

No.D.12016/1/2023-NHM/HWC/GEN
OFFICE OF THE MISSION DIRECTOR
NATIONAL HEALTH MISSION
MIZORAM, AIZAWL

Dated Aizawl, the 19th February 2024

To,

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

Subject: *Health and Wellness Centers (UPHCs, PHCs, Urban HWCs, SHCs, AHWCs)-a Elderly Care (kum upa te enkawlina) pek dan tur chungchang in hriattirna.*

Sir/ Madam,

Ministry of Health & Family Welfare chuan kum 2010 khan "National Programme for the Health Care of Elderly" (NPCHE) programme a din a. He Elderly Programme hian kum 60 chunglam te'n hrisel taka hun an hman theihna tura an mamawh inenkawlina leh tanpuina te a theih anga pek a tum a.

Kum 2022 khan Health and Wellness Centers (UPHCs, PHCs, Urban HWCs, SHCs, AHWCs) level-a hman tur Elderly care chungchang Guideline chu rawn ti chhuak lehin Medical Officers te, Staff Nurses leh SC-HWC a thawktu zawng zawng heng - Health & Wellness Officers te, ANM/MPW te leh ASHA te training pek vek tur a ni a. Heng a hnuaiia Guidelines kan rawn tarlan ang hian Health and wellness Centers zawng zawngah tha taka kalpui a nih theih nana hma min lo lakpui tur in ka ngen a che.

A hnuaiia tarlan ang hian kum upate dinhmun hi thliar hran a ni, an dinhmun tarlan ang hian tanpuina leh ngaihsak an mamawh dan a hriattheih a ni.

1. **Mobile Elderly:** Mahni duh dana che sawn thei.
2. **Restricted mobile elderly:** Midang tanpuina emaw, khawl hmanga che sawn thei (e.g. wheelchair/ Walking aids hmang)
3. **Bed bound:** Khum beta awm (Natna khirh tak avang emaw natna vang ni kherlo)

Elderly Population-Based Screening kalpui dan tur: -

1. **Elderly population enumeration:** ASHA chuan CBAC Family Folder a fillup atangin kum 60 chunglamte a chhinchhiah ang.
2. **Elderly Care Register:** Register hranah Elderly population te chu ziah luh tur a ni. (Annexure-III)
3. **Assessment of Elderly:** ASHA worker chuan Health worker kaihhraina hnuaiiah kum 60 chunglam zawng zawng te tlawhchhuah a, Annexure II hmanga assessment neih tur a ni.
4. **Identification of care-giver availability:** ASHA chuan kum 60 chunglam mahnia cheng, enkawltu mumal neilo te chu zawng chhuakin Sub Health Center emaw Primary Health Center ah report tur a ni a, HWC team ten puih thei dan an ngaituah ang.

5. **Health assessment:** Taksa hriselna kawnga pui thei tur, insawizawi pawimawh zia te, ei leh in uluk a tul zia te chu ASHA leh HWC team te'n an hrilh hre tur a ni a. Kum upatna in a ken tel BP sang, Zunthlum leh Hb hniam te an nei em tih zawh tur a ni.
6. **Comprehensive Geriatric Assessment:** Annexure II - Comprehensive Geriatric Assessment tool hmang hian kum 60 chunglam te chu house to house assessment neiha an mamawh anga enkawl zui tur a ni. He assessment hi kum 1-ah vawi 2 tal neih tur a ni.
7. **Home Assessment kit:** (Annexure-I) te hi Home Visit neih apiangin ken tur a ni.

Level hrang hrang Elderly Care pek dan tur:

Community Level - ASHA te mawhphurhna:

1. ASHA chu khawtlang hruaitu - VHSNC, MAS, JAS, NGO hrang hrang (e.g. MUP) leh Self-Help group te nen thawk hoin kum upate hrisel nan leh an bulhnaia tar chaklo zawk te dinhmun ngaihven thin tur a ni.
2. **Passive Physiotherapy Services:** ASHA chuan CHO kaihhraina hnuaiiah khumbeta awm tar chaklo zual te chu Passive Physiotherapy Services (eg. Massage, Vur/Tui vawt/lum a deh.etc) an pe thin tur a ni.

