

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, SHCs, AHCs)-a Palliative Care kalpui dan tur*

Sir/ Madam,

Ministry of Health & Family Welfare chuan kum 2012 khan 'National Programme for Palliative Care (NPPC)' a launch a. Palliative care programme hi Secondary Level Facilities-ah chauh kalpui thin niin kum 2022 khan Comprehensive Primary Health Care (CPHC) Programme hnuaiah Primary Health Care Facilities level-a hman turin Palliative Care at Health & Wellness Center guideline a rawn tih chhuak ta a. Health and Wellness Centers (UPHC, PHC, SHC, AHC) tin a Palliative Programme mumal taka kalpui a nih theih na tur a hma lo lakpui turin ka ngen a che.

Palliative Care: Palliative care kan tih chu natna khirh tihdam theih tawh loh neite enkawlna pek hi a ni a. Natna khirh tak tuarte, khum beta na te hian taksa mai nilo rilru thlengin hrehawm tam tak an tuar thin a, hrethiam tak leh zawldawh taka ngaihsaktu an mamawh a ni. Chung harsatna tawh te leh an chungte an mamawh ang zel a tanpuina pek hi he NPPC programme in a tum ber chu a ni a.

Palliative care mamawh te chu heng Chronic Disease nei te hi an ni thei ang:

1. *Cardiovascular diseases*
2. *Cancers*
3. *Chronic respiratory diseases*
4. *HIV-AIDS*
5. *Diabetes leh Kidney Failure (kal thalo), Chronic Liver disease, rheumatoid arthritis, neurological disease, dementia, congenital anomalies leh drug resistant tuberculosis kan tih te pawh a huam thei ang.*

Palliative Care pek hi mimal nunphung leh hriselna kawnga hmasawn nan leh natna khirh tak tuar damlo mek te leh anmahni enkawltu an chungte tan thlamuanna leh mihring zahawmna hum him kawngah pawh a pawimawh hle a. An natna leh an dinhmun chu tihdam theih a ni emaw ni lo emaw pawh ni se, taksa, rilru, thlarau lam thlenga an tawrhna leh hrehawmna tih zia awm hi Health System leh Health Care Professional te mawhphurhna a ni.

1. Individual/Family/Community level:

1. ASHA te chuan an bialchhung ah Palliative Care mamawh damlo in lama inenkawl/ khumbeta nate chu an zawngchhuak ang.
2. Chung damlote chu Sub-Center ah report-in HWC team te'n tlawh chhuakin an dinhmun leh natna te Palliative Care Screening tool (Annexure II) hmangin an screen ang.
3. Palliative care chungchangte chu damlo enkawltu te an hrilh hre tur a ni a, an mamawh leh puih an ngaihna te an zawt tur a ni.
4. ASHA te chuan Palliative care service an pek te chu an ngaihven zui thin tur a ni.

2. Health and Wellness Center – Sub Center level:

Palliative Care team dinin team member te chu CHO, MPW leh ASHA te an ni ang.

Home-based Palliative care Services (In lama enkawlina):

- Palliative Care team-te chuan Home care kit kengin damlo palliative care mamawh te chu tlawh chhuakin Home Care an pe ang, an mamawh hun apianga an koh theih turin an awm tur a ni. Mamawh hun a koh theih tur Team ni mahse, damlo te chuan enkawlina tha an dawn chhunzawm zel theih nan hunbi neiin an tlawhchhuak thin ang.

End of life care (damlo na zual): Palliative care Team-te chuan damlo na zual, an hun hnuhnung hmang mek te chu ngaihvenin, an hun tawp thlenga enkawlina an pe ang. Nunna chan an awmin HWC-PHC/UPHC ah an report thin ang. Damlo nat dan (Pain score) 6 aia sang chu HWC-PHC/UPHC ah a refer ang.

3. Health and wellness Center- PHC/UPHC Level:

PHC level-ah chuan Primary Care an lo ti thei ang, Secondary care mamawh damlo serious zual deuh te chu higher center CHC ah emaw District Hospital ah emaw a refer ang.

OPD: Kar khatah vawi khat palliative care OPD an nei tur a ni.

Home care and End of life care: PHC/UPHC a Medical Officer te chuan damlo enkawltu chu Palliative Care pek dan tur hunbi neiin emaw an mamawh hunah zirtirna an mamawh dan ang zelin a pe ang.

Drugs and Consumables: Damlo te mamawh ang damdawi leh enkawlina an lo pe ang.

Referral: PHC/UPHC a an enkawl theihloh, damlo na zualte chu CHC ah emaw District Hospital ah emaw a refer ang. Medical Officer te chuan a tul dan angin khawtlangah Palliative Care chungchangah zirtirna a nei thin ang.

