

NURTURING HEALTH

A monthly newsletter of SIFPSA capturing Innovative Projects and Human Interest Stories

July 2014, Volume - 2

State Innovations in Family Planning Services Project

Agency (SIFPSA) has been a joint venture of Government of India, USAID and Government of Uttar Pradesh for implementing the Innovations in Family Planning Services (IFPS) project in the state. In two decades of successful implementation, SIFPSA making its mark in the global arena, continues carrying out innovative strategies and best practices in the field of Family Planning and Reproductive & Child Health.

Nurturing Health is an attempt to share with its readers, the innovative projects and programs that SIFPSA undertakes and best practices/ success stories emerging from them. It also intends to capture various human-interest stories emerging from the fields, facilities and communities that SIFPSA projects serve.

.....From the Editor's Desk



After successful launch of the first edition of Nurturing Health, I am happy to present the second edition of the Newsletter. This month's edition carries articles on two important innovative projects that SIFPSA has undertaken in recent years, one being the recently announced Hausala Training Centres (HTC) Program, an attempt by SIFPSA to revamp the capacity of the state to provide high quality clinical trainings to medical doctors and para-medical staff of the public health sector in family planning. Almost a decade old facility based clinical training centres (FBCTCs), now called HTCs, have been comprehensively strengthened in terms of manpower, curriculum, infrastructure and other resources needed to deliver high quality clinical trainings, both class room based as well as hands-on practical training, in the state. SIFPSA, in an attempt to make these clinical trainings available at the nearest point of posting, has launched 25 more HTCs, including district women hospitals and medical colleges, to have a total 35 functional HTCs in the state. This, I believe, will go a long way in creating a cadre of highly skilled medical professionals on various clinical family planning methods in the state. The spared capacity of these HTCs will also be used to train medical doctors from the private sector hospitals accredited under GoUP's Hausala Sajheedari Program for family planning.

SIFPSA, with a vision to empower women to become aware of their health care needs and create opportunities to access preventive health care services, has partnered with National Health Mission and Population Services International to start a program called Sampoorna Clinic, a dedicated program for women's health at select District Women Hospitals and CHCs in the state. Sampoorna fills an important health care gap to address, hitherto ignored, health issue of non-communicable diseases (NCDs) amongst women, with special focus on 'screen and treat' program for cervical cancer and multiple other NCDs. After a successful pilot in 5 districts, the Sampoorna project has been scaled up to 28 districts in the state. The current edition of 'Nurturing Health' carries a brief report on Sampoorna Clinics, launched in the state by Hon'ble MP Mrs. Dimple Yadav in December 2013.

We look forward to your views and suggestions on our efforts of bringing before you some of the cutting-edge programming innovations that SIFPSA is spearheading in the state. Do send your views and comments at editornh@sifpsa.org

Alok Kumar, IAS
Executive Director, SIFPSA



News in brief...

- SIFPSA participates in the UPHPF meet - The Uttar Pradesh Health Partners' Forum (UPHPF) is a vibrant informal consortium, providing a common platform for discussions, dialogue and partnership between the health department represented by the national health mission, directorate of family welfare, SIFPSA and senior representatives of over 25 international and national level development agencies working in Uttar Pradesh. The last meeting of HPPF, chaired by the Mission Director- NHM, was held on May 25, 2014 at Lucknow. SIFPSA, on similar lines, has decided to constitute and convene District Health Partners' Forum in all the districts of the state.
- June 25, 2014, a day of achievements for SIFPSA - During the orientation workshop of DMs and CDOs from 25 districts on health schemes and various interventions/initiatives by GoI/GoUP, SIFPSA on June 25, 2014, not only witnessed the launch of mSehat website, www.mSehat.org, by the Chief Secretary- GoUP, but also the release of ASHA Newsletter and three brochures namely mSehat-A new dawn, Sampoorna Clinics-Paving the way to good health and Striking a chord- Sehat Sandesh Wahini, developed, designed and printed by SIFPSA.

Hausala Training Centres: Augmenting Skills, Assuring Quality

Commended for innovations in the field of family planning, SIFPSA has made yet another significant contribution by developing the district hospitals across the state as facility based clinical family planning training centres, recently rechristened 'Hausala Training Centres', strengthening the health infrastructure in Uttar Pradesh in a big way.