Community Level - HWC Team (ANM/MPW/CHO) te mawhphurhna:

1. **Elderly Support group:** Elderly Support Group - "*Sanjeevini*" tih hming pu an din tur a ni a, he pawl member atan hian heng -VHSNCs, MAS, JAS leh NGO hrang hranga hruaitute hi telh tur a ni. He pawl member te hian an chhehvela tar chaklo puih ngai te chu lo zawngchhuakin Sub Center-ah an report anga a tul angin HWC team ten an lo buaipui thin ang. Thla tin meeting neiin pawl kal zel dan tur an rel thin ang.
2. **Home visits for elderly:** HWC Team-te chuan khumbeta awm tar chaklo zual leh natna khirh tak tuara in lama inenkawl mek te chu tlawhchhuahna hun a siam anga, damlo enkawltu leh an chhungte chu fuih a, enkawl dan tur tha te hrilh hriat thin tur a ni. (e.g. *damlo mu reng chuan bed-sore te an nei thei a, chumi an neihloh nana enkawl dan te leh hliam tenau an neiha enkawl dan te an hrilh hre tur a ni.*) Home visits apianga care pek/counselling pek te chu Elderly Care Register-ah Annexure III ang hian record siam tur a ni.

HWC- Sub Health Center/AHWC Level: -

1. **Teleconsultation:** SC-HWC/AHWC chuan natna serious tawh a rang lama enkawl ngaite chu PHC-a Medical Officer hnenah a refer anga, a tul dan ang a teleconsultation tih sakin MO treatment pek angin a enkawl ang
2. **Wellness session:** Mahnia kal thei te chu HWC-a activity session thlatin a neih thinah an kal theih nan hma an la ang a. HWC a kal thei lo an nih chuan inlamah HWC team ten Physical activity (Exercise lak pui) emaw, physiotherapy an neih pui thin ang.
3. **Special Clinic for Elderly:** Thla khatah vawi khat tal ni bik siamin Elderly Clinic huaihawt tur a ni a, heng ah hian JAS/MUP te nen emaw tangkawpa hun remchang ah Special clinic neih thin tur a ni. SC bial tu MO emaw te nen a theih chuan ruahhmanna siam ho ni se.
3. **Elderly Care Register:** Damlo te chanchin leh Sub Center-a inentir tura lo kal te chu Elderly Care Register-ah felfai takin a record zel ang a, home visit-a care pek te pawh uluk taka chhinchhiah tur a ni. Kum 60 tling tawh te chu inentir fo tur a fuih tur a ni.

4. **Nutritional support:** Ei leh in tur tha nei lo leh ei thalo te chu Oral supplemental nutrition pek a, chaw, thlai leh thei hrisel an theih anga tam ei an mamawh tawh zia te hrih tam tur.
5. **Counselling for Healthy Living:**
 1. Natna benvawn nei leh damdawi ei reng ngai ang chi ho te damdawi ei that pawimawh zia zirtir
 2. Ei leh in hrisel te leh zuk leh hmuam tih that loh zia te zirtir
 3. Prosthetic/machines e.g. Bengdar vuah duh lo, Ha lem vuah duhlo, tarmit vuah duhlo te zitirna pek

CHO kaihhruaina hnuaia Primary Health Care Team te mawhphurhna:

1. **Training of Care-giver:** Khumbeta damlo enkawltu (care giver) te chu fuihin, enkawl na tha zawk damloin a dawn theih nan basic nursing skills (eg. Hliam tenau enkawl dan.etc) an zirtir thin ang.
2. **Diet counselling:** Enkawltute chu damdawi ei dan tur leh ei hunbi te chiang taka hrih hriat tur a ni a. A tul dan angin Supplement/vitamins-te leh SC-a damdawi dawn theih te a hrih hre tur a ni.
3. **Home based care:** Kum upa natna khirh tak tuar, in lama inenkawl mekte chu an mamawh ang enkawl na in lamah an pe thin ang, an mamawh ang Physiotherapy an tihsak ang.
4. **Fall risk environment:** In leh lo leh a chhehvel a tar chaklo zawkte tlusualna thlen thei thil awm te khawtlang huapin zirtirna pek tur a ni. (eg. In kawt tinaltu patek awm tihfai te, Floor tiles nal chi bathroom leh kawta hmanloh etc)
5. **Emotional support for care-givers:** Khum beta mu damlo natna khirh tak tuarte chu an chhungte rilru hahna leh natna te thawidam turin an hnemin an fuih thin ang.
6. **Community level awareness:** NGO hrang hrang te leh Self-help group ten nen thawk ho in, hriselna kawng hrang hrang te, faina chungchang te, ei leh in hrisel te, thil chin thalo chungchang te leh upa te ngaihpawimawh leh enkawl dan chungchang ah te awareness huaihawt thin tur a ni.
7. **Elderly Day Celebration:** October ni 1 hi Kum upa te ni 'Elderly Day' a nih angin kumtin October thla apiangin HWC ah Health Mela (kum upa tan a thlawn a in check-up) neih thin tur a ni.

