

# Newsletter

(April-August 2019)

## Directorate of Health Services Campal-Panaji-Goa







SEPTEMBER 6, 2019

**DR. PRAMOD SAWANT**  
CHIEF MINISTER, GOA

### *Message*

The Directorate of Health Services has an important role to perform in the Administration as far as health systems & services are concerned. It seeks to provide preventive, promotive, curative and rehabilitative health services to the people through primary health care approach which has been accepted as one of the main instruments of action for development of human resources, accelerating the socio-economic development and attaining improved quality of life.

I am very happy to know that the Directorate of Health Services is publishing 'NEWSLETTER' to provide information which will enable the public to know the various Programmes, activities and services available under DHS.

I hope the publication will highlight the activities of all the units/Programmes under DHS.

I congratulate the Department for bringing out this publication and offer best wishes to them.

**Dr. Pramod Sawant**  
Chief Minister of Goa



**Shri. Vishwajit P. Rane**  
Minister for Health

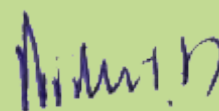
### *Message*

Socio-economics in industrial development, together with lifestyle changes, have resulted in a big shift of disease pattern from communicable to non – communicable diseases.

This calls for a paradigm shift from curative to preventive approach to disease, both at individual and population level. The approaches of health promotion empower the common man to take well informed and rational decisions about the health. The need of the hour is effective communication for awareness generation and enhanced community engagement using locally available resources, backed with healthy policies.

To achieve this, the newsletter being published by Directorate of Health Services is a good initiative. I am confident that it will disseminate adequate health information and will effectively respond to needs of common citizen.

My best wishes to one and all in the Health Department.



**Shri. Vishwajit P. Rane**  
Minister for Health, Industries, Trade  
& Commerce, Women & Child  
Development and Skill Development



**Shri. J. Ashok Kumar, IAS**  
Secretary to Chief Minister  
Secretary (Health)

GOVERNMENT OF GOA  
MINISTERIAL BLOCK, SECRETARIAT,  
PORVORIM-GOA-403 521  
TEL.: 0832 2419507 / 2419508  
Email ID: [sect-cmo.goa@nic.in](mailto:sect-cmo.goa@nic.in)



SEPTEMBER 6, 2019

### *Message*

Goa has outstanding health indicators and good infrastructure at the tertiary, secondary & primary level accessible to all remote areas.

The maternal, child and adolescent health services are strengthened, which has helped us in reducing IMR and MMR.

The other programs such as NCDC, RNTCP, NVBDCP, IDSP, and NBCP have also put efforts to meet the challenges at par with developed countries.

The Quality is the core and most important aspect of services being rendered at any health facility. Protecting the dignity and rendering timely services with competency to the clients is our moral duty. Implementing quality guidelines which are prudent mix of technical, infrastructure and clients will help us in achieving our desired outcomes. Under Quality assurance, internal assessments are conducted every quarter since 2016. State level assessments are done yearly.

I congratulate the team of Directorate of Health Services for publishing thoughtful and thought-provoking issue.

(Shri. J. Ashok Kumar, IAS)



**Dr. Jose O.A. D'sa**  
Director of Health Services

### *From Directors Desk*

Health is embedded in the growth story of development for all. A persistent challenge of Health System is ensuring skilled human resources.

The Health services as it is called today, has a deep and penetrative network of hospitals and health centres accessible to every house in Goa. The Health Services takes each and every National and state Health related programmes to the door step of the common man. It is essential step to move forward towards Universal Health coverage.

AYUSHMAN BHARAT is the Hon. Prime Minister's Initiative to deliver comprehensive health care to each citizen of India. From Womb to Tomb, from a newborn to old age, from rural to urban is the quest of the DHS.

Special focus groups like RMNCH+A delivers continuum of care through the five thematic areas of Reproductive, Maternal, New born, Child and Adolescent Health.

In our quest for comprehensive care, Goa runs an unique program for testing all newborns in public health facilities for all inborn errors of metabolism. This initiative helps in reducing infant mortality.

With pride we say that our maternal health services have been strengthened and for this year the maternal deaths have reduced to 4 for a population of 15 lakh. Goa is the only state where institution deliveries are 98% a commendable achievement. Further under the JSSK Scheme a new mother and infant does not incur any out of pocket expenditure.

The DHS strives to deliver not only curative health but through its Health and Wellness initiatives attempts to create a healthy society in Goa. The AYUSH program provides an important supportive and wellness role in Goa.

## From Directors Desk

PMJAY ensures and provides health insurance to the needy to bridge the infrastructural and technical gap so that each individual could avail best of healthcare in public or private sector based on the health insurance ideology.

Goa's own Mediclaim and DDSSY scheme has been hugely appreciated nationwide for its unique vision and service.

Public health in Goa draws its strength from a robust health network and educated and aware citizens. Hence today we focus on Non communicable illnesses like the western world. Our foray into this area has a few first. We are one first state to have a diabetic registry. We operate on a STEMI platform to prevent Cardiac and related deaths. STEMI initiative has been one of the best practices replicated in other states.

The state of Goa is on front foot to eliminate Filariasis and Malaria. Communicable diseases like leprosy and TB are well under control. IDSP conducts the surveillance mechanism and monitors the trends for effective and timely interventions.

The rise of cancer cases are being dealt aggressively with the focus on early identification. Our community teams work hard to detect early cancer. Advanced cancer Pts tribulations are handled with an appropriate palliative care. The state of Goa has specifically aimed programs like District Mental health Program, Drug treatment program for hard drug users and a focused composite geriatric health program. Further we also have a strong blindness and deafness control program under the aegis of Non-communicable Diseases.

Goa therefore is effectively poised at a robust, comprehensive, collaborative, and composite health care programs for the benefit of the citizens of Goa.

This newsletter is the first in its series to inform the public at large and others in particular, the humongous state health initiatives undertaken with the able guidance of the Govt. of Goa and its administrative system.



**Dr. Jose O.A. D'sa**  
Director of Health Services



### About NHM

The National Health Mission (NHM) encompasses its two Sub-Missions, the National Rural Health Mission (NRHM) and the National Urban Health Mission (NUHM). The main programmatic components include Health System Strengthening, Reproductive-Maternal-Neonatal-Child and Adolescent Health (RMNCH+A), and Communicable and Non-Communicable Diseases. The NHM envisages achievement of universal access to equitable, affordable & quality health care services that are accountable and responsive to people's needs.