4. Community Health Center level

- First Referral Unit: PHC level tana refer na hnai leh hmasa ber a ni.
- Out-patient Services
- In Patient Services – Palliative care mamawh damlo na zualte chu natna dang vanga damlo te aia ngaih pawimawh hmasak a neih tur a ni.
- A mamawh tan District hospital-ah referral a ti thei ang.
- PHC/UPHC level-a an hnathawh dan zawng zawng a enpui thin ang.

Yours Sincerely,


m (DR. ERIC ZOMAWIA)


Mission Director
National Health Mission
Mizoram: Aizawl

Dated, Aizawl the 19th February, 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. Office Copy


m Mission Director
National Health Mission
Mizoram: Aizawl

Annexure I

In lama damlo na zual enkawl lai te'n Palliative Care Service tha zawka an neih theih nan, HWC team hnenah Home Care Kit pek an ni ang a. Home Care kit chu HWC-ah dah a ni ang a, CHO/HWO-te chu Home Care Kit enkawl na a mawhphurtu an ni anga. Kit chhunga thil awm te chu chat lak loin a awm reng theih nan an enkawl ang. Kit chhunga awm tur a hnuai kan tarlan ang te chu State atanga HWC-a mi tur damdawi lak thin dan pangngai anga indent tur a ni. Home Care Kit-a awm tur te chu:

Supplies	Medicines
Equipment 1. Stethoscope 2. BP Apparatus 3. Torch 4. Thermometer 5. Tongue Depressors 6. Forceps 7. Glucometer	Pain Control 1. Paracetamol 2. Ibuprofen 3. Diclofenac 4. Tramadol 5. Dexamethasone (as adjuvant)
Supplies 1. Dressing Supplies 2. Cotton 3. Scissors 4. Gauze Pieces 5. Gauze bandages 6. Dressing Trays 7. Gloves 8. Micropore Tapes 9. Syringes and Needles 10. Cotton catheters 11. Urine bags 12. Feeding Tubes 13. Foley's Catheter	Wound Management 1. Betadine Lotion and ointment 2. Metrogyl Gel 3. Hydrogen peroxide 4. Turpentine oil
Gastrointestinal Symptom Management 1. Domperidone 2. Bisacodyl 3. Loperamide 4. Oral Rehydration Salts 5. Ranitidine 6. Metoclopramine+ 7. Diclomine+ 8. Hyoscine Butyl Bromide	Antibiotics and Antifungals 1. Ciprofloxacin 2. Metronidazole 3. Amoxycilin 4. Fluconazole
Psychological Symptom Management 1. Lorazepam 2. Amitriptyline	Nutritional Supplements 1. Iron, Vitamin and Mineral Supplements Other Miscellaneous 2. Spirit 3. Lignocaine Gel 4. Ethamsylatre 5. Deriphylline 6. Cough preparations

Annexure II:

Palliative Care Screening Tool for Community Health Officer/ Staff Nurse/ Medical Officer

ASHA Hming:	Khaw hming:
ANM Hming:	Sub Center:
PHC bialtu hming:	Date:
Chhungkua-a Sum Thawkchhuak thei awm zat:	Damlo chu mahni inchawm a ni em: Aw/Aih
Chhungkua-a Naupang (Kum 18 hnuailam) awm zat:	Aadhar/UID/Voters ID:
Kum:	RSBY beneficiary: Aw/ Aih
Sex:	Phone No:
Address:	Treatment lak lai:

Sl. No	Screening Items	Score
1	A natna symptom a lang chhuak nasa	2
2	Functional Status Core (as per ECOG/WHO)	
	a. A dam thaa harsatna a neilo	0
	b. Symptom a lang chhuak a mahse damlo in a hna pangngai takin a thawk thei	1
	c. Symptom a lang chhuak a, damlo in puihna ngai lemlovin a mamawh a ti thei	2
	d. Mahni a chet vel a harsat a puih a ngai	3
	e. Khumbeta awm, mahni in engmah a ti thei lo	4
3	A natna vei lai in natna dang a thlen tel (complications and co-morbidity)	1
4	Palliative Care problems	
	a. A treatment lak in awmzia a neilo	1
	b. A chhungte/chenpui te a natna vangin hrehawm/rilru hah/na takin an awm	1
	c. Damlo/a chhungte/chenpui ten a disease progress dan leh enkawl dan tur ah thuthlukna siam harsa an ti	1
	d. Damlo/a chhungten Palliative Care pek an duh tawh	1
Total score		

Interpretation: Total Score 4 aia a sang anih chuan damlo chu Palliative Care service pek ngei ngei tur a ni a, Sub-Centre bialtu Medical Officer rawn chung zelin enkawl tur a ni ang.

