

**GOVERNMENT OF MIZORAM
NATIONAL HEALTH MISSION**

Dated Aizawl, the 6th 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 Oral Health Care pek dan tur chungchang inhriattirna*

Sir/ Madam,

National Oral Health Programme (NOHP) denchhenin kum 2022 khan Ministry of Health & Family Welfare chuan Health and Wellness Center (UPHC, PHC, SHC, AHWC)-a Oral Health Care service kalpui dan tur guideline a siam a. Chumi zulzui chuan a hnuai HWC tin-a Oral sreening, management leh referral te tha taka kal pui a nih theih na tura hma min lakpui turin ka ngen a che.

1. Annexure 2 & 3 a tarlan hi mipui te hnenah home visit neih hunah te, HWC-ah leh wellness session hman hun apiangin sawi thin ni se.
2. Ka chhung hrisel leh thianghlim neih theihna tura ka chhung enkawl na kawnga chin dan tha zawk inzirtirna hi natna ven nan leh natna zual zel tur ven nan a tih makmawh a ni a. Ka chhung na leh durhte, ha hni na emaw vung leh ha nghing te a rang lama SHC-HWC-a inentir vat tura khawtlang mipuite hrilh hriat tur a ni. SHC-a enkawl theih loh te chu higher facility a refer mai tur a ni.
3. Kum 18 hnuai lamte NCD Population based screening leh kum 30 chunglam CBAC an fillup atangin ka chhung hriselna lama harsatna neite chu hriatchhuah a, enkawl na a rang lama dawng tura hrilh tur a ni.
4. Ka chhung hriselna tih hmasawn kawnga inzirtirna a hnuai tarlan hmangin kalpui tur a ni:
 - IEC activity
 - Ka chhung enkawl dan zirtirna hrang hrang heng: - ka chhung enkawl dan tha, chin dan tha, ka chhung enkawl dan diklo hriattir.
 - Zuk leh hmuam in ka chhung hriselna a nghawng theih dan inzirtirna
 - Ei leh in thalo in ka chhung a nghawng theih dan zirtirna.
5. School zirtirtute, volunteers leh self-help groups te ka chhung hriselna atana zirtirna program hrang hrang buatsaihin, ka chhung enkawl na atana hmasawna leh natna venna lam zirtirna a tam thei ang ber pek tur a ni.
6. JAS, Gram Sabha, SHG, VHSNC, MAS meeting hmangin a remchan dan anga awareness pek tur a ni a, khaw chhung chanchinbu (e.g.Sunday/YMA chanchinbu) ah te

chhuahin, social media hmangin flyer te siamin khawtlang WhatsApp group leh status ah te thehdarh thin ni se.

7. HWCs (SHC/AHWC/PHC/UPHC)-ah oral health care service-an pe thei tih mipuite hriattir tur a ni. Oral health chungchanga programme awm hrang hrangte mipuite hnenah hrilhhriat tur a ni.

Health and Wellness Centers-a enkawl dan tur:

I. Sub-Centers

1. Sub Centre-a ka chhung na inentir te chu nachhawkna pe in, a enkawl thei Dental surgeon hnenah a refer ang.
2. Oral Hygiene chungchang a health teaching pek
3. NCD Oral Screening neih a Malignant oral lesions neia rinhlelh te chu higher facility-ah refer tur a ni.
4. Hriselna kawnga endikna (routine health care examination) an neihna ah ka chhung endikna (oral screening) an nei tel tur ni.
5. ASHA leh Health Worker-te chuan facility danga an refer tak harsatna neite chu home visit an nei thin ang.
6. PHC- in outreach activity an neihin SC team chu an tel ve tur a ni.
7. OPD-a ka chhung natna nei report zawng zawngte chu HMIS-ah report thin tur a ni.

II. PHC

Primary Health Center-ah chuan ha enkawlna (preventive, promotive leh Curative) an pe ang.