### HM Framework for Implementation

Continuation of the National Health Mission - with effect from 1st April 2017 to 31st March 2020 has been approved by Cabinet in its meeting dated 21.03.2018.

### **NHM has six financing components:**

- (i) NRHM-RCH Flexipool,
- (ii) NUHM Flexipool,
- (iii) Flexible pool for Communicable disease,
- (iv) Flexible pool for Non communicable disease including Injury and Trauma,
- (v) Infrastructure Maintenance and
- (vi) Family Welfare Central Sector component.

### VISION

- To provide effective healthcare to rural population throughout the country.
- To undertake architectural correction of the health system to enable it to effectively handle increased allocations and promote policies that strengthen public health management and service delivery in the country.
- Effective integration of health concerns through decentralized management, with determination of health like sanitation and hygiene, nutrition, safe drinking water, gender and social concerns.
- To improve access to rural people, specially poor women and children to equitable, affordable, accountable and effective primary health care.

### GOALS

- To improve the availability and access to guaranteeing quality primary health care for all, especially for those residing in rural areas, the poor, women and children which is affordable, accessible & accountable.
- To provide quality health care at door steps by providing platform for involving panchayati Raj, community, etc.

### OBJECTIVES

- Reduction in child, Maternal Mortality & TFR.
- Prevention and control of communicable and non-communicable diseases, including locally endemic diseases.
- Population stabilization, gender and demographic balance.
- Promotion of healthy lifestyles.

### FOCUS

- Decentralized management
- Sanitation & hygiene
- Nutrition
- Safe drinking water
- Gender and social concern
- Capacity building

### EXPECTED OUTCOME

- Reduction, prevention & control of IMR, MMR, TFR, Malaria Mortality, Kala Azar Mortality, Filariasis/ Microfilaria, Dengue, Leprosy, tuberculosis DOTs series, Cataract operations



SFWB caters to the 6 components under the RMNCH+A strategy ie. Reproductive Health, Maternal health, Neonatal health, Child health & Adolescent health and the PC PNDT Act. It is a comprehensive sector wide flagship programme under the umbrella of Govt of India's National Health Mission to deliver the RMNCH+A targets in order to bring down maternal and infant mortality in the Nation.

### INTENSIFIED DIARRHOEA CONTROL FORTNIGHT

IDCF was celebrated by organising the following activities at State, District and Peripheral level from 17th-28th June 2019:

- State function was conducted at SDH, Ponda. Hon'ble Minister for Art and Culture, Shri. Govind Gaude attended function as a chief guest.
- District level activities conducted in both District Hospitals
- Established exhibition stall on IDCF at SDH/ PHC Ponda and PHC Dharbandora
- Talk & Handwashing demonstrations in VHNDs, Schools, PTA meetings, Immunization sessions, OPDs etc
- Special programmes in migrant/ slum areas
- Establishment of ORS/ Zinc Corners
- Trainings for AWWs/Health staff/ GPS Teachers/ VHSNC members etc
- Various competitions for staff/ students etc
- Skit performance at various places
- Distribution of ORS packets to under 5 children
- Programmes on TV/ Radio
- Audio/Visual display on TV installed at OPDs/ Wards in various health facilities
- Display of posters in AWCs, Schools, Health facilities etc
- House to house visits.



Competitions like **Essay writing & Best IEC activities** were organised at State level. The following Winners were felicitated with trophies, certificates and cash prize at state function

#### Best IEC activities on IDCF

- CHC Pernem
- PHC Ponda
- UHC Panaji
- CHC Curchorem
- PHC Aldona
- PHC Betki
- CHC Valpoi
- CHC Canacona

#### Essay writing competition

- Hospicio Hospital, Margao
- Sub District Hospital, Ponda
- Dr. Dhanashree Bakle, PHC Ponda
- Smt. Suman Madkaikar, LHV PHC Corlim
- Chaya Chari, MPHWP, PHC Sanguem



## WORLD BREASTFEEDING WEEK & MAA

1<sup>st</sup>-7<sup>th</sup> August 2019



Ministry of Health & Family Welfare has launched Mothers Absolute Affection (MAA) Programme to improve breastfeeding coverage and appropriate Infant and Young Child Feeding (IYCF) practices also 1<sup>st</sup> week of August is observed as a World breastfeeding Week.

In view of the above the following IEC activities to create large scale awareness for the same is created at State, District & Peripheral level.

- **State level:** State function held at PHC Aldona. Hon'ble MLA, Shri. Glen Ticlo was the chief guest. Activity: Inauguration of exhibition stall, formal function, release of posters, skit etc.
- Competitions for best IEC activities in private hospitals & establishment of breastfeeding corners in Health Facilities were organised by SFWB
- **District Level:** District functions were organised at 2 DHs & 2 SDHs by conducting various activities like talk, trainings, demonstrations, competitions, exhibitions, counselling, skit, dance etc.
- **Peripheral Level:** Various health units have conducted different IEC activities like talk, demonstrations, distribution of leaflets, display of posters, competitions, counselling, motivation, rallies etc.



Breastfeeding corner



Exhibition

hand painting



Curtain designing



## WORLD POPULATION DAY

11<sup>th</sup> July 2019



जिम्मेदारी निभाओ  
प्लान बनाओ

The celebration of **World Population Day 2019** is observed over a month long period, comprising of '**Mobilisation Fortnight**' (27th June to 10th July 2019) and '**Population Stabilisation Fortnight**' (11th to 24th July 2019). Theme: "परिवार नियोजन से निभाएँ जिम्मेदारी, माँ और बच्चे के स्वास्थ्य की पूरी तैयारी". The various awareness activities were conducted at the State, District & Peripheral levels.

- **State Function:** In collaboration with Goa Science Centre & Planetarium, Miramar conducted essay elocution competition for students of High School/ higher Secondaries. More then 300 students & participated.
- **District & Peripheral activities:** IEC activities like talk, demonstration, rallies, exhibition stalls, competitions, motivation, counselling, distribution of leaflets, display of posters, establishment of basket of choice etc were done in VHNDs, OPDs, schools, AWCs etc.



## STATE INSTITUTE OF HEALTH & FAMILY WELFARE (SIHFW)

The State Institute of Health and Family Welfare based in renovated, Old Heritage building of the Asilo Hospital-Mapusa.

The SIHFW is the state's Premier institution for teaching and training. All Public health related trainings of various health programs are being conducted since July 2019.

The SIHFW is being commissioned with state of the art audio and Video equipments for this endeavour.

The Institute has 4 large halls wherein trainings for 40 to 80 people can be undertaken at any given time. Further it will have a full fledged Computer Lab for online training. The Audio Visual Room will be equipped with state of the art video conferencing and remote teaching learning projects, programs and courses.