HWC-Primary Health center/Urban Primary Health Center Level

Medical Officers te mawhphurhna:

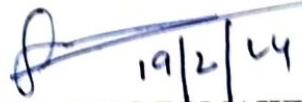
- ✓ **Village/Urban sanitation day/Health camps:** Vantlang inhmukhawm (eg. Village/Urban sanitation day/ Health camps) an neihna ah Upat hnua natna lo lang thin te, a theih anga lo in ven dan leh enkawl dan in zirtirna an nei thin ang.
- ✓ **Weekly Elderly Clinic:** Kartin ni bik ah kum upa te tan in entir hun Clinic an nei thin tur a ni.
- ✓ **Teleconsultation:** Khumbet a na damlo te teleconsultation an tih sak ang a. Primary health care team te nen thla 4 danah an in ah an thlawhchhuak thin ang.
- ✓ **Registration for Elderly:** Kum upa in entir tura PHC a lo kal te, Health Camps an neih a lo kal te leh Sub-center atanga anrawn refer te chu Elderly register ah an lo chhinchhiah ang.

- ✓ **Referral:** Harsatna nei emaw natna khirh tak nei enkawl zui ngai leh uluk zawka endik ngai ngai te chu DH/SDH a Specialist hnenah an refer ang.

Enclosed:-

1. Annexure 1: Home Assessment kit
2. Annexure 2: Comprehensive Geriatric Tool for HWC
3. Annexure 3: Elderly Care Register sample format

Yours Sincerely,


19/2/24
(DR. ERIC ZOMAWIA)

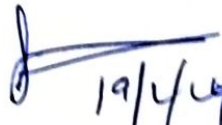
Mission Director
National Health Mission
Mizoram: Aizawl

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

Dated, Aizawl the 19th February, 2024

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. Office Copy


19/2/24
Mission Director
National Health Mission
Mizoram: Aizawl

Annexure-I

Home Assessment Kit

1	Vision- Snellen Chart
2	Blood Pressure machine
3	Thermometer
4	Glucometer
5	Haemoglobinometer
6	Pulse Oxymeter
7	Spirometer
8	Measuring Tape
9	Weighing Machine

Annexure-II

Comprehensive Geriatric Assessment Tool For HWCs

SECTION 1: Personal Details

Hming:					
Age		Sex	Male / Female		
Address/Contact:					
Name and relationship of contact person:					
Marital status	Single	Married	Divorced	Seperated	Widow/ Widower
Chhungkuaa nihna	Chhungkaw Pa ber	Chhungkaw Nuber	Fapa	Fa /Mo	Others
Educational background	Illiterate / Literate / Upto Class 10/ Class 12/ Graduate / PG				
Eizawna/Hnathawh	Hnathawk lo (Hna neilo)				
	Hnathawk:				
Sakhuana (Religion)	Hindu	Muslim	Christian	Sikh	Others
Chhungkaw dinhmun	Mahni a cheng				Aw / Aih
	Chhungkaw mal a cheng				Aw / Aih
	Chhungkaw dang nen a cheng ho				Aw / Aih
	Tar enkawlina				Aw / Aih
Monthly Family Income	Total income:				
	Chhungkaw member zat:				
	Mi pakhat in-a thlakhat chhunga a dehchhuah zat:				
Sum leh pai dinhmun	Mahni intodelh	Mamawh tlem a zawng intodelh	Chhungte chawm		
Family relationship	Tha tawk	Thalo	Tha		
Pension hlawh lakna I nei em?	Aw / Aih	Khawi atangin nge? Engzat nge?			
Welfare scheme atanga sum dawn I nei em	Aw / Aih	Eng scheme nge? Engzat nge?			
Health Insurance tih lai i nei em?	Aw / Aih	Eng Insurance policy nge?			
NGO/Sakhaw dang atanga tanpuina sum dawn i nei em?					Aw / Aih
Sawrkarin kum upa lam tana Health Insurance Scheme a siam te I hmehhriat tawh em?					Aw / Aih

