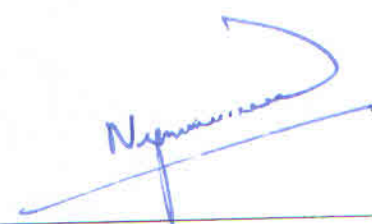
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Annexure B – List of services at Nayi Disha Kendra

SERVICES PROVIDED UNDER NAYI DISHA KENDRA

BMI screening
Hb testing
RTI/STI management
ANC for pregnant adolescents
Counselling on Nutrition, puberty related concerns, Premarital Counselling, Sexual Problems, Contraceptive, Abortion, RTI/STI, Substance abuse, Learning problems, Stress, Depression, Suicidal Tendency, Violence, Sexual Abuse, Other Mental Health Issues, health lifestyle, risky behavior
Management of Menstrual problems
Management of Iron deficiency Anaemia
Screening for diabetes and hypertension
Management of common adolescent health problems
HIV testing and counselling
Management of physical violence and sexual abuse
Treatment by specialists
Referral

Annexure D – IEC Material

**खून की कमी
ना करें नजरअंदाज,
नज़दीकी केन्द्र से लायें आयरन की गोली आज**

**नेशनल आयरन प्लस इनिशिएटिव/विफस
नेशनल आयरन प्लस इनिशिएटिव कार्यक्रम 6 माह से
49 आयु वर्ग के लिए निःशुल्क आयरन फोलिक एसिड
की व्यवस्था की गई है**



6 से 59 माह के बच्चों के लिए



- सप्ताह में दो बार 1 मि.ली. आई. एक.ए. सिरप
- साल में दो बार पेट के कीड़े मारने की गोली

ग्राम स्वास्थ्य पोषण दिवस पर आंगनवाड़ी केन्द्र पर उपलब्ध



5 से 10 वर्ष के बच्चों के लिए



- सप्ताह में एक बार आयरन की गुलामी गोली
- साल में दो बार पेट के कीड़े मारने की गोली

प्रारंभिक विद्यालय में उपलब्ध



किशोर-किशोरियाँ (10 से 19 वर्ष) के लिए



- सप्ताह में एक बार आयरन की गोली
- साल में दो बार पेट के मारने की गोली

आंगनवाड़ी केन्द्र, अपर प्राथमरी स्कूल, इंटर कॉलेज में उपलब्ध



गर्भवती और स्तनपान कराते वाली महिलाओं के लिए



- गर्भावस्था के पहले तीन महीने के बाद और प्रसव के बाद स्तनपान कराते वाली महिलाओं को एक आई.एक.ए. की गोली प्रतिदिन पूरे 100 दिनों तक

ग्राम स्वास्थ्य पोषण दिवस पर आंगनवाड़ी केन्द्र पर उपलब्ध



प्रजनन उम्र में गर्भवती और स्तनपान न कराते वाली सभी महिलाओं के लिए



- पूरे वर्ष सप्ताह में एक बार आई.एक.ए. की गोली
- साल में दो बार पेट के कीड़े मारने की गोली

सरकारी अस्पताल में उपलब्ध

राष्ट्रीय स्वास्थ्य मिशन, स्वास्थ्य एवं परिवार कल्याण विभाग, हिमाचल प्रदेश

Annexure E – IEC Material

क्या आपने इस हफ्ते आयरन की नीली गोली ली?

हर हफ्ते आयरन की एक नीली गोली आपको खून की कमी से बचाती है।

ये गोलियाँ हर हफ्ते स्कूल और आबासी केंद्रों में मुफ्त खिलाई जाती हैं।

साल में दो बार ऐंठन-काजोल (पेट के कीड़ों को मारने की गोली) जरूर लें।

भोजन में मौसमी साग-सब्जियाँ और फल जरूर खाएं। इनमें बड़ी मात्रा में आयरन एवं अन्य पोषक तत्व होते हैं, जो आपको फुटीला बनाते हैं।

राष्ट्रीय स्वास्थ्य मिशन, स्वास्थ्य एवं परिवार कल्याण विभाग, हिमाचल प्रदेश

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Annexure F – IEC Material



अपने बच्चे की नशीली पदार्थ

की आदत छुड़ाने के लिए सिर्फ सलाह देना ही काफी नहीं अपितु

बच्चों की दिनचर्या का ख्याल रखें।

बच्चों के आचार-विचार और व्यवहार पर नजर रखें।

स्कूल या कॉलेज से संपर्क रखें।

निर्भर व्यवहार करें और रोल मॉडल बनें।

उसके दोस्तों तथा उनके परिवार जनों को जाने।

बच्चों को समुचित वक्त दें, बातचीत करते रहें।

अधिक लाड-प्यार न करें।



मध्यमान और नशीली दवा दुरुपयोग निवारण हेतु राष्ट्रीय टोल फ्री
नं० : 1800-11-0031 एवं प्रदेश टोल फ्री नं० : 104



राष्ट्रीय स्वास्थ्य मिशन
स्वास्थ्य एवं परिवार कल्याण विभाग, हिमाचल प्रदेश



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