The SIHFW plans to have a digital library for learning. The institute operates From Monday to Friday 9.30 to 5 pm.



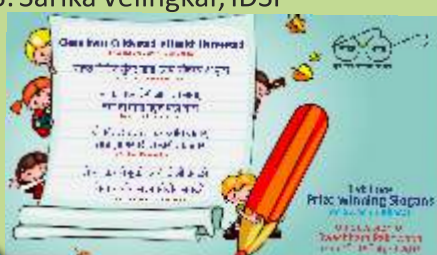
## SWACHHATA PAKHWADA (1<sup>st</sup>-14<sup>th</sup> April 2019)

The following State level competitions for the employees of Directorate of Health Services to create awareness/ motivate employees/ visitors/ people etc about the importance of cleanliness:

- Swachhata Challenge
- Bag making competition (Best out of waste)
- Slogan competitions

The following are the winners who were felicitated in state level function

- **Swachhata Challenge:** 1st prize- S/C Haveli Curti under PHC Ponda; 2nd Prize- PHC Sanguem; 3rd Prize- Shobha Hanchinmani, SFWB.
- **Slogan Competitio:** 1. Dr. Nelliksha Gomes, NGDH-Mapusa; 2. Dr. Aditye Barve, PHC Aldona; 3. Sarika Palni, PHC Aldona; 4. Dr. Sonia Kanekar, PHC Shiroda; 5. Anamika Gaonkar, SDH Ponda; 6. Assucena M. Fernandes, NGDH Mapusa; 7. Dr. Amira, PHC Aldona; 8. Neha Warang, PHC Aldona; 9. Dr. Preetam Naik, PHC Aldona; 10. Mihir Khorjuemkar, PHC Aldona; 11. Amey Kavlekar, SDH Ponda; 12. Dr. Geetanjali Naik, SDH, Ponda; 13. Sanika Chodankar, UHC St. Cruz; 14. Shankar Naik, ADM Section; 15. Shri Raju Ghatwal, PHC Betki
- **Bag Making Competition:**
  1. Shamlata Dangui, MSD
  2. Kavita S. Gaonkar, NVBDCP
  3. Sarika Velingkar, IDSP





### IMMUNIZATION

o Expanded Programme on Immunization was launched in 1978. It was renamed as Universal Immunization Programme (UIP) in 1985 when its reach was expanded beyond urban areas. In 1992, it became part of Child Survival and Safe Motherhood Programme and in 1997 it was included in the ambit of National Reproductive and Child Health Programme. Since the launch of NRHM in 2005, Universal Immunization Programme has always been an integral part of it.

o (UIP) is one of the largest public health programmes targeting close of 2.67 crore newborns and 2.9 crore pregnant women annually.

o It is one of the most cost-effective public health interventions and largely responsible for reduction of vaccine preventable under-5 mortality rate.

o Under UIP, immunization is providing free of cost against 12 vaccine preventable diseases:

o Nationally against 9 diseases - Diphtheria, Pertussis, Tetanus, Polio, Measles, Rubella, severe form of Childhood Tuberculosis, Hepatitis B and Meningitis & Pneumonia caused by Hemophilus Influenza type B

o Sub-nationally against 3 diseases - Rotavirus diarrhoea, Pneumococcal Pneumonia and Japanese Encephalitis; of which Rotavirus vaccine and Pneumococcal Conjugate vaccine are in process of expansion while JE vaccine is provided only in endemic districts.

o A child is said to be fully immunized if child receives all due vaccine as per national immunization schedule within 1st year age of child.

o The two major milestones of UIP have been the elimination of polio in 2014 and maternal and neonatal tetanus elimination in 2015.

#### *Rotavirus Vaccine Introduction*

Diarrheal diseases are the leading cause of childhood mortality globally as well as in India. Diarrhea is responsible for about 9% of under-five deaths globally and 10% under five deaths in India. Available data indicates that Rotavirus is responsible for nearly 40% of moderate to severe diarrhea in under-five children amounting to 32, 70,000 outpatient visits, 8, 72,000 hospitalizations and 78,000 deaths annually in India. In this regards, the Goa has introduced RVV in UIP. The following activities were conducted:

- State level launch and ToTs for Rotavirus vaccine introduction was held at Hotel Fidalgo, Panaji on 10th -11th June 2019 in the presence of Hon'ble Minister for Health, Shri. Vishwajit Rane; Dr. Pradeep Halder, Dy. Commissioner (Immunization), Ministry of Health & Family Welfare, New Delhi, & others.
- Media Sensitization Workshop
- Printing & launch of IEC material
- IEC activities at peripheral level
- Distribution of vaccine.
- State & peripheral launch on same day i.e 25<sup>th</sup> July 2019



#### Launch of Rota Virus Vaccine Introduction



Directorate of Health Services, Goa has introduced Rotavirus Vaccine in Universal Immunization programme. The above photographs are 1. Launch at the hands of HM by administering RVV to child 2. Hon'ble HM addressing public 3. Launch of booklets, Posters etc



**Malaria:** The continued and concerted intervention measures implemented, by the Directorate of Health Services to curb Malaria have brought the malaria prevalence on the decline.

The state of Goa is in the Elimination Phase of Malaria expected to eliminate Malaria by 2020 i.e. to **interrupt the transmission of Malaria with zero indigenous cases and deaths due to Malaria**, as the state Annual Parasite Incidence (API) is <1.

- In 2017 - out of the 33 Peripheral health units 8 Peripheral health units achieved Zero indigenous cases.
- In 2018 -11 Peripheral health units achieved Zero indigenous cases.
- In 2017 - Annual Parasite Incidence (API) of 3 PHCs & 1 UHC out of 33 Peripheral health units was >1.
- In 2018 – all 33 Peripheral health units achieved Annual Parasite Incidence (API) <1.
- In 2019 – Surveillance and case based investigation is enhanced so as to maintain Annual Parasite Incidence (API) <1 in all Peripheral health units.

**Filaria:** State of Goa has completed 8 rounds of Mass Drug Administration (2004 – 2011) and Microfilaria rate has remained <1 for more than 8 years. Goa successfully

conducted Three (3) Transmission Assessment Surveys (TAS) in 2013, 2016 and 2019 among 6-7 years old school children and results for filaria antigen are within the permissible limits as laid down by Government of India. Goa is expected to be declared Filaria Free State by WHO & GOI.