SECTION 2 : History Taking

In sawiselna i nei em? Aw / Aih
Chief complaints:

1) Eye Assessment

a) Thil i hmufiah thei em?	Aw / Aih
b) Thil i hmu phe em?	Aw / Aih
c) Thil hmuh phir	Aw / Aih
d) Hmusual/Mit hmuh diklo	Aw / Aih
e) Mit na ngut ngut	Aw / Aih
f) Mit thak/engemaw kam tu awm a hriatna/Sa hut hut/Rannung seh anga awm	Aw / Aih
g) Mit ek emaw, mittui tla reng	Aw / Aih
h) I in sawiselna ah chuan Doctor i rawn tawh em?	Aw / Aih
i) Tarmit i vuah em?	Aw / Aih
j) Tarmit vuah lai i nih chuan Tarmit Power : Dinglam: _____ Veilam: _____	

Ear, Nose & Throat (ENT) Assessment

a) Beng na	Aw / Aih
b) Beng atanga bawlhhlawh tui hngang chhuak	Aw / Aih
c) Ri hriatna thalo	Aw / Aih
d) Tinnitus (Beng a kiu veng veng ri emaw pawnlam ri nilo beng chhunga ri dang hria)	Aw / Aih
e) Luhai	Aw / Aih
f) Hnap/tuifim chhuak reng a awm em?	Aw / Aih
g) I beng/hnar leh hrawk lamah insawiselna i nei em?	Aw / Aih
h) I in sawiselna ah chuan Doctor i rawn tawh thin em?	Aw / Aih

Oral Assessment

a) Ka chhung leh Ha (teeth) lam insawiselna i nei em?	Aw / Aih
b) I insawiselna ah chuan Doctor i rawn tawh thin em?	Aw / Aih
c) Thaw rim tuilo	Aw / Aih
d) Ha nget/Ha kua/Ha nghetlo (Ha nghing)	Aw / Aih
e) Thil sa /Vawt, Thil thlum, thil in zawng a ha na	Aw / Aih
f) Ulcer/Ka chhung na emaw Pan dam hleithei lo/ka chhung durh sen/var	Aw / Aih
g) Ka an harsat (Difficulty in opening the mouth)	Aw / Aih
h) Thil lem zawnga Na, lem harsa	Aw / Aih

Respiratory Assessment

a) Lung (Cardiac) lam harsatna i nei em?	Aw / Aih
b) I insawiselna ah chuan Doctor i rawn tawh thin em?	Aw / Aih
c) Thawhah, Thawk lama harsatna	Aw / Aih
d) Khuh chhuak/Hrawk za (Cough Expectoration)	Aw / Aih
e) Khuh zawnga thisen chhuak	Aw / Aih
f) Thawk zawnga ri chhuak (Audible Wheeze)	Aw / Aih
g) Awmchung na vawng vawng (Chest pain)	Aw / Aih

Gastro-Intestinal Assessment

a) Pum lam ah insawiselna i nei em? (Gastro-Intestinal)	Aw / Aih
b) I insawiselna ah chuan Doctor i rawn tawh thin em?	Aw / Aih
c) Thil lem harsa	Aw / Aih
d) Thin thip vung vung	Aw / Aih
e) Pum puar i nei thin em? (Indigestion)	Aw / Aih
f) Ek khal/Kawthalo/Ek hunbi mumal lo	Aw / Aih
g) Pumna/Kawpuar (Distension)	Aw / Aih
h) Ek thi/Inthiar zawh a thi chhuak	Aw / Aih

Genito-Urinary Tract Assessment

a) Zunkawng lamah insawiselna I nei em? (Genito-Urinary Tract)	Aw / Aih
b) I insawiselna ah chuan Doctor I rawn tawh thin em?	Aw / Aih
c) Tai na i nei em?	Aw / Aih
d) Zun/inthiar laia na emaw sa hut hut i nei em?	Aw / Aih
e) Vartiana zun chhuak sek/zung sek i ni em?	Aw / Aih
f) Zun harsat/zung that theihlohna i nei em?	Aw / Aih
g) Khuh zawng emaw hahchhiau zawnga zun cheh chang i nei em?	Aw / Aih
h) Serh atanga Bawlhhlawh chhuak a awm em?	Aw / Aih