SIFPSA has been in the forefront of bringing global best practices to clinical family planning services by way of establishing centres of excellence and decentralized training centres across the state. Clinical Family Planning activities are vastly supported by SIFPSA in Uttar Pradesh. Currently there are 10 facility based family planning training centres, spread across ten districts namely Agra, Allahabad, Azamgarh, Meerut, Moradabad, Mirzapur, Saharanpur, Kanpur Nagar, Jhansi & Varanasi, representing all four regions of the state.



These centres were established as Divisional Clinical Training Centres (DCTC), way back in 2008-09 by SIFPSA in District Women Hospitals, which led to a complete overhaul of the hospitals in terms of infrastructure, manpower, equipment, repair of operation theatres and establishment of training halls, in order to facilitate quality trainings. SIFPSA has also constantly been making concerted efforts to strengthen clinical skills of service providers posted in public health institutions ranging from district women hospitals to community health centres, primary health centres and subcentres for clinical FP services in the state.

The trainers for different family planning techniques were trained at Medical Colleges for passing on the high quality technical and clinical skills from the academic institutions to the divisional training centres. Specialized trainings were imparted to develop a pool of trainers at these DCTCs for Laparoscopic and Minilap sterilization techniques, no touch IUCD insertion technique and PPIUCD insertions. These 10 centres have been successfully delivering various trainings, to fulfill the mandate of one service provider in female sterilization at the block level and one IUCD provider up to the subcentre level. Series of induction trainings were provided to doctors and staff nurses in Minilap, Lapro, IUCD and PPIUCD techniques, which resulted in creating a large pool of service providers. Over 4000 doctors and paramedics have been trained in various family planning techniques since inception.

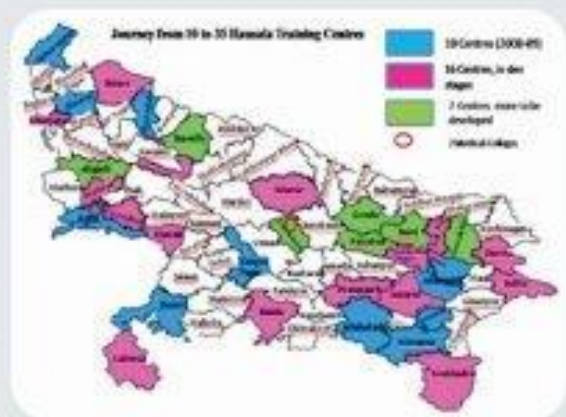
SIFPSA played a definite role in quality assurance, ensuring that trainings were imparted as per set standards. In due course, National Health Mission, recognizing the potential, initiated the funding support of the 10 training centres to continue trainings planned under NHM. SIFPSA re-established its support to the already established ten centres in financial year 2015-16 in terms of manpower strengthening, program administration and other logistical support, facilitating various NHM funded clinical FP trainings. SIFPSA has also been facilitating training needs of the private sector providers supported by various development partners like PSI, MSI and HLFPT in different techniques of Family Planning to encourage private sector contribution to FP2020 goals for the state.



Responding to the Government of India expectations of establishing one comprehensive training centre in each district, SIFPSA in 2016 has also initiated the strengthening of 16 additional district level hospitals that include district women hospitals and combined hospitals as facility based training centres for conducting various clinical family planning trainings. Considering the state requirement, first a preliminary assessment, including delivery load, FP performance for sterilization, available manpower, availability of trainer, space and willingness, was done by the divisional project managers of 18 divisions in consultation with concerned CMSs of district women/combined hospitals. The 16 districts are Firozabad, Pratapgarh, Ballia, Lalitpur, Etawah, Ghaziabad, Sonbhadra, Bijnor, Jaunpur, Badaun, Sant Kabir Nagar, Banda, Ambedkar Nagar, Deoria, Hathras and Sitapur representing 16 divisions of the state.

SIFPSA is committed to providing continued technical assistance in managing and strengthening family planning trainings in the state. In addition to the 10 already functional training centres and 16 new training centres, SIFPSA is now in the process of establishing seven more training centres at DWHs (Gonda, Bareilly, Basti, Gorakhpur, Lucknow, Aligarh and Faizabad) and also strengthening two medical colleges namely OBGY Department- KGMU, Lucknow and SN Medical College- Agra for technical support of these centres, thus covering all 18 divisions of Uttar Pradesh and making the training courses accessible to providers nearest to their place of posting.

The sensitization and review meeting of the heads of the 35 training centres (10 old, 16 new and 9 upcoming) at SIFPSA on June 16 and 17 2016 saw the rechristening of the facility based clinical training centres (FBCTCs) in the state as 'Hausala Training Centres' (HTCs), by the Executive Director SIFPSA. SIFPSA targets at fully established and operational 35 HTCs in FY 2016-17.