### Dengue Fever / Japanese Encephalitis/Chikungunya

Sporadic cases of Dengue and Chikungunya occur in the state of Goa, no outbreak has occurred during this year. Due to JE immunization and awareness activities cases are under control.

#### Objectives

1. To eliminate Malaria by 2020
2. To prevent mortality and reduce morbidity due to Dengue/ Dengue Hemorrhagic Fever.
3. To reduce morbidity due to Chikungunya.
4. Prevent mortality due to Japanese Encephalitis.
5. To prevent any Vector Borne Disease (VBD) outbreaks.



#### Physical achievements of the Department:

Year	Malaria		J.E.	Dengue	Chikungunya	Filariasis
	PF	Total				
2014	42	824	Nil	168	49	Nil
2015	75	651	1	293	32	Nil
2016	130	742	1	150	49	Nil
2017	75	653	Nil	235	48	Nil
2018	50	377	3	335	77	Nil
2019 till July	37	144	1	79	42	Nil

### National Programme for Prevention and Control of Cancer, Diabetes, CVD and Stroke

#### Collaboration with Sanofi India and Directorate of Health Services

Directorate of Health Services has signed a MoU with Sanofi India Limited which is part of a leading global healthcare company that discovers, develops and distributes therapeutic solutions to improve the lives of people

- Sanofi proposes a 3-year partnership for capacity building of the State's healthcare personnel and also educate children on the benefits of a healthy lifestyle.
- The proposed program activities will focus on training of the staff at RBSK cell (doctors (80), Counselors (35), Nutritionists (12) and IEC officers (35)) and Health & Wellness centers (doctors (10) and ANMS (20) in the State of Goa. The program will be implemented in cooperation with local health centers in a phase wise manner.
- The training workshops of the RBSK doctors will be established as a basis to increase awareness and health literacy within the rural population on diabetes, hypertension its management and prevention.



#### A 3-year plan to focus on Goa:

1. **Training workshop design:**
2. **Refresher course every 6 months in each phase**
3. **Impact measurement**
4. **Information posters in Health & Wellness centers**

#### Implementing KiDS program in Goa schools:

Sanofi co-created the Kids and Diabetes in School (KiDS) project with the International Diabetes Federation (IDF) and the International Society for Pediatric and Adolescent Diabetes (ISPAD) and Public Health Foundation of India (PHFI) to:

1. Support children with Type 1 diabetes manage their disease and avoid discrimination in a school setting and
2. Raise awareness of the benefits of healthy diets and physical activity among school children.

### STEMI-GOA PROJECT

#### Aims of the STEMI-Goa project:

- i. To reduce mortality from STEMI in the state of Goa
  - ii. To reduce morbidity resulting from STEMI in the state of Goa
- Keeping in line with the objectives of Ayushman Bharat, the STEMI-Goa project aims at taking the best health practices and modern technology to all parts of the state and benefit the rich and the poor alike.
  - The project was launched in Goa in December 2018.



#### HUB: Goa Medical College & Hospital

1. Asilo Hospital, Mapusa
2. Hospicio Hospital, Margao
3. Sub-District Hospital, Ponda
4. Sub-District Hospital, Chicalim
5. CHC Valpoi
6. CHC Sakhali
7. CHC Pernem
8. CHC Canacona
9. CHC Curchorem
10. PHC Dharbandora
11. PHC Aldona
12. UHC Panaji



#### PROGRAM DESCRIPTION

- Tele-ECG machine (Tricog Health Services, Pvt Ltd., Bengaluru)
- Reporting in record time (< 5 minutes) + ECG alerts via SMS/ Email / App/ Call. (Median turnaround time from Dec'18- Jun'19: 1 m 48 sec)
- Newer thrombolytic agents: Reteplase (to District Hospitals)/ Tenecteplase (to other spokes)

- Defibrillator have been provided to all spoke centres & Non-invasive ventilators to district hospitals
- Specialized Cardiac/ALS equipped ambulances (in association with 108 GVK- EMRI) manned by doctor, EMT & driver.
- Strengthening of the 'Hub' Centre- i.e. the Department of Cardiology, Goa Medical College
- BLS/ALS, residential as well as refresher training of all medical officers in managing cardiac emergencies

All services under this project are provided free of cost to all people from Goa (thus reducing burden from out of pocket expenditure on families)

From December 2018 till July 2019, **457** STEMI's have been diagnosed and **326** thrombolized under the STEMI-Goa Project

### Activities under Changing Diabetes Barometer Project



1. Patient checkup, counselling during Home Visit
2. Patient educated in wards
3. Talk in group meeting of diabetes patients
4. Training of doctors and other staff



### National Tobacco Control Programme

#### COTPA ACT 2003

- Section 4 - Prohibition of smoking in public places.
- Section 5 – Prohibition of advertisement of cigarettes and other Tobacco products.
- Section 6 – Prohibition of sale of tobacco products to minors and outside educational institution.
- Section 7 – Restriction on production and supply of Tobacco products without specified health warnings.



#### 1. The below trainings on ill effects of Tobacco were conducted for various Doctors, stakeholders, FLWs etc:

- Anganwadi Workers of Bicholim Block - 21 June 2019
- Health Workers of PHC Bicholim -27 June 2019
- Health Workers of PHC Cansaulim - 16 July 2019
- RBSK doctors from different Health facilities-4th June 2019

#### 2.State and District level enforcement squad training was held from 2nd July 2019 to 4th July 2019.

- 2nd July 2019 State level enforcement training
- 3rd July 2019 North District enforcement training
- 4th July 2019 south District enforcement training

#### 3. The trainings were held for the Health officers and other government enforcement committee members like the Mamladars, Police, NGO, FDA, sanitary inspectors etc.

The participants were briefed about the effects of tobacco, GATS data, laws and guidelines of COTPA ACT 2003. There was a COTPA drive and fines were imposed to the violators.



## HEALTH & WELLNESS CENTRE(HWC)

Under the Ayushman Bharat Scheme, 9 Health & Wellness Centres were launched in the 1st Phase. As per the directives of MoHFW, all the PHCs/UHCs & RMDs were converted to HWCs before 31st March. At present, 60 Health & Wellness Centres are operational in the State of Goa to provide Comprehensive Primary Health Care (CPHC) to the community.