Skin Assessment

a) Vun natna/ Vun lama insawiselna i nei em?	Aw / Aih
b) I insawiselna ah chuan Doctor i rawn tawh thin em?	Aw / Aih
a) Vun thak i nei em?	Aw / Aih
b) Vun var de thek thek awm?	Aw / Aih
c) Vun duk thek thek?	Aw / Aih
d) Pan/Na/kak hliam i nei em?	Aw / Aih
e) Vun Pilh/Hliam atanga tui/hnai chhuak a awm em?	Aw / Aih

Neurological Assessment

a) Nerve lam in sawiselna i nei em?	Aw / Aih
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b) I insawiselna ah chuan Doctor i rawn tawh thin em?	Aw / Aih
c) Thil chhinchhiah/Hriat reng harsatna i nei em?	Aw / Aih
d) Luhai i nei ngai em?	Aw / Aih
e) Hun/Hmun leh mi hriat reng i harsat em?	Aw / Aih
f) Nghetlo/Tlu reng /Chau ngawih ngawih in i awm thin em?	Aw / Aih
g) Taksa pengte duh vang niloa amaha che / Taksa peng thunun theiloh i nei em?	Aw / Aih
h) Taksa Na /Awmdan diklo i nei em?	Aw / Aih

Musculo-Skeletal Assessment

a) Tihrawl, Ruh leh Ruh inzawmna lai Joints lam ah insawiselna i nei em?	Aw / Aih
b) I insawiselna ah chuan Doctor i rawn tawh thin em?	Aw / Aih
c) Tihrawl na/Ruh inzawmna lai nghetlo leh hnungzang na	Aw / Aih
d) Ruh chuktuah (Joints) vung a awm em?	Aw / Aih
e) Nitin nuna thil tih thin pangngai ti thei tawhlo /Thawh harsat	Aw / Aih
f) Step chhuk leh chho kal i harsat em?	Aw / Aih

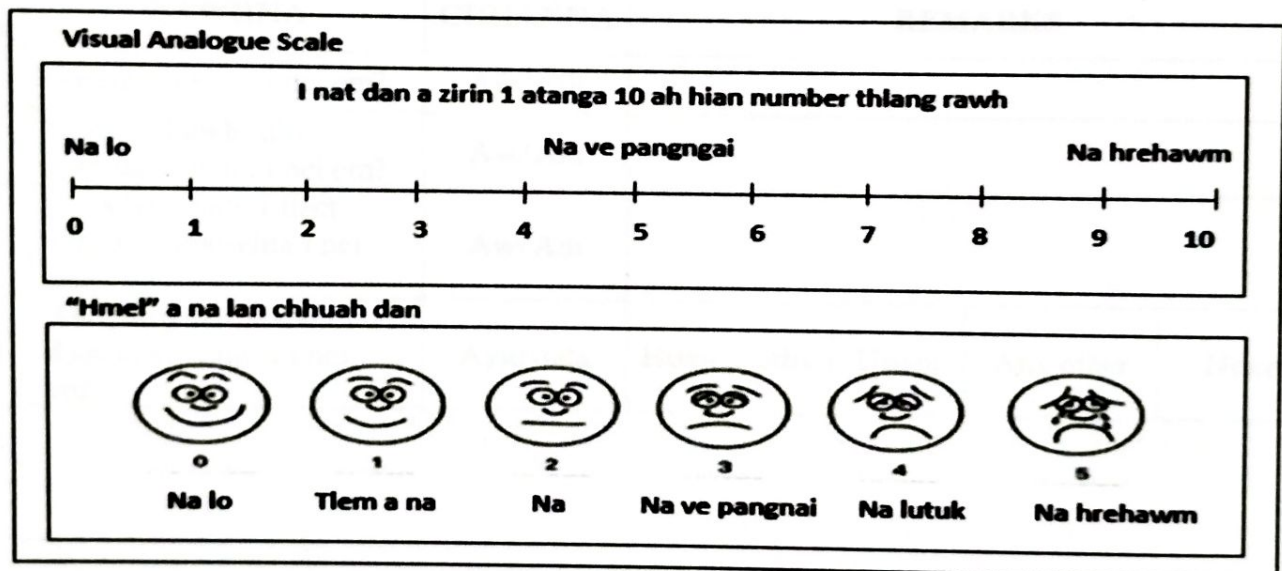


Fig: Pain scale ami ang hian na a neih chuan endik tur a ni.