SIFPSA does complete handholding of the clinical centres, following definite systems to foster the new centres through detailed orientations and trainings, providing standardized training material, formats and protocols and also carrying out regular monitoring. SIFPSA being the nodal agency for clinical family planning trainings, supports the state by sharing the database and reports of trainings conducted at the Hausala Training Centres with the Directorate of Family Welfare and NHM on regular basis. Post trainings, SIFPSA also supports the newly trained providers at their worksite, building conducive environment for site readiness for delivering quality services.

Government of India has recently incorporated three new contraceptive methods i.e. Injectables, Progestron only pills & Centchroman, and free supply is expected in the year 2016-17. In addition to the other trainings, the HTCs will also focus on capacity building of service providers (Doctors, Staff Nurses & ANMs) for the new contraceptives methods and creating widespread information among various categories of service providers for increase in uptake of services and trainings of ANMs & SNs for service delivery.

SIFPSA also aims at strengthening the system of periodic reviews of family planning performance in the state.

SIFPSA stands committed to ensuring affordable quality family planning services to all individuals- as per their choice and within their reach. Capacity building in the form of technical support, clinical trainings and mentoring activities offered through HTCs will go a long way in realizing this commitment.

Sampoorna Clinics: Paving the way to good health

Non-communicable diseases (NCDs) are currently responsible for over 60% of global deaths causing major public health challenges to the world. NCDs threaten economic and social development causing high morbidity and mortality which adversely impact human productivity and health care expenditure. Amongst women, NCDs like cervical cancer and breast cancer contribute to the maximum burden of disease and death in India. Although the breast cancer is the commonest cancer among women in India, India reports an alarming rate of death due to cervical cancer, with one woman dying every 8 minutes.

Sensitive to the healthcare needs of women, the Government of Uttar Pradesh launched the Sampoorna Project in the year 2015 as a unique initiative dedicated to screening and treating women for all major non-communicable diseases.

The project "Sampoorna" launched under the umbrella of National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Disease and Stroke (NPCDCS) brings forth the preventive approach towards the non-communicable diseases (NCDs) in women. The project not only aims to screen for diseases but also makes women aware about life style modifications and screening approaches which are important for prevention of NCDs including cervical and breast cancers. Women are pivots of the families, hence educating them and taking care of their health will definitely improve the family's health and will shift community's perspective from curative health care to preventive health care.

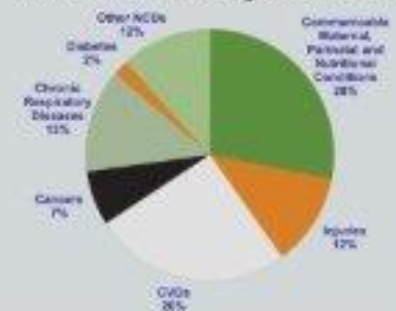
Project Vision

Empower women to become aware of their health care needs and create opportunities to access preventive health care services.

Project Mission

Motivate women to seek knowledge about their own health care needs, to provide them access to screening services for Non Communicable Diseases, appropriate counseling and management, so that they can get screened before occurrence of diseases. This will benefit not only women but also families and community at large for achieving health, thereby reducing expenditure on health care.

World Health Organisation:



NCDs are estimated to account for 60% of total death

Institute of cytology and preventive oncology, India:

- Cancer is the second most common cause of death in India (after cardiovascular disease).
- More women in India die from cervical cancer than in any other country. One woman dies of cervical cancer every 8 minutes in India.
- Breast cancer is the most common cancer in women in India and accounts for about a quarter of all cancers in women in Indian cities.





The project was initially launched in five districts to pilot the proof of concept and document learning for scale up. It has now been expanded to additional 23 districts in the state. Under this Project, "Sampoorna clinics" have been established at district women hospitals and selected community health centres for screening and management of Diabetes, Hypertension, Cardio Vascular Diseases, Cervical Cancer and Breast Cancer amongst women aged 30-60 years. The clinics are being

operationalised by a team of trained female health care providers, to serve women with utmost privacy and belongingness. Training sites have been established at Medical Colleges for capacity building of different health care professionals on screening techniques and management of the diseases covered under the project.