### CPHC - ESSENTIAL PACKAGE OF SERVICES

- i. Care in Pregnancy and Child-birth.
- ii. Neonatal and Infant Health Care Services
- iii. Childhood and Adolescent Health Care Services.
- iv. Family Planning, Contraceptive Services and other Reproductive Health Care Services
- v. Management of Communicable Diseases: National Health Programmes
- vi. General Out-Patient Care for Acute Simple Illnesses and Minor Ailments
- vii. Screening, Prevention, Control and Management of Non-communicable Diseases
- viii. Care for Common Ophthalmic and ENT Problems
- ix. Basic Oral Health Care
- x. Elderly and Palliative Health Care Services
- xi. Emergency Medical Services including Burns and Trauma
- xii. Screening and Basic Management of Mental Health Ailments



- **BRANDING & IEC:** Branding and IEC have been completed in all HWCs.
- **IT INFRASTRUCTURE:** Computers and Printers have been distributed and installed at all the HWCs to ensure complete digitalisation and optimisation of HWCs. A letter has been sent to Department of Information Technology to provide additional Internet connection for PHCs and new Internet connections at the level of RMDs.
- At present, 15 Tablets are being used by ANMs for NCD Screening, Application for Population Enumeration & CBAC at the level of Sub - Centre. Additional 222 Tablets procurement is under process and is expected to be completed by September 2019. The training for ANMs will be scheduled subsequently
- **TRAININGS:-** Training for uploading data on NCD MO Portal has been undertaken for the staff from each Health Facility such as MO, SNs, Pharmacists, IEC Officer,& DEOs, ANMs/MPHWs.
- Refresher training for NCD MO Portal is planned on 26th & 27th August 2019 for one AYUSH MO & one DEO from each Health Facility. The AYUSH MO & DEO shall be responsible for maintaining data and training of other staff for using NCD MO Portal.
- 14 week Online Cancer Screening Training in collaboration with National Institute of Cancer Prevention and Research (NICPR), New Delhi is being conducted for the nominated Medical Officers. The training began in the 1st week of June. The training is being conducted once a week through ECHO sessions.
- **HEALTH PROMOTION ACTIVITIES:** All the HWCs are instructed to undertake at least two health promotion activities in a month in the form of celebration of various Health days.
- **CANCER SCREENING CAMP:** As per the instructions of Hon'ble Health Minister, A Cancer Screening camp is scheduled at Shantadurga High School, Simpal Vaddo under PHC Cortalim on 17/08/2019 in collaboration with Goa Medical College, Goa Dental College, Narayan Hrudayalaya, PHC Loutolim and PHC Cansaulim.



*Inauguration of Pain & Palliative Care OPD undertaken at Hospicio Hospital, Margao on 13 June 2019.*

*The OPD is conducted on every Tuesday.*

### In July 2019

Total of patients attended	: 4
OPD Treatment Morphine therapy	: 2
Others treatment	: 1
Counselling	: 4
Outreach (Home visit)	: 2

### National Programme of Prevention and Control of Deafness

- **Audiometry machines** are installed and also Audiologist are recruited at both the District Hospitals along with audiometric assistant.
- Medical Officers & RBSK Doctors are **trained** by Senior ENT Surgeon in detecting Hearing Impairment & creation of awareness regarding preventable causes of hearing loss at PHC level.
- **Surgical procedures** like Tympanoplasty, Mastoidectomy etc are being done at the level of the District Hospital.
- **OAE Machine procurement** is in process for both the District Hospital (North & South Goa)
- **Audiometer procurement** is in tendering process for the Sub District Hospital Ponda.
- **Instructors for hearing and speech impaired** is recruited in North Goa District Hospital.
- **IEC Printing** on awareness on Ear Care & Hearing loss is in process.



### National Programme of Health Care of Elderly

- Physiotherapy equipments procurement is in tendering process for both the District Hospital (North & South Goa)
- Physiotherapist are posted in both the District Hospital (North & South Goa) & Physiotherapy services are available.
- Multi Rehabilitation worker (Physiotherapist) recruited at CHC level.
- First preference for Senior Citizen at Registration, pharmacy & OPD in all the health facilities.
- Monthly visits to Old Age Home by Medical Officers in their vicinity (Private/Govt) .
- Identified beds for elderly in both the district hospital
- Separate sitting arrangements for senior citizens at all the health facilities.
- Ramp facilities at all the health facilities.
- Counselling sessions for lifestyle management conducted by counsellors for elderly .
- EE/ IEC Officers conduct awareness at the level of PHC's, CHC's .
- Psychiatrist is appointed at South Goa District Hospital who conducts Psychiatric OPD for elderly patients and visits to Peripheries and Old age Homes in South Goa.
- Geriatric Physician has been posted in Sub District Hospital Chicalim.



### National Mental Health Programme

The District Mental Health programme is functional at both the District hospital

- Regular Psychiatric OPD are conducted at both District Hospitals.
- Camps are conducted by District Mental Health Team at Schools.
- Patients are also counselled at both the District Hospitals.
- Outreach OPDs are conducted at the level of PHC.
- Medical Officers and RBSK Doctors are trained for prevention, early detection and referral of common mental health illnesses at IPHB, Bambolim – Goa.
- IEC Activities are conducted at District Hospital, Sub – District Hospital, Urban Health Centres, Community Health Centres, and Primary Health Centres.



The Directorate of Health Services implements the National Programme for Control of Blindness to render Ophthalmic Service at three levels.

**1. Primary level:** it renders services through the Primary Health Centre and Community Health Centres along with its peripheral network.

**2. Secondary level:** through the referral units mainly the District Hospitals, Asilo Hospital, Mapusa, Hospicio Hospital, Margao & Sub District Hospital, Ponda.

**3. Tertiary level:** through Goa Medical College Hospital, Bambolim.

1) Programme Achievements to be highlighted showing the improvement with statistics from:

**June 2019 to July 2019:**

1. IOL performed	2056
2. Students screened	6633
3. Students with refractive errors	201
4. No. of patients screened under Diabetic Retinopathy project	1030
5. Free spectacles given to students	288
6. Free spectacles given to old age persons	224

3) Field Activities conducted during the Period with photographs of gathering/meeting/ awareness generation among public.

Nine Eye Camps were conducted and 341 Patients were screen, 30 Glasses were prescribed during this period.

4) IEC material for the Current season for awareness generation.





The mouth is considered as a gateway to the body. Hence it is important to maintain good oral hygiene and treat dental problems immediately. In order to serve the patients at the periphery dental clinics have been set up at the following centres / hospitals.

Following treatment procedures are carried out free of cost at all the dental clinics under Directorate of Health services.

- Examining of patients in Dental OPD.
- Visiting schools for health check up.
- Participating in camps organized by the hospital/centre.
- Conducting various IEC activities.
- Performing various procedures on patients for their treatment like extraction, scaling, restorations, RCTs, minor surgeries etc.
- Prescribing medications when needed.
- Taking X – rays etc.