Gynaecological Assessment (Hmeichhe tan chauh a chhan tur)

a) Chhul lam (Gynaecological) insawiselna i nei em?	Aw / Aih
b) I insawiselna ah chuan Doctor i rawn tawh thin em?	Aw / Aih
c) Thi put i nei em?	Aw / Aih
d) Bawlhhlawh chhuak a awm ngai em?	Aw / Aih
e) Serh bawr vung leh ruh tul a awm em?	Aw / Aih
f) Tai Na i nei em?	Aw / Aih
g) I chhul an pah (hysterectomy) tawh em?	Aw / Aih
h) A hnuaia tarlan ah te hian test/Screening I nei tawh em? (tick rawh)	
1. Hnute Cancer- SBE/ Mammogram	Aw / Aih
2. Chhul cancer- VIA-VILI/Colposcopy/PAP SMEAR	Aw / Aih

C. Past Medical History (In enkawl tawh dan):

Treatment la mek	Nat Hun chung	Damdawi ei lai leh Dosage	Verification of records (Aw/Aih)	Treatment la zo tawh emaw tih tawp sak emaw i nih chuan, eng chen nge i lak hman?
Diabetes Mellitus (zunthlum)				
Hypertension (Thisen sang)				
Thyroid Disease				
Chronic Kidney disease (kal na)				
Tuberculosis (TB)				
Kum kal ta chungin Hospital ah admit i ni em?) Admit chhan:			Aw/Aih	

D. Drug History (Damdawi ei thin):

Sl. No	ZAWHNA	CHHANNA	REMARKS			
1	Damdawi ei lai i nei em?	Aw/Aih				
2	Doctor chawh nilo Damdawi ei lai i nei em?	Aw/Aih				
3	Damdawi Side Effect vanga insawiselna i nei em?	Aw/Aih				
4	Allopathy damdawi nilo damdawi dang ei i nei em?	Ayurveda	Homeopathy	Unani	Any other	None

E. Consumption of addictive substances (A ngawlvei theih chi Zuk leh hmuam, ruihlo leh a kaihnawih): -

Addictive substances		Eng chen nge a hman/tih tawh?	Ni 1-a hman/tih thin zat?	A nghei tawh anih chuan eng chen nge i nghei tawh?
Zuk chi nilo, Ei chi /Hmuam chi (Eg: Gutkha, khaini, paan masala, zarda, kuhva) etc	Aw / Aih			
Sniff (Hnim chi)	Aw / Aih			
Zuk chi (Eg: Cigarette/ Meizial etc)	Aw / Aih			

Alcohol (Zu)	Aw / Aih			
Damdawī ruīh theih chi (Opioids)	Aw / Aih			
Sleeping pills (Mutna Damdawī)	Aw / Aih			
Painkillers (Nachhawka)	Aw / Aih			
Any other, Specify:				

F. Nutritional History: - A hnuai a zawhna te hi chhanna azirin point pek tur a ni a, zawhna l zel a point hmuh zat box ah thai bial zel a, a tawp ah belhkhawm tur a ni.
(A sir a box-ah hian an point hmuh zat thai bial zel tur)

Screening	
A. Thla 3 liam ta chhung khan chaw i ei tha/tui em? ✓ Chaw ei zat nasa taka tlahniam ✓ Chawei zat tlem a tlahniam ✓ Chaw ei zat tlahniam lo/ Ei thin zat panggai ei.	0 1 2
B. Thla thum (3months) kalta chhung a rihna tlahniam ✓ Kg 3 aia tam hloh ✓ Rihna tlahniam leh hniamloh hrelo ✓ Kg 1 atanga kg 3 thlenga tlahniam ✓ Rihna tlahniamlo	0 1 2 3
C. Mobility ✓ Khum bet ✓ Mahni a chesawn thei, pawnlam chhuak ngailo ✓ Pawn pawh la chhuak thei	0 1 2
D. Thla thum (3months) kalta chhungin rilru hahna emaw awm nawmloh riau te l nei em? ✓ Nei ✓ Neilo	0 2
E. Neuropsychological Problem ✓ Severe Dementia or Depression (short-term memory loss nasa tak) ✓ Mild Dementia (short-term memory loss nei) ✓ Harsatna neilo	0 1 2
F1 Body Mass Index (BMI) (Weight in Kg)/ (Height in m)² ✓ BMI less than 19 ✓ BMI 19 to less than 21 ✓ BMI 21 to less than 23 ✓ BMI 23 or greater	0 1 2 3
<i>BMI a teh a remlo anih chuan question F2 hman mai tur a ni. F1 khi kan chhang anih chuan F2 hi chhan kher a ngai lo.</i>	
F2 Calf Circumference (cc) in cm ✓ CC less than 31 ✓ CC 23 or greater	0 3
Total	

