

National Oral Health Programme (NOHP), Mizoram

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1. Short Write- up of NOHP :

‘Oral Health’ is an integral part of general health. With increasing life expectancy Oral Health is bound to play a major role in improving the quality of life. The prevalence of Oral Diseases, such as Dental Caries, Periodontitis (Diseases of the gum), Mal-Occlusion and Oral Cancer, are very high in Mizoram. Mal-Occlusion of teeth is common among 50% of school children. Oral Cancer accounts for almost 40% of the total diagnosed cancer cases and the wide usage of tobacco in various forms attributes to 90% of all oral cancers. Dental caries and Periodontitis are very common in all groups of ages.

‘Oral Health’ means being free of Chronic mouth and facial pain, oral and throat cancer, Oral sores, birth defects such as cleft palate, periodontal (gum) diseases, tooth decay and tooth loss and other diseases and disorders that effect the mouth and oral cavity.

Oral Health Programme has never been implemented in the state before but started from 2014 to 2015. It used to be the most neglected part of all Health & Family Welfare Department activities. It is estimated that nearly 90% of the state’s population is suffering from one or the other dental diseases. And it is noticed that this alarming rise in dental diseases is mainly due to the lack of awareness among the people and the almost non- existence infrastructure of the Oral Health Care Services in the state.

2. Achievements FY 2023-2024:

Table 1:

FMR Code	Particulars	Target or Quantity	Achievements/Remarks
2.1.3.3	Inspection/Supervisory visit for NOHP centres	5 NOHP Centres (Lunglei, Lungdai, Kawnpui, Saitual and Thingsulthliah)	Completed
2.3.4	Outreach activities: Oral Health Camp & Oral Cancer Screening	14 Villages (Lunglei, Lungdai, Kawnpui, Saitual, Thingsulthliah, Chawngte, Darlawn, Sakawrdai, Biate, Champhai, Vairengte, kawrthah, Tlabung and Siaha)	Completed
9.5.29.13	Training of Medical Officers, Dental Surgeons, Health Workers and School Teachers.	2 Training	Completed
11.24.4.2	IEC/ BCC	For observation of National Oral Health day	Completed
2.17.5	Printing	Leaflet, Booklet, posters	On- going
6.1.1.12.	Procurement of Dental equipments and Accessories	Dental equipments for 5 NOHP centres	Completed
6.2.10.1	Consumables	5 NOHP centres	Completed

Achievement of the FY 2023-24 (2023 April – March 2024)

Table 2:

Name of Centres	OPD	No.of Extraction	No.of Filling/RCT	No.of Oral prophylaxis/Scaling	No.of Patients Counsellled
Darlawn	706	318	64	25	266
Chawngte	707	175	98	49	428
Lungdai	583	403	101	22	131
Sakawrdai	1742	443	9	4	136
Lunglei	4083	1362	41	20	420
Vairengte	1634	321	394	49	60
Tlabung	401	115	11	157	165
Siaha	2291	839	168	NIL	201
Kawnpui	531	137	NIL	8	47
Biate	772	328	NIL	157	104
Champhai	3079	1269	313	4	85
Kawrthah	393	132	17	NIL	99
Thingsulthiah	751	265	127	61	109
Saitual	1577	466	336	50	41
Civil Hospital Aizawl	22479	12401	347	64	NIL
Falkawn	5856	3415	3019	269	138
Kulikawn	6738	3430	715	8	NIL
Serchhip	1827	3167	60	93	24
Thenzawl	498	159	29	6	1
Lawngtlai	1031	588	1	NIL	NIL
Khawzawl	1474	642	521	24	210
Kolasib	2051	1161	1	NIL	62
Mamit	2203	843	775	NIL	232
Ngopa	783	406	58	15	75
Hnahthial	1286	1021	NIL	NIL	25
TOTAL	65476	33806	6456	1085	3059

3. Problems, Opportunities and Future Prospects :

a. Problems

i) **Human Resource** : It is estimated that nearly 90% of the state's population is suffering from one or the other dental diseases, and it is noticed that this alarming rise in dental diseases is mainly due to the lack of awareness among the people. At present, the average daily dental patient attendance is 150 at the dental –OPD in Civil Hospital. As such is the case, this clearly reflects the need for recruiting more HR to cover the whole population. With just 14 dental surgeons under NOHP the possibility of covering the whole population is minimal.

ii) **Infrastructure**: Establishment of more dental units at existing Primary Health Centres is required since the public at those places lacks access to Oral Health Facilities. There are only 3 Primary Health Centres that have dental units and staffs out of 70 Primary Health Centres.

b. Opportunities

The NOHP staffs are in fact young and zealous and the public is also quite well aware and catch up to Oral Health counselling and campaigns. So, good opportunities are seen for promotion of Oral Health among the community.

c. Future Prospects

To have more Dental units at all the Primary Health Centres in order to help decrease the incidence of Oral Health problems.

4. Number of Doctors and Nurses (NHM)- HR Manager

Each NOHP centre have 3 dedicated staff comprising of :

Dental Surgeon

Dental Hygienist

Dental Assistant

At present the NOHP has 14 Dental Surgeons, 14 Dental Hygienist and 9 Dental Assistant all over the Districts in Mizoram state.

National Oral Health Programme had been implemented at these centres since 2015 namely :

1. Primary Health centre, Darlawn (Aizawl 'E' District)
2. Primary Health centre, Lungdai (Kolasib District)
3. Community Health centre, Chawngte (Lawngtlai District)
4. Lunglei Civil Hospital (Lunglei District)
5. Community Health centre, Sakawrdai (Aizawl District)
6. Community Health centre, Vairengte (Kolasib District)
7. Sub District Hospital , Tlabung (Lunglei District)
8. Community Health centre, Kawnpui (Kolasib District)
9. District Hospital, Siaha (Siaha District)
10. Community Health centre, Biate (Khawzawl District)
11. District Hospital, Champhai (Champhai District)
12. Community Health centre, Kawrthat (Mamit District)
13. Primary Health centre, Thingsulthliah (Aizawl 'E' District)
14. District Hospital, Saitual (Saitual District)



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