Generic-Integrated programmatic and Outreach Services (Dentist/MBBS Doctor)

- *Ka chhung enkawl dan tha zirtir*
- *School oral health programs, RBSK, NPPCF, RCH, ICDS, NTCP te nena thawhho*
- *HWCs-a oral health services tha leh mumal taka kalpui a nih theih nana enfiah leh enkawl.*
- *Record vawn leh enkawl.*
- *SHC-HWC te chu natna ven leh hmasawna kawnga zirtirna an neihna kawnga kaihhruai.*

Assured Services (MBBS Doctor awm naah)

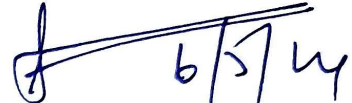
- Emergency-a na enkawl, thi chhuak reh theilo, accident emaw chhan dang vanga ha tla (tooth avulsion) leh Maxillofacial trauma (accident avanga hmai hliam) first aid pek.
- Ha nget tur ven nana fluoride hman.
- Atraumatic Restorative Technique (ART) after adequate training.

Additional Services, PHC/UPHC-a Dental Surgeon an awmin

- Ha nget thawm that (Restoration of carious teeth using Glass Ionomer Cement or Composites)
- Sealing deep pits and fissures with sealants when indicated (Ha hnawh)
- Perform Atraumatic Restorative Technique (ART)
- Scaling, root planning leh ha tih var.
- Emergency-a ha hni puam enkawl leh infection enkawl.
- Ha siam fuh lo/nghetlo/diklo siam that.

- Ha to thua emaw, invuah diklo hriat chhuah leh refer.
- Ha phawi pangngai leh hnai siak chhuah.
- Chet sual avanga ha leh hmai hliam.
- Ka chung cancer screening tih leh enkawlna lo pek a, pem dam thei lo leh cancer rinhleleh te refer.

Yours Sincerely,



(Dr. ERIC ZOMAWIA)

Mission Director

National Health Mission

Mizoram: Aizawl

Dated, Aizawl the 6th 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



Mission Director

National Health Mission

Mizoram: Aizawl

Annexure 1

Ka chung natna tlanglawn

Identification Points	Condition	Referral
<ul style="list-style-type: none"> ✓ Ha dum/kua/rawng danglam, thil sa leh vawt, thlum leh thur ei a ha na vawng vawng ✓ Ha kuaah emaw ha kara thil ei tang, ✓ Ha na, vung, leh hnai chhuak 	Ha nget/ Ha chhia	Nachhawkná peka, CHC ah emaw District Hospital-ah emaw refer tur
<ul style="list-style-type: none"> ✓ Rimchhia ✓ Ha hni thi ✓ Ha rawng inthlak ✓ Ha nghing ✓ Ha awng (widening/gap) ✓ Ha hni vung 	Ha hni (Gum) natna	Nachhawkná te peka, a na a ziaawm a, a ha hni thite a reh hnuah CHC-ah emaw District Hospital-a Dentist hnenah refer tur a ni.
<ul style="list-style-type: none"> ✓ Ha to thua, reverse bite protruding (ha hnuailam kuh) ✓ Ha chunglam kuh ✓ Ha awng 	Ha rualrem lo leh khabe dik lo	Kutzungpui hnek ching ten an nei duh a, siam rualrem turin CHC-ah emaw District Hospital-a Dentist hnenah refer tur.
<ul style="list-style-type: none"> ✓ Vun var/sen lai bik awm ✓ Panchhia reh theilo (kar 2 aia rei awm tawh) ✓ Ka an harsat ✓ Aw (Voice) inthlak, ✓ Nghawnga bawk awm ✓ Sa hut hut ✓ Thil thak ei theilo 	Thil chawr enaw pem dam thei lo	Population based screening program of NCDs- inkaihhruainaa enkawl dan a sawi anga tih tur
<ul style="list-style-type: none"> ✓ Hmui kak/ dang kak naute hnute hne theilo 	Cleft lip/ palate	District hospital-a dentist hnenah refer tur
<ul style="list-style-type: none"> ✓ Ha rawng a var/ eng/ uk a inthlak 	Dental fluorosis	National Program for prevention and control of Fluorosis in a tarlan anga enkawl tur a ni
<ul style="list-style-type: none"> ✓ Na ✓ Vung ✓ Ha sawh hliam (Tooth injury) ✓ Pan dan theilo ✓ Ha hni thi reh theilo 	Dental Emergencies	HWC-ah nachhawkná te peka, a na a ziaawm hnuah CHC-ah emaw District Hospital-a Dentist refer tur a ni.