*Counselling on tobacco Cessation under NGDH, Mapusa at the Dental Clinic*



Besides the above, Various other activities are carried out under National Oral Health Program

**Oral Cancer Screening** is done in collaboration with NCDC section. Out of all patients screened, 213 patients have been detected with pre-cancerous lesions/oral cancer.

**Tobacco** – 3970 patients are detected using tobacco from those that attended the OPD. Both smoking and smokeless forms of tobacco. These patients are counseled to help them stop. If required they are subsequently referred to our Tobacco Cessation Centres at both our District Hospitals or Goa Dental College & Hospital.

**Camps** are held in the villages under the respective Primary Health Centres. All the patients are examined and recalled on further

appointments to complete their treatment. 540 camps were held. Total of 17,723 patients were examined.

**World Oral Health Day** is observed on 20th March every year. Various activities in the form of camps, IEC in school, etc are organized during the week to create additional awareness on the importance of Oral Hygiene & its maintenance.

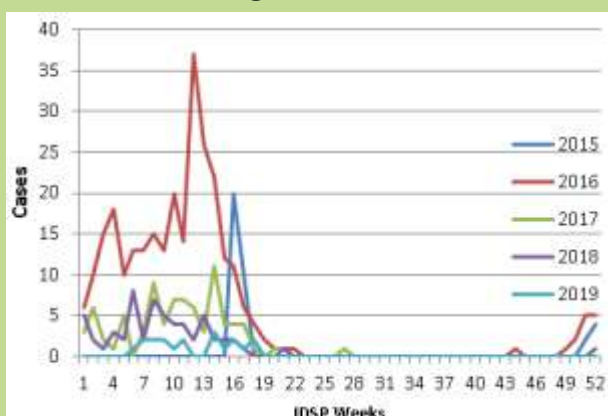
**School Health activities** are conducted twice a week, wherein the dentist visits the schools/anganwadis for check up of the students. Those requiring treatment are referred back to the PHC for further treatment. 578 schools were visited in the year 2018-019 total of 58,142 students were examined .Talks are given to the students on brushing & hygiene. 460 anganwadis were visited for check up. 11083 children examined.



IDSP deals with Surveillance of epidemic prone diseases, in order to detect and respond to disease outbreaks quickly.

Both District Laboratories are been Strengthened under IDSP for diagnosis of epidemic prone diseases. IDSP also deals with emerging and reemerging diseases.

IDSP monitors Kyasanur Forest Disease (KFD) in the State of Goa. KFD is reported from only five States in India (Karnataka, Tamil Nadu, Kerala, Goa, & Maharashtra). In Goa, First case was reported in March 2015 in Pali Village of Sattari Taluka. Following is the Epidemic Curve showing no. of cases of KFD week wise, since 2015 till August 2019.



As per the Analysis done by Dr. Annet Oliveira, District Epidemiologist, IDSP, South Goa following are conclusion about KFD in Goa.

1. Seasonality during the first quarter of the Year (January- April).
2. Around 95% of patients had history of travel to the forest during Cashew Plucking Season.
3. The case fatality rate for KFD in Goa is 0.9%, which is lesser, compared to other States of India (3-10%).
4. Nearly three – fourth of the patients were treated at CHC level, others were referred to higher centre for management.
5. No death reported due to KFD since 2017.

Action taken:

1. Activities are started every year from month of October and continued till monsoon.

### 2. Awareness activities:-

- Leaflets/Posters, on information/ FAQ
- Talks in villages (Late evening & on weekends)
- Electronic media
- Sharing of CD Alert
- Training of Doctors & paramedical staff

3. **Control room** setup at Mamletdar level at local Municipality.

4. **Surveillance:** Passive/Active Surveillance of fever cases is in place in all the affected areas and also in the areas with reported monkey deaths.

5. Co-Ordination between Health, Forest & Animal Husbandry dept.

6. **Tick repellent:** DMP (Dimethyl Pthylate) Oil has been procured and supplied to affected areas.

7. **Vaccination:** Vaccination on Campaign mode

## NATIONAL RABIES CONTROL PROGRAMME (NRCP)

NRCP deals with monitoring of Rabies diseases (in humans) in Goa. Major objective being creating awareness on Post Exposure Prophylaxis (PEP) & providing technical guidelines on rabies.

Rabies is an acute viral disease that causes fatal encephalomyelitis in virtually all the warm blooded animals including man. The virus is found in wild and some domestic animals, and is transmitted to other animals and to humans through their saliva (following bites, scratches, licks on broken skin and mucous membrane). In India, dogs are responsible for about 97% of human rabies, followed by cats (2%), jackals, mongoose and others (1%). The disease is mainly transmitted by the bite of a rabid dog.

Following are the activities conducted under NRCP.

- Training of doctors and Para medical staffs.
- Awareness in general public on rabies and PEP.
- Switch over from “Intramuscular to Intradermal” route of administration for PEP.
- Observation of World Zoonosis Day (6th July).
- **Observation of World Rabies Day (28th September).**



National Review Workshop of IDSP on “**Road map beyond 2020**” was held in Goa from 9-11 May 2019, which was attended by Shri. Lav Agarwal, joint Secretary, MoHFW, Govt. of India.



**RNTCP** is the state-run tuberculosis (TB) control initiative of the Government of India. As per the National Strategic Plan 2012–17, the program has a vision of achieving a **"TB free India"**, and aims to achieve Universal Access to TB control services.

Indicator	April till Date
Total TB cases Notified (Public)	717
Total TB cases Notified (Private)	128

Indicator	Achievement
Total Sputum Smear Microscopy done	7510
Total CBNAAT Done	2335
Total TB cases Notified (Public)	964(89%)
Total TB cases notified (Private)	237(57%)
Success rate	79%
Cure rate	86%
Chemoprophylaxis for contacts	89 (100%)
MDR Detected	30
XDR Detected	24