Screening Score (Max 14 points)

- 12-14 Points: Normal Nutritional status
 8-11 Points At risk Malnutrition
 0-7 Points Malnourished

Chaw ei dan tlangpui -

Ni khatah vawi engzat nge chaw i ei thin?	
Nikhat ah Tui emaw thil tuiril lam (Juice/Thingpui.etc) engzat nge i in?	No / Litres
Chaw thial i harsat em?	Aw / Aih
Chaw pek/ chaw barh i ngai em?	Aw / Aih
Chawei ti tui turin thil al lam heng pickle, chutney, papawr etc. i ei ngai em?	Aw / Aih
In lamah tuin nge eirawng bawl thin?	

I. Personal History (Mimal chhanchin)

Zawhna	Chhanna
Tu te nen nge in chen ho?	
Fa engzat nge i neih?	
Engtianga zingin nge i fate nen in inhmuh thin?	
Puih i ngaih in tuin nge pui thin che?	
I mamawh ang tanpuina i dawng em?	
Pianpui tawng (Native language)	
I in (house) ah step lawn ngai (Stairs) a awm em?	Awm / Awmlo
Inchhung emaw pawn lamah emaw tawngtai, inkhawm emaw fianrial hun emaw i hmang ngai em?	Aw / Aih
Chhungkaw inhmuhkhawm emaw khawtlang inkhawm ah i tel thin em?	Aw / Aih
Hobby (ngainat zawng / tuizawng i nei em?)	Aw / Aih
Nitin I insawizawi thin em?	Aw / Aih
Nikhatah minute engzat nge I insawizawi thin?	
Engtiangin nge I in sawizawi thin?	
Bathroom chhuat a nal em?	Aw / Aih
Chhungkua ah chaklo zawk te engtik lai pawha pui theitu tur an awm em?	Aw / Aih
Wheelchair nawr lawn theihna tur ramp a awm em?	Aw / Aih
Step ah leh bathroom ah te vawnban a awm em?	Aw / Aih

SECTION 3: 10 minutes Comprehensive Screening (Minute 10 chung Screening kimchang)

A. Screening for geriatric Syndrome (Kum upat hnua harsatna tawh thinte tehna)

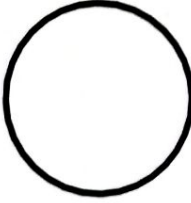
Zawhna	Chhanna
Hlimlo, ngui riau leh phurlo riau in i awm fo em? *	Aw / Aih
Kum kalta chung khan vawi 2 aia tam inchhungah emaw pawnah i tlu em? **	Aw / Aih
Inchhung dunga thildang/midang rinchhana kal ngai i ni em?	Aw / Aih
Zun cheh chang i nei em? ***	

* Depression (Aw tia a chhan chuan, Medical Officer hnenah refer tur)

**** FALLS** (Kum hnih kalta chungga a vawi 2 aia tam a tluk a, inchhung dungah pawh a kal theilo a nih chuan, Medical Officer hnenah refer tur)

***** Zun ram thiar ip/insum theihna** (Zun ram thiar ah a ip/insum theih loh chuan, Medical Officer hnenah refer tur)

B. Memory Test

Sl.	Zawhna	Score
1*	Thil hming 1 na	
	Thil hming 2 na	
	Thil hming 3 na	
2**	Clock Draw Test (Sana lem ziah): 	

* Thil hming 3 i hrilh anga, chu i thil hrilh 3 chu a hnu ah i zawt leh anga, a vawng reng thei a nih chuan item 1 zelah point 1 zel i pe ang (item 3 an vawn theih chuan point 3 tihna a ni)

** Sana lem chu a hawi zawng (clockwise) leh darkar awmzat (1-12) leh a indawt dan vawi khat ziahah a ziah dik chuan point 2 i pe anga, a ziah dikloh erawh chuan 0 i pe ang. Sana chu a ban pahnih a ziak tur a ni a (sana ban sei zawng tiam loh in), a ban pakhat 11 kawh tir la a ban pakhat zawk chu 2 kawhtir turin hrilh rawh.