Annexure 2

DENTAL DECAY (Ha nget)			
NATNA VEN DAN TLANGPUI	<ul style="list-style-type: none"> • Nikhatah vawi hnih tal minute 2 chhung Ha nawh thin tur a ni. • Soft drinks leh thil thlum ei tlem a, ei zawhah ha nawh tur. • Fiber leh Vitamin tamna thlai hring ei tam. • Dentist hnena a khat tawh a regular taka checkup. 		
LEVELS	FAMILY/ COMMUNITY	HWC	PHC/CHC (RURAL/ URBAN)
ENKAWL DAN	<ul style="list-style-type: none"> ✓ Uluk leh fai taka ha nawh ✓ Tui fai tak a tleuh ✓ A natna laia lawngpar hriak hnawih (Na a neih chuan) ✓ Harsatna neih chuan HWC hnai bera kal tur 	<ul style="list-style-type: none"> ✓ Ha nget tur a awm em tih check ✓ Nachhawkna pek ✓ Ha hni vung chu ha nget vang nge chhan dang vang a vung tih en fiah ✓ Dental Suegeon hnenah refer tur. ✓ Record maintain 	<p style="text-align: center;"><i>Medical Officer an awm chuan</i></p> <ul style="list-style-type: none"> ✓ Na/vung a awm chuan enkawl dam phawt a CHC/DH hnai bera Dentist hnena refer tur <p style="text-align: center;"><i>Dentist an awm chuan</i></p> <p>PHC/CHC-a Dentist an awm chuan damlo chu a natdan a zira enkawl na a mamawh anga enkawl mai tur a ni</p>

GUM DISEASES (Ha hni natna)			
NATNA VENDAN TLANGPUI	<ul style="list-style-type: none"> • Nikhatah vawi hnih tal minute 2 chhung Ha nawh thin tur a ni. • Soft drinks leh thil thlum ei tlem a, ei zawhah ha nawh tur. • Fiber leh Vitamin tamna thlai hring ei tam. • Tui fai leh thianghlim a ha nawh leh tleuh thin tur. • Naupai avanga ha nawh loh te tih loh tur. • Dentist hnena a khat tawh a regular taka checkup. 		
LEVELS	FAMILY/ COMMUNITY	HWC	PHC/CHC (RURAL/ URBAN)
ENKAWL DAN TUR	<ul style="list-style-type: none"> ✓ Uluk leh fai taka ha nawh ✓ Tui lum pep pep ah chi (salt) pawlh a ha nawh tur. ✓ Harsatna neih chuan HWC hnai bera kal tur 	<ul style="list-style-type: none"> ✓ Ha hni natna a nei em tih uluk taka check tur. ✓ Annexure 2-a tarlan ang hahni natna langchhuak a nei em? ✓ Ha leh ha inkarah leh ha bal tawhna ah pilh emaw hnuhma a awm em en tur. ✓ Ha nawh dan dik hrihhriat tur. ✓ Dental surgeon hnenah refer tur. 	<ul style="list-style-type: none"> ✓ Review the diagnosis ✓ Oral prophylaxis ✓ Chlorhexidine (0.2% Chlorhexidine Gluconate) Mouth Wash hman. ✓ Ha hni thi leh vungah chuan Tannic Acid astringent gum paint hman tur ✓ Damlo chuan antibiotic a mamawh chuan pek tur. ✓ Ha hni zai ngai a nih chuan District Hospital-ah refer tur a ni.

