

Facility wise Service package made Available at UPHC

Medical care :

- a. OPD services 12.00 Noon to 8.00 PM
- b. Time schedule will vary from City to City.
- c. Referral services
- d. Day care services etc. As described in NUHM Implementation framework

Maternal and Child health care including family planning:

Maternal care

a) Antenatal care :

- i. Early registration of the registration of all pregnancies ideally in the first trimester (before 12th week of pregnancy). However even if a woman comes late in her pregnancy for registration she should be registered and care given to her according to gestational age.
- ii. Minimum 4 antenatal checkups and provision of complete package of services. First visit as soon as pregnancy is suspected. 2nd between 4th and 6th month (around 26 weeks). 3rd visit at 8th month (around 32 weeks) and 4th visit at 9th month (around 36 weeks). Associated services like providing iron and folic acid tablets, injection Tetanus Toxoid etc. (as per "guidelines for ante-natal care and skilled attendance at birth by ANMs and LHVs)
- iii. Minimum laboratory investigations like hemoglobin, urine, albumin and sugar, RPR test for syphilis
- iv. Nutrition and health counseling
- v. Identification of high-risk pregnancies/appropriate management
- vi. Chemoprophylaxis for Malaria in high malaria endemic areas as per NVBDCP guidelines
- vii. Referral of high risk pregnancy beyond the capability of UPHC MO to manage to FRU.

b) Post natal care :

- i. A minimum of 2 postpartum home visits. First, within 48 hours of delivery. 2nd within 7 days through sub-center staff.

- ii. Initiation of early breast-feeding within half-hour of birth.
- iii. Education on nutrition, hygiene, contraception, **essential new born care** (as per guidelines of GOI on Essential new-born care)

Apart from the above UPHC would also provide facilities under **Janani Surksha Yojana (JSY)**

Child Care:

Care of Child -

- i. Emergency care of sick children including Integrated Management of Neonatal and Childhood illness
- ii. Essential Newborn Care
- iii. Promotion of exclusive breast-feeding for 6 months.
- iv. Full Immunization of all infants and children against vaccine preventable diseases as per guidelines of GOI.
- v. Vitamin A prophylaxis to the children as per guidelines.
- vi. Prevention and control of childhood diseases like malnutrition, infections, etc.

Family Planning :

- i. Education, Motivation and counseling to adopt appropriate Family planning methods.
- ii. Provision of contraceptives such as condoms, oral pills, emergency contraceptives, IUD insertions
- iii. Permanent methods like Tubal ligation and Vasectomy/NSV
- iv. Follow up services to the Eligible couples adopting permanent methods (Tubectomy/Vasectomy)
- v. Counseling and appropriate referral for safe abortion services (MTP) for those in need.
- vi. Medical Termination of Pregnancies using Manual Vacuum Aspiration technique for which appropriate training would be provided. (Wherever trained personnel and facility exists)

Management of Reproductive Tract Infection/Sexually Transmitted Infection:

- 1) Health education for prevention of RTI/STIs
- 2) Treatment of RTI/STIs

Nutrition services (coordinated with ICDS)

- ✓ School health – regular checkups, appropriate treatment, referral and follow-ups
- ✓ Adolescent health care – life style education, counseling, appropriate treatment
- ✓ Promotion of Safe water supply and basic sanitation.

- ✓ Prevention and control of locally endemic disease like malaria, Kala-azar, Japanese Encephalitis, etc.

Disease Surveillance and control of epidemics –

- a) Alertness to detect unusual health events and take appropriate remedial measures
- b) Disinfection of water sources
- c) Testing of water quality using H₂S-strip Test (Bacteriological) developed by NICD
- d) Promotion of sanitation including use of toilets and appropriate garbage disposal
- e) Collection and reporting of vital statistics
- f) Education about health/Behavior change communication (BCC)
- g) National Health Program including HIV/AIDS control program- as relevant

Referral Services:

Appropriate and prompt referral of cases needing specialist care including:

- 1. Stabilization of patient
- 2. Appropriate support for patient during transport
- 3. Providing transport facilities either by UPHC vehicle or hired vehicle for which funds will be made available with the medical officer.
- 4. Routine and emergency treatment of:
 - a. Cases approaching the UPHC directly
 - b. Cases reaching the UPHC on referral from Slum Pockets or elsewhere.
 - c. This will include:
 - i. Providing treatment or referral for all cases reaching the UPHC
 - ii. In-patient care for patients needing admission.

Basic laboratory services:

Essential Laboratory services including:

- i. Routine urine, stool and blood tests
- ii. Blood grouping,
- iii. Bleeding time, clotting time,
- iv. Diagnosis of RTI/ STDs with wet mounting, Grams stain, etc.
- v. Sputum testing for tuberculosis
- vi. Blood smear examination for malarial parasite.
- vii. Rapid tests for pregnancy/ malaria
- viii. RPR test for Syphilis/YAWS surveillance

Monitoring and Supervision:

- i. Monitoring and supervision of activities of sub-center through regular meetings/ periodic visits, etc.
- ii. Monitoring of all National Health Program
- iii. Monitoring activities of ASHAs
- iv. MO should visit all nearby Slums at least once in a month

- v. Health Assistants Male and LHV should visit Slum Pockets Daily.

AYUSH services as per local people's preference (Mainstreaming of AYUSH)

Record of Vital events and Reporting:

- a) Recording and reporting of Vital statistics including births and deaths, particularly of mothers and infants
- b) Maintenance of all the relevant records concerning services provided in UPHC

Concrete Service Guarantees that NHM will provide:

- Full coverage of childhood diseases /health conditions
- Full coverage for blindness due to refractive errors and low vision
- Full coverage for leprosy · Full coverage for tuberculosis · Full coverage for vector borne diseases
- Full coverage for minor injuries / illness · Full coverage for inpatient treatment of childhood diseases / health conditions (free for 50% user charges from APL)
- Full coverage of Blindness, vector borne diseases, life style diseases, hypertension etc.
- Full coverage for providing secondary care services at UCHC/DH.
- Full coverage for meeting unmet needs and spacing and *permanent family* planning services.
- Full coverage for RI/STI for HIV–AIDS services for adolescents.
- Health education and preventive health measures.