

**NATIONAL PROGRAMME FOR PALLIATIVE CARE (NPPC),
NATIONAL HEALTH MISSION, MIZORAM
FY 2025-2026**

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

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.

• **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 & Meeting under NPPC :**

1. Hands on Training for 5 Days on Home Based Palliative Care and Pain Management for Lawngtlai Nursing Officer at Mizoram State Cancer Institute (MSCI), Zemabawk held on 21st to 25th July' 2025.
2. Two Days Modular Training of Medical Officers and Nursing Officers on Palliative Care held on 1st & 2nd September' 2025.
3. Hands on Training for 3 Days held at Mizoram State Cancer Institute (MSCI), Zemabawk held on 3rd to 5th September' 2025.
4. Review Meeting cum Refresher Training under NPPC held on 27th February, 2026 (Friday) @ DHME Auditorium, MINECO, Khatla.

• **Best Practices :**

- **Registered Medical Institute License (RMI)** - 10 District Hospitals – Civil Hospital Aizawl, Mizoram State Cancer Institute (MSCI), Zoram Medical College & Hospital Falkawn, District Hospital – Champhai, Kolasib, Lawngtlai, Lunglei, Mamit, Serchhip and Siaha has RMI.
- **Morphine** distributed **Free of Cost** to Palliative patients in District Hospitals.
- **Home Visit** for palliative patient carried out by District Palliative Team of Medical Officer and Nursing Officer.
- **Home Based Care Kit** given to patient free of cost according to patient's requirement. In addition, **Food Kit** is also provided to poor patients.
- **IEC (Information, Education & Communication)** – Printing of Leaflets, Poster, Making of TV Spots and Broadcasted on local channels.
- Patient caregivers were trained by the Palliative team wherever they go for home visit so as to improve and give quality supportive care.
- **Bereavement Programme** started in Aizawl East District (MSCI).
- **World Hospice and Palliative Care Day** was observed on 13th October' 2025. TV Spots on Palliative Care was broadcast on Local Cables and Article on Palliative Care was published at Local Newspaper to mark this occasion.

• **Case Detection & Reports FY 2025-2026 :**

- No. of New Patients (Palliative) seen in OPD - 5727
- No. of Follow up Patients (Palliative) seen in OPD – 3790
- No. of patients referred to Tertiary Care (MSCI) - 125
- Total No. of Patients admitted in IPD - 2589
- Total No. of Patients seen in Home Based Care - 1431
- Total No. of Follow-up Patients seen in Home Based Care - 2535
- Total No. of Patients Referred from Home to Palliative Care unit/SC/PHC/CHC – 242
- Total No. of Caregivers provided training in Home Based Care - 1143
- No. of dead at Hospital - 374
- No. of dead at Home - 524