Annexure 3

DENTAL EMERGENCIES			
NATNA VENDAN TLANGPUI	<ul style="list-style-type: none"> ✓ Nikhatah vawi hnih tal minute 2 chhung Ha nawh thin tur a ni. ✓ Thil thlum lam ei tlem. ✓ Ei leh in hrisel chauh ei tura ruahhmanna felfai tak neih ✓ Dentist hnena a khat tawh a regular taka checkup. 		
LEVELS	FAMILY/ COMMUNITY	HWC	PHC/CHC (RURAL/ URBAN)
1. Ha na (Pain)	<ul style="list-style-type: none"> ✓ Fai taka toothbrush-a nawh emaw tui lawngin kam thuah. ✓ Tui lum pep pep ah chi (salt) pawlha kam thuah. ✓ A na tih ziaawm nan lawngpar hnawih 	<ul style="list-style-type: none"> ✓ A nat nachhan hriatchhuah. ✓ Paracetamol STAT dose 1 pek tur. ✓ Dental surgeon hnenah refer tur. 	<ul style="list-style-type: none"> ✓ Damlo chu a in enkawl tawh dan zawh. ✓ A natdan azirin a tul dan anga enkawl.
2. Hnai la/ Vung	Health and Wellness center hnai berah in entir tur.	<ul style="list-style-type: none"> ✓ Antibiotics pek tur (Teleconsultation-a dentist anrawn) ✓ Dentist awmna hnai berah refer tur. 	A natdan azira a tul dan anga enkawl na pek.
3. Tooth Injury (accident avanga ha sawh hliam)	<ul style="list-style-type: none"> ✓ Thichhuak tih reh nan cold pack a deh ✓ A ha tla (avulsed tooth) chu bawnghnute ah chiah tur. ✓ Dentist hnena kalpui tur. <p>Tih loh turte: <i>Ha chu paih bo loh tur.</i> <i>Lapua bal a tuam loh tur.</i> <i>Ha chu nawh loh tur.</i> <i>Ha chu a ro (dry) a dah loh tur</i></p>	<ul style="list-style-type: none"> ✓ Thichhuak tih reh tum hmasak phawt tur. Darkar 1 chhungin Dentist hnena refer tur. 	<ul style="list-style-type: none"> ✓ Radio-graphic examination tih zawhah enkawl zel dan tur ruahhmanna siam. ✓ Endodontic/ Extraction tih tura ruahhmanna siam.
Pan dam theilo (Non-healing Ulcer)	<ul style="list-style-type: none"> ✓ Mahni a ka chhung awmdan zirchian. ✓ Ka chhungah pan emaw, a sen/var durh kar 2 hnu pawha reh lo a awm chuan HWC ah inentir tur. <p>Tihloh tur: 1. A na laiah thil hnawih loh tur</p>	<ul style="list-style-type: none"> ✓ Population based screening kaihhraina anga kalpui tur. ✓ Zuk leh hmuam bansan tura fuih. 	<ul style="list-style-type: none"> ✓ Pan (Ulcer) awmchhan zawn chhuah. ✓ Enkawlna tha zawk a dawn theih nana refer.
Thichhuak reh theilo (Uncontrolled bleeding)	<ul style="list-style-type: none"> ✓ Cold pack hmanga thisen chhuak tih tawp tum. ✓ Health and wellness center hnai ber pan tur. 	<ul style="list-style-type: none"> ✓ First aid ✓ Thichhuak tih tawp ✓ Higher facility-ah report tur. 	<ul style="list-style-type: none"> ✓ Thichhuak tih tawp ✓ Thi chhuah chhan chhuichhuah ✓ Enkawlna tha zawk a dawn theih nana refer.

Annexure 4

HA IN VUAH DAN DIKLO/ KHABE SAWI (IRREGULAR ARRANGEMENT OF TEETH AND JAWS)

NATNA VEN DAN TLANGPUI	✓ Naupang kum 6-12 chu regular taka dentist hnena an ha to dan endik tura hruai thin tur ✓ Kut zungpui fawh chinte, hmui hnuailam fawh/pet, kaa thawk, muthilh laia ha thial thin hian ha to dan a ti dang lamin, ha kuh/ ha hnuailam kuh/ leh ha inkar zau (ha awng) a siam thei.		
LEVELS	FAMILY/ COMMUNITY	HWC	PHC/CHC (Dentist an awm chuan)
ENKAWL DAN TUR	Chinthan thalo: - kutzungpui fawh, hmui hnuailam peh, ka-a thawk leh zana ha thial te bansan	CHC/ DH-a refer tur	Orthodontic enkawl na pek

NOTE

- Na neihin mahnia damdawi in chawh mai loh tur
- Ha kher/ Ha kara tang te Toothpick emaw thil hriam a kher loh tur.
- Ha a nat in, a na laiah thildang: - Chinai/petroleum product/ Chi/ Pain Balm etc te tah loh tur
- Bianga thil sa a deh emaw pain relief balm hnawih emaw tih loh tur.
- Damdawi (nachhawngna) a zawna ei vak vak loh tur