**Annexure III:
Health Related Suffering Screening tool for Palliative Care
(National Cancer Grid- Social Health Screening Tool)**

Natna in damlo a nghawng dan	Nei lemlo (Score= 0)	Nei (Score= 1)	Nei nasa (Score= 2)
<p>I natna lan chhuah dan tlangpui te eng nge ni?</p> <p><i>Taksa na/ Thawk harsat/ Luakchhuak/ Kawthalo/ Chau ngawih ngawih/ Chaw eithe lo/ Chet harsat/ Zun/ Ek thi/ Taksa Thak/ Pan leh hliam/ Thil hriatna tlahniam (rim hriatna, ri hriatna, khawhmuh) / Ka tuilo etc.</i></p>			
<p>I natna hian i rilru lam ah engtin nge a nghawng?</p> <p><i>Hlimlohna/ Midangin hmangaih tawk lo a inhriatna/ Hlauhthawwna/ Thinrim ut ut/ Mal riau inhriatna/ Mutthilh harsat/ Inrintawk lohna/ Thil hre reng theilo etc.</i></p>			
<p>I natna avangin heng harsatna te hi i tawk em?</p> <p><i>Chungkuaah/ midangte nena inlaichinna ah/ thlauhthlak ni a inhriatna/ hnathawhna kawngah/ Damdawiin pan/ Midang biangbiak kawngah etc.</i></p>			
<p>I natna avangin heng ang ngaihtuahnate hi i nei ngai em?</p> <p><i>Inhremnaa ngaihna/ Hlahna/ Zahna/ Inthiamlohna/ Pathian laka thinrimna/ Nunin awmzia neilo riau a in hriatna/ midang laka in la hrang leh adang te</i></p>			
<p>I Natna avangin heng harsatna te hi i tawk em?</p> <p><i>Hna chan/ Zirlai chawlhsan/ Hnathawh chawlhsan/ Lei ba/ Thil neih (thil hlu) hralh/ awmna sawn etc.</i></p>			
<p>Presence of Health-related Suffering ? (Damlo total score a zir in YES/NO ah hian thai bial tur a ni)</p>	<p>Total Score ≥ 2 YES</p>		<p>Total Score ≤ 2 NO</p>
<p>YES a nih chuan damlo chuan chu a harsatna tawh avanga self-care (mahni a chawi ei te, inbual eng ilo te leh midang te nen a inbiang biak te) kar 2 (2 weeks) aia rei a thlahthlam em tih zawt ang che</p> <p>NO a nih chuan thla 3 hnu ah screening tih nawn leh tur a ni.</p>			
<p align="center">A thlahthlam a nih chuan</p> <ul style="list-style-type: none"> • Damlo chuan '<i>Serious Health related Suffering</i>' a nei a ni tih in record tur a ni • Damlo hnenah chuan damdawi lam inenkawlna a duh leh duh loh zawh a, a duh a nih chuan enkawl chhonzawm dan tur ngaihtuah pui tur a ni ang. • Damdawi inenkawlna a duhlo anh chuan a chungte leh chenpui te nen in lam a enkawl ho dan tur ngaihtuah tur a ni ang 			

Annexure V

HOME VISIT CASE SHEET

(Screening form nena dah kawp tur)

Damlo hming: _____ **Kum:** _____ **Sex:** _____

Educational Status _____ **Marital Status:** _____

Date: _____

Visit Chhan:

Diagnosis:

ECOG Performance Status: 0/1/2/3/4; _____

General Condition	Tha thawkhat/ Thalo / Chak lo tak/ Chau / Harhvang lo / Nikhaw hrelo / Terminal
Communication	Awlsam / Achang chang a tha / tha vaklo / Biak theihloh
Ambulation/ Activity	Pangngai / Che thei sawih sawih / Midang puihna tello a che theilo/ khum bet
A in sawiselna ber	
Sleep	Pangngai / Mu tha lo / Chhan engemaw vang a harh sek
Urination (zun)	Pangngai / zung tha theilo / Zung zing / Insum harsa / zun Siak ngai
Bowel (ek)	Pangngai / Kawthalo / Ek khal / E tha theilo
Malodour	Zun leh ek insum theihloh (chah) vang / Natna dang vang (Infected Ulcer)
Appetite	Tha / tha thawkhat / tha lo / Chawei chakna neilo

Damlo Complaints:

Taksa na (Pain)	Ka chhung Na (Sore Mouth)	Thak / Vual (Itching)
Chau/ Luhai/ Luakchhuak	Vung (Swelling)	Thawchham
Luak (Vomiting)	Pan/ Hliam (Ulcer/Wound)	
Thil lem harsat	Thi Chhuak / Thiput (Bleeding)	Chauh ngawih ngaih na
Thin Sa (Heart Burn)	Ban emaw Ke emaw vung (Lymphoedema)	Mutchhuak ngawih ngawih (Drowsiness)
Khuh (Cough)	Pressure Sore	
Ek khal (Constipation)		

Damdawi ei lai:

Pain Score(if any):

Mental status (chhanna zawnah tick tur)

- Pangngai
- Zam/ Inringtawklo
- Ngui/ Phur lo
- Chhan awmlo a thinrim reng
- Midang laka inthiarfihlim
- Hlauhawm
- Mahni nunna lak pawh hrehlo