- Presently there are 21 designated microscopy centres. Five more designated microscopy centres are being planned at existing PHI's.
- Three TruNat machines for diagnosis of Tuberculosis will be made available at NGDH, Mapusa, SDH Ponda and SDH Chicalim each.
- The proposal for setting up of LPA Lab at IRL laboratory at Goa Medical College is in process.
- Collaboration with Private Practitioners is ongoing to obtain notification from Private Doctors and making available the existing public facilities for private patients free of cost.
- IEC Activities are ongoing.
- IEC material on TB, diagnosis, treatment & daily regimen is distributed during house to house activity.
- Focussed house to house activities in high risk areas is undertaken.
- Active Case Finding amongst the high risk population is undertaken.
- Vulnerable population viz. diabetes, HIV patients and other high risk groups are screened.
- Patient Provider Support Agency for making available the services to the private patients is in the process of being identified.
- Sensitization of all private consultants and practitioners through IMA on daily regimen, New PMDT Guidelines is ongoing.
- Newer drugs like Bedaquiline are used to treat Drug Resistant TB and also modified MDR TB regimens are introduced.
- As per the Drug & Cosmetics Act, 1940 (Fourth Amendment) all private pharmacies are reporting monthly to RNTCP on the number of patients who are being prescribed anti-tuberculosis drugs. This activity helps improve notification of the TB cases.
- The Central TB Division monitors RNTCP through bi-annual review meetings for Drug sensitive TB and also PMDT. Besides this the

CTD, New Delhi directly monitors RNTCP through Nikshay online.

- 3% of the patients attending OPD are referred for sputum examination and the same is being monitored.
- Nikshay Poshan Yojana was rolled out in April 2018. Wherein every TB patient is paid Rs. 500 per month during course of treatment. Collection of bank account details and aadhar card of TB patients is undertaken by PHCs as well as RNTCP field staff to avail benefits of Rs 500 per month for TB patients. This is transferred to patient accounts by PFMS Direct Benefit Transfer.
- Number of TB beneficiaries paid in 2018-19 is 2638
- Amount paid to TB beneficiaries in 2018-19 is Rs.30,83,000
- Monitoring of patients for initiation of treatment within 7 days of diagnosis and home visit within 7 days of diagnosis and counselling of patients.
- Monitoring of Chemoprophylaxis of contacts.
- Monitoring of regular follow-up of patients at PHI Level, District and State Level.
- Monitoring of Follow-up Sputum Examination as per guidelines.
- Monitoring of Adverse Drug reaction and its management.
- Ensuring availability of medicines.
- Monitoring of Nikshay Poshan Yojana.





Government of India is working dedicatedly to stop transmission of Leprosy disease in the community and reduce the disabilities by detecting cases in early stage. The commitment of Government of India, to achieve **“Leprosy Free India”** may be assessed by quantum of innovations introduced under NLEP from 2016 to 2017, which are as under:

### Three pronged strategy for early case detection

- Leprosy Case Detection Campaign (LCDC)* specific for high endemic districts
- Focussed Leprosy Campaign (FLC)* in hot spots of non LCDC districts and
- Special plan for case detection* in hard to reach areas.

Other major innovations introduced were

- Sparsh Leprosy Awareness Campaign
- Post Exposure Prophylaxis (PEP) specific to LCDC districts
- Grade II disability case investigation

1. The state of Goa has achieved elimination of leprosy i.e. Prevalence rate  $< 1/10000$  population in the year 2006. Since then, the graph has been static, yet there are certain areas where new Leprosy cases are detected. Goa has started a **special plan to cover these high risk areas**, wherein high risk areas are identified in all 33 Health centres (4 per each health centre). Total 132 areas, all over Goa, have been identified. Special case detection activities have already been completed in these areas and detected cases have been initiated on treatment.

**The prevalence rate declined from 0.7/10000 population 0.65/10000 population from April 2019 to July 2019.**

3. On 30th January, 2019 **“Sparsh Leprosy Awareness Campaign”** is conducted wherein major activities are conducted in Gram Sabha meetings 1) Dissemination of message by District Magistrate, 2) Speech by Gram Sabhapramukh, 3) Role play by children with major theme on “Mahatma Gandhi ji's contribution to anti- Leprosy work”,. Goa conducted SLAC 2019 from 31st Jan 2019 to 13th Feb 2019 in 89 percent of village panchayats. Major activities with sensitization of Aanganwadi workers were held in Ponda and Vasco Talukas.



2. **Chemoprophylaxis-** Post Exposure prophylaxis with single dose Rifampicin is started in approximately 20 close contacts of a newly detected leprosy case. The contacts are targeted in the incubation period. Chemoprophylaxis gives protection against infection up to 60 percent. From October 2018 to July 2019, 1149 contacts were surveyed out of which 1017 contacts were found eligible and 1007 were administered SDR(single dose Rifampicin).

### 4. DPMR (Deformity Prevention and Medical Rehabilitation)

a) *Self-care kits and MCR footwear distribution:* The identification of Persons Affected by Leprosy (PAL) having grade I & II disability (over Hands and Feet) was done by reviewing last 5 years existing data in form of Patient's cards. 53 selfcare kits and 33 MCR footwear were distributed from April 2019 to July 2019.

b) *Reconstructive Surgery:* An amount of Rs. 8000/- is provided as incentive to Leprosy affected persons for undergoing each major reconstructive surgery, to compensate loss of wages during their stay in hospital. Support is provided to Government institutions in the form of Rs. 5,000/- per RCS conducted, for procurement of supply & material and other ancillary expenditure incurred for the surgery. One RCS surgery has been conducted in August 2019 in GOA MEDICAL COLLEGE, by plastic surgeon Dr. Yuri Dias Amborcar.

# AYUSH

Ayurved Yoga & Naturopathy, Unani, Siddha & Homeopathy



**AYUSH** systems of Medicine include Indian systems of Medicine and Homoeopathy. AYUSH is an acronym for Ayurveda, Yoga & Naturopathy, Unani, Siddha, Sowa Rigpa & Homoeopathy. Ayurveda is the oldest system with documented history of its practice since more than 5000 years whereas Homoeopathy is in practice in India for around 100 years. These systems are being practised in the country with diverse preferences of people and infrastructural facilities.

**Administrative Set-up:** Directorate of Health Services looks after AYUSH System of Medicine. The AYUSH-Cell is established and headed by Dy. Director (AYUSH). Ayurvedic and Homoeopathic dispensaries has been established in PHCs, CHCs, UHCs, SDHs and DHs where AYUSH Physicians conducting OPDs and providing free medicines to all patients.

State AYUSH Society Goa under National AYUSH Mission is constituted with objective to promote AYUSH Health Care System and to provide cost effective AYUSH Services to community in the state Goa.

