



NHMHP-NCD02016/1/2019-NCD-{e-12406}-  
National Health Mission 868  
Himachal Pradesh



### Notification

In continuation of this office letter of even no. 10717 dated 29.08.2023 (copy enclosed) regarding notification and revised guidelines of Nirog Clinics.

In this regard, Nirog Clinics in the following Health Institutions/Adarsh Swasthya Santhan of Himachal Pradesh are hereby notified:-

District	Sr. No.	Name of the Health Institution/ Adarsh Swasthya Santhan
Bilaspur	1	CH Ghumarwin
Chamba	2	CH Chawari
Kangra	3	CH Nagrota Bagwan
	4	CH Shahpur
	5	CH Nurpur
	6	CH Jawali
	7	CH Baijnath
	8	CH Jaisingpur
Kullu	9	CH Manali
Mandi	10	CH Joginder Nagar
	11	CH Sarkaghat
	12	CH Karsog
	13	CH Dharmampur
Shimla	14	CH Theog
	15	CH Sunni
	16	CHC Kothkhai
Sirmaur	17	CH Shillai
Solan	18	CH Arki
	19	CHC Dharampur
	20	CH Baddi
Una	21	CH Haroli

These newly notified Nirog Clinics would soon be manned with one Staff Nurse and one Data Entry Operator on outsource basis. Further, the working of these Nirog Clinics will be the same as mentioned in the above referred letter.

Yours faithfully,

Mission Director  
National Health Mission





Endst. No. as above  
Copy to:-

dated: - Shimla-9, the

1. The Secretary (Health) to the GoHP, Shimla-2 for information, please
2. The Director Health Services, Shimla-9 for information, please
3. The Director, Medical Education, Shimla-9 for information, please.
4. All the Chief Medical Officers, Himachal Pradesh for information and necessary action, please.
5. The Medical Superintendent, CH Nurpur for information and necessary action, please.
6. The Joint Controller, National Health Mission, H.P. for information, please
7. The District Programme Officer, NCD for information and necessary action, please.

Mission Director  
National Health Mission

1	CH Nurpur	1
2	CH Nurpur	2
3	CH Nurpur	3
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20	CH Nurpur	20
21	CH Nurpur	21





(e-12406) NHMHP-NCD0GEN/20/2019-NCD-NHM  
 National Health Mission,  
 Himachal Pradesh, Shimla-9

10717



To

1. All the Chief Medical Officers,  
In Himachal Pradesh
2. The Principals, Medical College DYSPMC, Nahan and  
Dr. RKGMC, Hamirpur.
3. The Medical Superintendents,  
RH Chamba, DDU Shimla, DH Hamirpur, DH Sirmour, CH  
Rohru and RH Keylong, Lahual & Spiti

Dated, Shimla -17/009

the

Subject: Regarding notification and revised guidelines of Nirog  
Clinics.

Sir,

This is in continuation to letter No. NHMHP-  
NCD0GEN/20/2019-NCD-10334 dated 16.12.2020.

It has now being decided to further establish Nirog Clinics in  
the following Health Institutions of the State.

1. RH Chamba
2. Deendyal Upadhyay Zonal Hospital, Shimla
3. DH Hamirpur attached to Dr. RKGMC
4. DH Nahan attached to Dr. YSPGMC
5. CH Rohru
6. RH Keylong, Lahaul & Spiti

These would be in an addition to already notified Nirog Clinics  
vide Notification 16.12.2020 mentioned about. The newly notified Nirog Clinics  
would soon be staffed by one Staff Nurse and one Data Entry Operator by NHM  
through outsource basis.

The working of the Nirog Clinics would now be as follows:

1. The Medical Superintendent/Incharge of the Health institution will provide a  
room preferably near the OPDs for the Nirog Clinics.
2. The Nirog Clinics would be manned by one MBBS doctor who would be  
trained by NHM in NP-NCD Program, if not already done. The Nirog Clinic  
will be further manned by one Staff Nurse and one Data Entry Operator  
provided by NHM on outsource basis. It is mandatory that the Staff Nurse and  
the Data Entry Operator will remain present at all times in Nirog Clinics  
during the working hours of the Health Institution. They will not be assigned  
any other duties without approval of the Mission Director, National Health

*(Signature)*




Mission.

3. All the patients who are coming to general OPD and medicine OPD must first come to the Nirog Clinic. The Medical Superintendent/Incharge would be responsible to put in such a mechanism in place.
4. The Data Entry Operator will create ABHA ID's of all the patients attending the Nirog Clinic and seed the same on the NP-NCD portal. He/She will also administrator the CBAC form to the patient electronically. Subsequently, the Medical Officer/Staff Nurse would measure the Blood Pressure and Random Blood Sugar of the patient. The Medical Officer/Staff Nurse also must screen the patients for Oral, Breast and Cervical Cancer in the Nirog Clinic itself.
5. The Medical Officer/Staff Nurse would direct the patient to the specialist OPD or general OPD as required or as the patients desired. The patient would be asked to go to ENT Specialist/Dental Surgeon/OBG Specialist/Surgeon in case any of the three cancers i.e. Oral Cancer, Breast Cancer or Cervical Cancer are suspected.
6. The patient would be advised to report back to the Nirog Clinic after visiting the OPD(s) and would be conveyed that he/she will get monthly requirement of drugs from the Nirog Clinic itself. The patients requiring Chemotherapy would be administered Chemotherapy by the Medical Officer and the patient may be admitted in the Medical ward for the same. The Medical Specialist would also oversee the administration of Chemotherapy to the patient.
7. The Staff Nurse would dispense the medicines prescribed to the patient which are available in the Health Institution. A store would be created on DVDMS by the name of Nirog Clinic and store of the Health Institution would issue drugs to the Nirog Clinic which are indented by them.
8. The Medical Officer/Staff Nurses would counsel the patient on Life Style Modification (LSM) and the importance of regular follow-up. They will also give the next date of follow-up.
9. All the required data of each patient would be updated on the NP-NCD portal by the Staff Nurse/Data Entry Operator.
10. The Data Entry Operator of Nirog Clinic posted at District level Health Institution will also assist the District Programme Officers (NP-NCD) in preparing the monthly report are Form 5A and 5B.

29 AUG 2023

Endst. No. As above

Copy forwarded for information.

  
 Mission Director (NHM),  
 Himachal Pradesh, Shimla-9  
 Dated Shimla-9. The

1. The Additional Secretary –cum- Mission Director, Govt. of India, Ministry of Health & Family Welfare Nirman Bhavan, New Delhi.
2. The Secretary (Health) Govt. of HP.
3. The Director of Health Services HP.
4. The Director of Medical Education HP.
5. The Executive Director, National Health Systems Resource Centre, New Delhi.

  
 Mission Director  
 National Health Mission  
 H.P. Shimla-171009





**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.

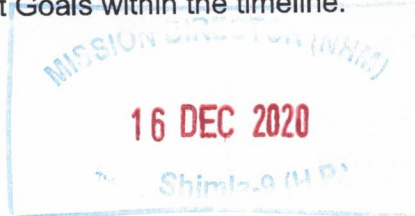
The staff nurses will work exclusively in the Nirog clinics and will be trained in the concerned specialty by the trained Medical Officer. The staff nurse will assist the trained MO in all procedures like chemotherapy, COPD care, Palliative care, Cancer screening (Cervical, breast and oral mainly) and 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