A chungga mi te pahnih (Sl. 1&2) a points hmuh zat belhkhawm la. A score zat chu 3,4,5 a nih chuan Dementia (hriatna hloh) a neih theihna a hniam tihna a ni a, mahse hriatna lamah harsatna engmah a neilo tihna erawh a nilo.

C. Assessment of Activity of Daily Living

Sl.	Zawhna		Score
1	Mahni in i inbualfai thei em?	1. Thei/hnungzang emaw taksa dang ban harsa lai chu min tihfaipui	1
		2. Midang bual ngai	0
2	Mahni in thawmhnaw i inthlak vek thei em?	1. Thei	1
		2. Theilo/puih ngai	0
3	Mahni in inthiarna i pan in i hmang thei em?	1. Thei	1
		2. Theilo/puih ngai	0
4	Mahni in khum emaw chair emaw ah te i awmhmun i sawn thei em?	1. Thei	1
		2. Theilo/puih ngai	0
5	Zun leh ek cheh mai lovin i insum thei em?	1. Thei	1
		2. Theilo	0
6	Mahni in chaw i ei thei em?	1. Thei	1
		2. Theilo/puih ngai	0
TOTAL SCORE			

Impression = Total score 6 a nih chuan 'Highly Independent' a ni a, 0 anih chuan Totally Dependent a ni a, amah enkawl tu tur mumal tak insiam a, tha taka enkawl tura hrilh tur an ni.

SECTION 4. PHYSICAL EXAMINATION

A: General Examination

Sl.	Particulars	Units	Findings
1.	Height	cm	
2.	Weight	kg	
3.	Waist Circumference	cm	
4.	Hip Circumference	cm	
5.	Body Mass Index (BMI)	Kg/m ²	
6.	Waist hip ratio	Waist Circumference/ Hip Circumference	
7.	Temperature	Normal: 98.6°F- 99.6°F	
8.	Respiratory rate	Normal: 14-18 breaths/minute	
9.	Pulse Rate	Normal: 60-100 beats/minute	
10.	Blood Pressure	100-140 / 60-90 mmHg	

B: Head to Toe Examination (Chhanna zawnah thai bial/underline rawh)

Enfiah tur	Response
Level of Conciousness (Hriatna)	Harh tha / hawihar dik / thawhhona tha / thalo
Facial Appearance (Hmaitlang/ Hmai fang)	Hmai zur / Hmai zurlo
Hair (Sam)	Sam tla nasa, Sam rawng - Var / grey / uk (brown)
Eyes (Mit)	Mitmeng dul/Dang (Pallor) / Mit eng (Yellow discoloration of sclera)
Mouth (Ka chhung)	Dry lips/pain/dry tongue/ulceration/dentures/gum (swollen/pink) /bleeding/tongue (pale / pink / bluish)
Neck (Nghawng)	Vung (Swelling)
Chest (Awm)	Normal/Abnormal Size
Abdomen (Dulthuar)	Kawpuar/pum diklo (Distension)
Hands and Nails (Kut leh Kutzungtang)	Kuttin duk (paller/pink/bluish)
Feet and Toes (Ke phah leh Zungtang)	Ke kual (Bow leg), Khup tuah (knocked knees), Ke kawm (Claw foot)
Vun (skin)	Vun eng (Yellowish Discoloration)/Dryness (Vun Ro)/Vun rawng inthlak danglam/Vun a awmlo tur awm (growth)
Joints (Ruh inzawmna)	Redness (Sen)/Swelling (Vung)/Degree of movements (Chet theih dan)/Tenderness
Cervical Spine (Hnungzang thla)	Pain (na)/Stiffness (khawng)/Tenderness
Thoracic Spine	Curvature (Kawi)/Scar (Ser)/Discoloration
RS (Respiratory System)	Normal/Chest murmurs
CVS (Cardio-Vascular System)	Normal/Chest pain (awm na) / Murmurs / palpitation (lungphu diklo)
Vision test - Right eye (R)	Normal / Abnormal
Vision test - Left eye (L)	Normal / Abnormal
Hearing test – Right ear (R)	Normal / Abnormal
Hearing test – Left ear (L)	Normal / Abnormal