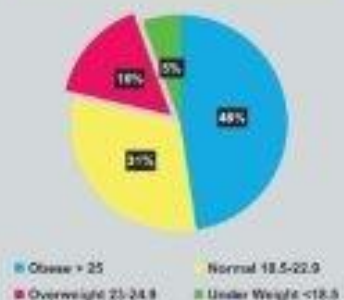
To roll out the program, a Memorandum of Understanding has been signed between National Health Mission, State Innovations in Family Planning Services Agency and Population Services International, India, wherein NHM supports with the funds, SIFPSA leads implementation and PSI provides technical support.

Initial Results -

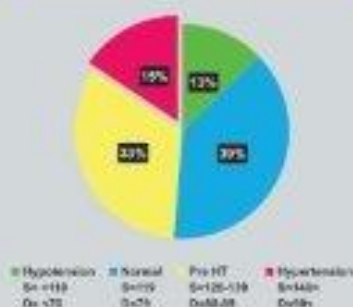
Over 15000 women have availed screening services in Sampoorna Clinics for various non communicable diseases till now.

Obesity is a high risk factor for cardiovascular diseases, hypertension and diabetes. In Sampoorna clinics obesity is measured through Body Mass Index. All the women falling under the criteria of obesity and overweight are counselled for life style management i.e. nutritious and low fat diet and regular exercise.

BMI-Obesity in Females

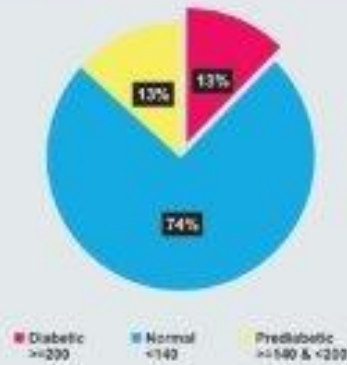


Blood Pressure



Blood pressure of all the clients is measured to identify hypertensive and prehypertensive clients. Pre hypertensive clients are counselled for improvement in life style so that disease can be prevented. These clients are asked to come again for checkup after 3 months to see if counselling was effective. If the client remains in the prehypertensive range she is counselled again and if she turns out to be hypertensive, she is referred for treatment.

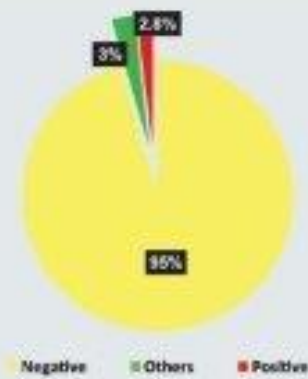
Diabetes



factors for cardiovascular diseases.

Out of total 14500 screened cases for cervical cancer, 2.8 %

VIA-Screening

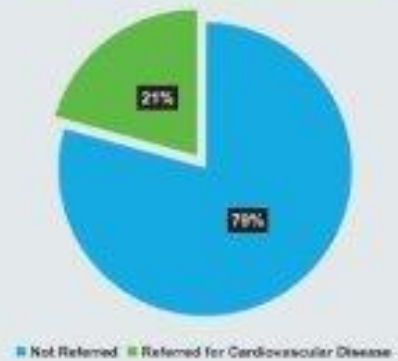


capacity of the health care system to prevent, treat, manage and refer women for a range of non communicable diseases (NCDs).

For diabetes, Random Blood Sugar of all the clients is measured and if found more than 140mg/DL, fasting and PP blood sugar are checked to identify prediabetic and Diabetic cases. Prediabetic cases are counselled to change their life style and called for follow up after 3 months to assess the impact of counselling. If the client is not following the advice she is again counselled. Overt cases are referred to NCD clinic for treatment.

Prevention of Obesity, hypertension and diabetes is important because they are risk

Referred for further investigations of CVD



were found positive which means they had lesions in the cervix which could have developed into cervical cancer in future. These cases were

treated with cryo therapy or they were referred to the medical colleges for treatment. There has never been a more important time to strengthen the state's capacity to prevent and treat noncommunicable diseases (NCDs). The Sampoorna Project is a unique initiative of the Govt. of Uttar Pradesh, empowering women with awareness of their health care rights and strengthening

Graffiti

उफनती साँसे

भीड़ के ढेर पर उफनती साँसे, दबते लोग घुटता दम,

पल-पल दर्द, हँसी को तरसते, आँखें क्यों हर क्षण नम।

ने नक्शा मेरे वतन का, कब सुधरेगा कब सुनेगे जन,

आवादी के विस्फोटक ढेर पर बैठ, कैसे ढकेंगे भूखों के तन मन।

जाग ऐ इंसान बचा हिंदुस्तान, मर्यादा रख बना सीमित परिवार,

सुखी हो भारत का हर कण और जन।

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