

GOVERNMENT OF MIZORAM  
NATIONAL HEALTH MISSION

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Dated Aizawl, the <sup>6<sup>th</sup></sup> May 2024

To,

The Senior Chief Medical Officers  
Aizawl East, Aizawl West, Lunglei, Champhai, Kolasib, Mamit, Lawngtlai, Serchhip, &  
Siaha Districts

**Subject:** *Health and Wellness Centers (UPHC, PHC, SHC, AHWC)-a Ear, Nose and Throat (ENT)  
Care pek dan tur chungchang inhriattirna*

Sir/ Madam,

Health and Wellness Center (UPHC, PHC, SHC)-a Ear, Nose leh Throat (ENT) Services hrang hrang te tha taka kalpui a nih theih nan kum 2022 khan Ministry of Health & Family Welfare chuan guideline a chhuah a, heng a hnuaiia activity hrang hrang te hi AB-HWC tinah hman a nih theih na tur a theih tawp chhuah a hma lo la turin ka ngen a che.

**Community Level:**

1. **Home/Community Based Screening (0 to 6 weeks):** ASHA te'n screening & referral Card hmangan mahni bial chungang nau pianghlim atanga thla 1 leh a chanve inkar nausen te ah *birth defect related to ENT* nei te chu sub-center ah report tur a ni ang.
2. **Facility Based Screening at birth:** Institutional delivery emaw hmun danga nau piang te chu ENT related birth defect-te an screen anga HMIS-ah report pek tur a ni.
3. **Anganwadi/School Based Screening (6 weeks to 18 yrs):** HWC Team te'n naute thla 1 leh a chanve atanga tleirawl kum 18 inkar te chu Anganwadi Centre (AWC) emaw sikul-ah district RBSK mobile team te nena tang dunin Ear, Nose leh Throat related problem assessment an ti ho ang a. ASHA-in mipui an mobilize thung ang.

**Sub-Center Level:**

1. **Public Health Action:** Natna laka invenna tura routine Immunization pek
2. **Early Detection:** Facility based screening at birth.
3. **Other ENT Assessment:**
  - ✓ Hearing, thyroid vung, Otoloscope hmanga beng atanga tuihnang chhuak enfiah, hnar ping, hritlang si lova aw chhang leh thil lem harsa ti te.
  - ✓ Hritlang, pharyngitis, laryngitis, rhinitis, sinusitis, tonsillitis, Upper Respiratory Infections (URI), sinusitis, hnar thi, otomycosis, otitis externa, beng atanga tuihnang chhuak leh a dang te
4. **First Aid measures for:**
  - ✓ Hnar thi atan Nasal packing, blood pressure check
  - ✓ Hnar leh beng chungang thil tang (foreign body) lak chhuah

**PHC/UPHC level:**

1. ENT problem tlanglawn te enkawlin, Subcentre atanga an lo refer te chu enkawl na an pe ang.
2. Beng dar mamawh te chu an lo ngaihtuhsak ang a, beng dar vuah te chu an bengdar uluk taka enkawl dan an zirtir anga
3. **Referral:** Zai ngai te leh Specialist rawn ngai te chu Medical Officer-in a refer ang.
4. **Screening Camp:** A theih ang anga screening camp buatsaih tur a ni.
5. **Follow up:** PHC/CHC emaw District Hospital-a Doctor te'n an enkawl mekte chu an lo enkawl chhonzawm ang a, an damdawi chawh te tha taka eiin an ngeih leh ngeihloh te an lo enpui ang.

**Zirtirna kalpui dan tur:**

1. Information Education & Communication (IEC) kaltlangin Beng, Hnar leh Hrawk natna laka inven dan mipuite zirtirna pek tur a ni.
2. Mipui te chu Beng, Hnar leh Hrawk hrisei nei tura thil tihur te zirtir tur a ni.
3. Ri bengchheng lutuk leh ri ring lutuk ngaihthlak thatloh zia leh thil ri leh music pawh ngaihthlak nuam tawh ngaihthla hram hram tura zirtir tur a ni.
4. Mipui te zinga Beng, Hnar leh Hrawk lama harsatna nei te chu enkawl na an dawn theih dan kawng hrang hrang an kawhham ang.