- Total Ayurvedic OPDs at Health Centres – 35
- Total Homoeopathic OPDs at Health centres – 14
- Two 50-bedded AYUSH Int Hospital at Velgum and Mont-Hill, Margao.
- AYUSH Wellness centres – 8 (Conducting Yoga

demonstrations and Panchakarma Therapy like Janu Basti, Kati Basti, Rakta Mokshan, Agni Karma, etc)

## **AYUSH activities under taken during the year April 2019 to August 2019.**

1. Celebration of World Homoeopathic Day.
2. Orientation Training Programme for ANM - General Wellness, Preventive Health Care and Diabetes mellitus through AYUSH.
3. Celebration of 5th International Day of Yoga 2019.
4. Awareness talks on Yoga and AYUSH System of Medicine.
5. Seminars on Ayurveda and Homoeopathy for AYUSH Doctors.
6. AYUSH Medical camps (Janu Basti camp, Agni Karma Camp, Prakurti Parikshan camp, Arteritis Camp, Women Health Camp and NCD Camps).



# Photo Gallery

*Photographs of different events under DHS*

## Visit by Secretary for Health, MoHFW, GOI



Secretary for Health, Ministry of Health and Family Welfare Government of India along with Joint Secretary (Policy ), **Dr Manohar Agnani, NHM-MOHFW** visited Goa for Regional Workshop on Operationalisation of Ayushman Bharat, Health & Wellnes Centres. Also visited some of the health facilities. They were happy with the services we provide for the patient's with patient centric approach.

## Launch of STEMI Goa Project



Directorate of Health Services, Goa has launched STEMI GOA Project at the hands of Hon'ble HM

## Launch of Diabetes Registry



photographs of launch of Diabetes Registry

## Launch of Digital Diabetes Registry



Launch of Digital Diabetes Registry under Diabetes Barometer project at the

# Photo Gallery

## Awards in various categories

### Best timely and complete RCH portal entries

PHC Cortalim, PHC Dharbandora & CHC Valpoi

### Best performing RKS / VHSNC / VHND

a. PHC Dharbandora-Best performing RKS

b. Sub centre St. Paul-Taligao (PHC Chimbel)-Best coordination with VHSNC

c. Sub centre Bastora (PHC Aldona)-Best performing VHSNC

### Best performance for PPI

a. UHC Mapusa

### Kayakalp Awards

a. SDH Ponda-Winner under SDH/CHC category

b. CHC Canacona-Commendation award under SDH/CHC category

c. NGDH- Mapusa Winner under DH category

d. PHC Aldona-Beded PHC (North)

e. PHC Balli-Beded PHC (South)

f. PHC Mayem-Non-beded (North) g. PHC

Chichinim-Non-beded (South)



Trainings



Programme on BBBP for Self Help group members



Group photo



Winners in Quiz contest presented printed T Shirt on BBBP & PCPNDT Act

### Cooking competition



Greeting card making contest

### Dance performance



Satyanarayan Mahapooja at DHS

Annual Mass for DHS of Our Lady of Victory, Maquine palace, Old GMC Complex

## Recreational activities



Jersies, printed with BBBP logo, worn by DHS cricket team



DHS Volleyball, Football & Cricket team participated in Civil service tournaments

# Photo Gallery



Distributing **Cotton bags** for ANC/ PNC mothers to carry MCP cards & other IEC material



Supervisory visit during immunization session at PHC



DHS has set up **Exhibition stall** in various events like Yuva Mahotsav, Parikrama etc.. The activities like:

- Quiz contest
- Entertainment games
- Song on the theme
- Audio/ Visual display
- Distribution of leaflets
  - Poster display
  - Counselling
- Prizes in the forms of printed T-Shirts, Pens etc to the winners in the game



Supportive Supervision at Sub centre



House to house visit by ANM/MPHWs



Health messages on Annual Diaries, Wall Calendars & Desk Calendars



# Media

## Activities conducted through various media

### Media Sensitization Workshop

#### Live Phone in programme on Doordarshan



Goa NHM website  
[www.nh.goa.gov.in](http://www.nh.goa.gov.in)



15 Hoarings on BBBP were installed at prominent places

#### Programme on Radio



DHS facebook account & programme wise pages created



Translide LED boards on Immunization & RMNCH+A installed at all 37 health units



magic shows presented during various programmes



Performances of the 1st prize winning skit were done in 10 Colleges/ HSS & on Doordarshan

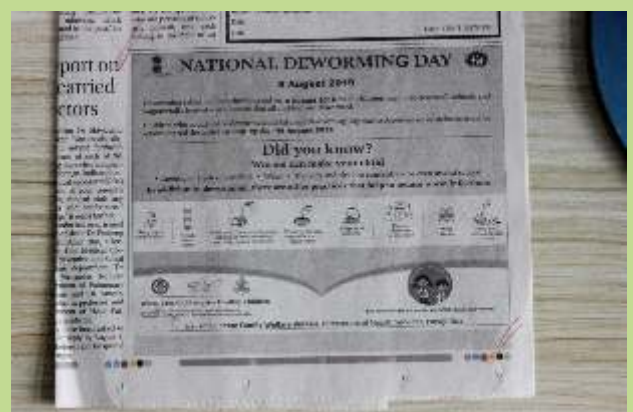
#### Our activity tweeted on MoHFW official tweeter



#### Newspaper cuttings



#### Advertisement on Newspaper



## Days to be Observed

September month-Celebrated as a **Rashtriya POSHAN Maah**

1st October - **National Voluntary Blood Donation Day**

2nd October-**Gandhi Jayanti**

10 October-**World Sight Day**

11th October -Celebration of **International Day of the Girl Child**

15th October-**Global Handwashing Day**

21st October-**Global Iodine Deficiency Disorder Day**

26 October - **National Ayurveda Day**

14 November-**World Diabetes Day**

15-22 November -**New Born Care Week**

1st December-**World AIDS Day**

### Features of the PC PNDT Act

- Registered Centres /Clinics and laboratories must **display their Certificate** of registration as well as the message that "Sex selection is illegal" in local language.
- Communication** whether verbal or non verbal, direct or indirect regarding the sex of the foetus to the pregnant woman or her friends or relatives or any person is prohibited and punishable under the Act.
- An offence under this law is **Cognizable , Non-bailable, Non-compoundable**.
- The owner of the clinic shall get **imprisonment** which may extend upto 5 years & with a fine which may extend upto Rs.50,000/-.
- The **Doctor conducting sex determination** tests shall get penalised-by permanent removal of his/ her name from the register of State Medical Council.
- Advertisement** in any manner regarding sex selection is punishable offence under the Act.
- Every centre/laboratory/Imaging centre having ultrasound machine capable of sex determination have to be registered with the appropriate authority of respective district .i.e. **North and South Goa District Collector**.



## Beti Bachao Beti Padhao