

**NATIONAL PROGRAMME FOR PALLIATIVE CARE (NPPC),
NATIONAL HEALTH MISSION, MIZORAM
FY 2023-2024**

State Nodal Officer : Dr. Catherine Lalmuanawmi, Radiation Oncologist.

- **Goal :** Through this programme, terminally ill cancer patients are getting pain relief and other supportive care.

Availability & Accessibility of rational, quality pain relief & palliative care to the needy as an integral part of health care at all levels in alignment with community requirement.

- **Current Status :** NPPC is a National Programme, implemented in Mizoram since October 2016 and currently covered eight (9) districts – Aizawl East, Aizawl West, Champhai, Kolasib, Mamit, Lawngtlai, Lunglei, Serchhip & Siaha. State Palliative Care Cell is also established at Directorate of Hospital & Medical Education

- **Services available under NPPC :**

1. OPD Services available at District Palliative Care Unit.
2. In Patient Service – 10 Bedded Palliative Ward at MSCI, Zemabawk and 4 Bedded Palliative Ward at Lunglei District Hospital available.
3. Home Visit – By Doctor & Nurses under District Palliative Care Cell for bed ridden cancer patients to offer supportive care and psychological and moral support for the affected family.

- **Training, Workshop & Meeting under NPPC :**

1. **Two Days Training of Doctors and Nurses** on Palliative Care held on **12th and 13th April, 2023** at Auditorium, Directorate of Hospital & Medical Education, MINECO, Aizawl.
2. **Five Days Hands on Training of Doctors and Nurses** on Palliative Care at Mizoram State Cancer Institute, Zemabawk on **17th to 21st April, 2023**.
3. **Dr. Catherine Lalmuanawmi, SNO, NPPC attend the South-East Asia Regional workshop on expanding availability and access to palliative care held at Colombo, Sri Lanka during 11th to 13th October, 2023. Also, she delivered a speech and give a powerpoint presentation on Mizoram Status on NPPC.**
4. **Five Days Hands on Training for Medical Officer**, District Hospital, Lawngtlai on Palliative Care, Pain Management & Home Base Care at Mizoram State Cancer Institute, Zemabawk during **16th to 20th October, 2023** (Monday to Friday).
5. **Review Meeting under NPPC** was held on **29th November, 2023** (Wednesday) which includes DNOs, MO i.c NPPC, Nursing Officer and Staff.
6. **National Online Review Meeting under NPPC** was held during **9th to 11th January, 2024**.
7. **Five Days Hands on Training for Nursing Officer** under Palliative Care at Mizoram State Cancer Institute, Zemabawk during **12th to 16th February, 2024** (Monday to Friday).
8. **One Day Refresher Training of Medical Officer on Palliative Care was held on 13th March, 2024 (Wednesday) @ DHME Auditorium, MINECO, Khatla.**
9. Stakeholder Meeting held annually with stakeholder like NGOs like Mizoram Cancer Care Foundation, Cancer Society of Mizoram, MHIP, CYMA, etc.

• **Achievement & Performance :**

- **Renewal of Registered Medical Institute License (RMI)** for procurement, storage and dissemination of Morphine for 9 district Hospitals namely – Civil Hospital Aizawl, Mizoram State Cancer Institute (MSCI), State Referral Hospital Falkawn, District Hospital – Champhai, Kolasib, Mamit, Lawngtlai, Lunglei, Serchhip and Siaha had been completed.
- **World Hospice and Palliative Care Day** was observed on 13th October, 2023 (Friday) @ DHME Auditorium, MINECO, Khatla.
- District Nodal Officer, Medical Officer i/c and District Palliative Care Committee was established in all the 9 Districts.
- TV Spots on Palliative Care was broadcast on Local Cables and Article on Palliative Care was published at Local Newspaper.
- **Procurement of Morphine and Home Based Care Kit for Palliative patients at Free of Cost.**
- **IEC (Information, Education & Communication)** – Printing of Leaflets, Pamphlets, Poster, Panel Discussions and Making of TV Spot and Broadcasting on local channels like DDK, Zonet & LPS and Awareness Campaigns along with Free Clinics.

• **Case Detection & Reports FY 2023-2024 :**

- No of New Patients (Palliative) seen in OPD - 835
- No of Follow up Patients (Palliative) seen in OPD - 4005
- Total No. of Patients admitted in IPD - 2115
- Total No. of Patients seen in Home Based Care - 549
- Total No. of Follow-up Patients seen in Home Based Care - 759
- No. of dead at Hospital - 315
- No. of dead at Home - 277