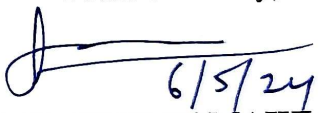
**Enclosed:**

*Annexure 1: Self-Assessment Hearing Handicap: Short-form Scale*

*Annexure 2: Hearing assessment format*

*Annexure 3: Child Health Screening & Referral card – Facility, Anganwadi Center & School.*

Yours Sincerely,


  
6/5/24  
(DR. ERIC ZOMAWIA)  
Mission Director  
National Health Mission  
Mizoram: Aizawl

*Dated, Aizawl the 6<sup>th</sup> May, 2024*

**Memo. No.D.12016/1/2023-NHM/HWC/GEN**

Copy to for kind information:

1. The Principal Director, H & FW Dept
2. The Director of Health Services, H & FW Dept
3. The Director of Hospital & Medical Education, H & FW Dept
4. The Deputy Director (AYUSH), H & FW Dept
5. All SNO/SPO, NHM
6. SPM, Jhpiego
7. Office Copy

  
6/5/24  
Mission Director  
National Health Mission  
Mizoram: Aizawl

**ANNEXURE I:**

**Assessment for Hearing Handicap: Short- form Scale**

<b>Hming</b>		<b>Kum</b>	
<b>Gender</b>		<b>Occupation</b>	
<b>Living alone/with family:</b>		<b>Name of HWC:</b>	

<b>Sl.No</b>	<b>Zawhna</b>	<b>Chhanna</b>	<b>Score</b>
1	Inchi 6 (Feet chanve) vela hla atangin midang tawng a hrefiah lo em?	Aw	2
		A chang changin	1
		Hre lo	0
2	Feet 6-8 velah hla atanga biak a hre thei lo em?	Aw	2
		A chang changin	1
		Hre lo	0
3	Feet 10-12 vela hla atangin midang tawng ri a hre Chiang thei lo thin em?	Aw	2
		A chang changin	1
		Hre lo	0
4	Feet 6-8 a hlaa TV ri hriatfiah harsa a ti thin em ?	A chang changin	1
		Hre lo	0
5	TV ri chu room dangah bengchheng a awmin a hre tha theilo em ?	Aw	2
		A chang changin	1
		Hre lo	0
6	Puipunnaah bula thu te an hmel en kher lovin a bul ami te tawng a hre tha theilo em?	Aw	2
		A chang changin	1
		Hre lo	0
7	Feet 6-8 vel a hla a tele-phone ri a hre theilo ngai em?	Aw	2
		A chang changin	1
		Hre lo	0
8	Hmun reh deuhah feet 18-20 a hlaa i awmin motor horn ri a hre theilo em?	Aw	2
		A chang changin	1
		Hre lo	0
9	A ri hriatna a thatloh avangin midang a be hreh thin em?	Aw	2
		A chang changin	1
		Hre lo	0
10	A beng ri hriatna a thatloh avangin midangin an en hrang deuh in a inhria em?	Aw	2
		A chang changin	1
		Aih	0
<b>Total Score</b>			

**Note:** Score 3 aia sang a nih chuan doctor hnenah refer tur a ni.

## ANNEXURE II

### Hearing Assessment Format

Damlo Hming: \_\_\_\_\_ Kum: \_\_\_\_\_ Gender: \_\_\_\_\_  
 Address: \_\_\_\_\_ Date: \_\_\_\_\_ Name of HWC: \_\_\_\_\_

#### **Instruction:**

Damlo chu metre 1 vela hlaah a beng (ear) nangma lam hawi zawngin i hmui phun hmu theilo turin thuttir la, a beng lehlam huptir in zawite in a hriat phak tawng tawng tur in i tawng ang a, i thusawi apiang sawi chhawng turin i hrih ang.

1. Thusawi apiang dik takin a sawichhawng thei	Yes/No
2. A aia ringin/tawngdan ri pangaia biakin dik takin a sawichhawng thei	Yes/No
3. Ring taka biakin dik takin a sawichhawng thei	Yes/No
4. A aia ring taka biak hnu in a sawichhawng thei	Yes/No

#### **Interpretation:**

- No.1-a 'Yes' a nih chuan 'Normal Hearing'
- No 2-a 'No' a nih chuan 'Slight Hearing Loss'
- No 3-a 'No' a nih chuan 'Moderate Hearing Loss'
- No 4-a 'No' a nih chuan 'Severe Hearing Loss'

**Tuning Fork tests:** Tuning fork hmangin Rinne's tests leh Weber's test tih zawh hnu ah a hnuiaia findings-ah hian i tick dawn nia

Tests	Findings
Rinne's test	Normal/Conductive/Sensori-neural hearing loss
Weber's test	Normal/Conductive/Sensori-neural hearing loss

Instruction for Tuning fork tests:

#### **A) Rinnes's test:**

- a) Tuning fork chu vua la, damlo beng lehlam hnunga a mastoid bone-ah dah la, a ri a hriat tawp hun sawitir tur a ni.
- b) Tuning fork ri chu a hriat theih tawhloh hnuah damlo beng kua atanga 1-2 cm ah dah tur a ni a, a ri a hriat tawp hun sawitir leh tur a ni.
- c) Tuning fork ri a hriat theih hun chhung chu record zel tur a ni.
  - Normal hearing = Beng hnunga mastoid bone-a dah aiin beng bula dah in tuning fork ri chu a let in a hre rei zawk.
  - Conductive hearing loss= Mastoid bone-a dah in a ri a hre rei zawk.
  - Sensorineural hearing loss= Beng bula dah in a ri a hre rei zawka amaherawh chu a let in a hre rei kherlo.

#### **B) Weber's test:**

- a) Tuning fork chu vua la, damlo chhip lai takah emaw a mithmul inkarah dah tur a ni.
  - b) Damlo chu a ri hriat thatna lam- a beng veilam, dinglam emaw a pahnhin a inang em tih zawh tur a ni.
    - Normal hearing = a beng pahnih ah chuan a ri hriat that theih dan a inang.
    - Conductive hearing loss = a beng thalo lamah ri a hre tha zawk ang.
    - Sensorineural hearing loss = a beng tha lamah ri a hre tha zawk ang.
- ❖ **Conductive hearing loss:** ear canal, ear drum emaw middle ear lama harsatna entirnan beng chhung infection, beng ek in a hnawh phui, beng dar pawp, middle ear-a tui tling, beng chhung ruh a chhiat/inhliam vanga awm a ni
  - ❖ **Sensorineural hearing loss:** cochlea emaw auditory nerve chhiat vanga awm a ni.
  - ❖ **Mixed type**

**ANNEXURE: 3**  
**Child Health Screening & Referral card – Facility, Anganwadi Center & School.**

<b>Child Health Screening Card (AWC/ School/ Delivery Point)</b>			
Naupang Hming		Nu/Pa/Guardian Hming	
Mipa/Hmeichhia		Kum/ DOB	
MCTS no.		AWC/ School no.	
Visit Ni		ASHA Hming & Mob no.	
AWC/ School (address & contact kimchang)		Mobile Health Team ID	
Rih zawng (in Kg.)		San zawng ( in cm)	
<b>Natna neih te thai bial tur</b>			
<b>Pian hlima natna (Birth Defects)</b>	<b>Tlakchham (Deficiencies)</b>	<b>Naupang Natna</b>	<b>Developmental delay and disability</b>
1. Neural Tube Defect 2. Down's Syndrome 3. Hmui & Dang kak 4. Talipes (club foot) 5. Bawp invuah diklo 6. Pian hlima Cataract 7. Pian hlima beng ngawng 8. Lung (Heart)pawp/tha lo 9. Retinopathy of Prematurity (only at DH)	10. Anaemia 11. Vitamin A Deficiency (Bitot Spot) 12. Vitamin-D Deficiency (Rickets) 13. SAM/Than thu (Stunting) 14. Awr puar (Goitre)	15. Vun natna 16. Beng kherh 17. Rheumatic Heart Disease 18. Reactive Airway Disease 19. Ha nget 20. Kaih thin (Convulsion)	21. Khaw hmuh fiahlo 22. Ri hre tha theilo 23. Neuro-Motor Impairment 24. Chet vel muang (Motor Delay) 25. Ngaihtuahna muang (Cognitive delay) 26. Tawng thei har 27. Behaviour Disorder (Autism) 28. Rilru ngawng (Learning Disorder) 29. Attention Deficit Hyperactivity Disorder 30. Others
<b>Referral (Y/N)</b>			
Refer nah mun - (Thai bial tur)			
1. CHC 2. DH 3.NRC 4.SNCU 5. DEIC			
Remarks (1st visit)	Doctor Hming & Sign (1st visit)		
Date & Remarks (2nd visit)	Doctor Hming & Sign (2nd visit)		

**(To be filled by mobile health team/ health care provider at delivery points)**