

E-Surveillance of NCDs

National Health Mission - Himachal Pradesh

According to World Health Organisation (WHO) nearly 61% deaths in India are attributed to non-communicable diseases (NCDs), viz., heart disorders, cancer and diabetes. Almost 23% are at risk of premature death due to such diseases.

In India, a total of 58,17,000 deaths in 2016, were estimated from diseases like cancer, diabetes and heart problems. Experts are concerned over rapidly increasing incidence because of changing lifestyle and factors like pollution. Four risk factors responsible are tobacco, unhealthy diet, physical inactivity and excessive consumption of alcohol. Major metabolic risk factors are obesity, and raised blood pressure, blood glucose and blood cholesterol levels.

Cardiovascular diseases viz., coronary heart disease, stroke and

CHALLENGES FACED

- The primary challenge was to bring together key NCD experts and to devise the implementable strategies in accordance with the GOI requirements under the NCD related programmes
- Developing the software was a challenge
- Motivating and training Auxiliary Nurse Midwives (ANMs) and health workers to use the software on Anmol Tablets was also a challenge





FINAL OUTCOMES

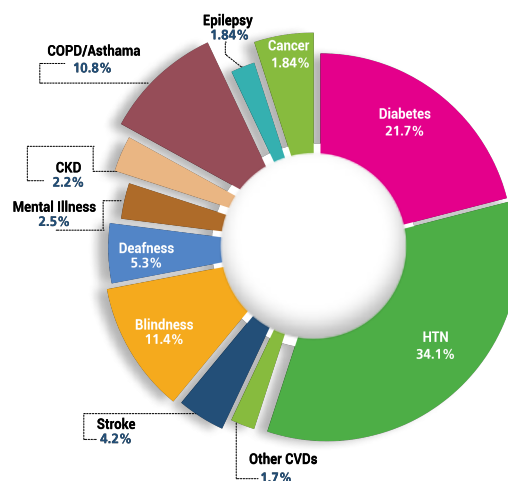
- Within three months of implementation, 1,50,818 patients were registered, ANMs screened 21,969 individuals and doctors diagnosed 4,052 patients having NCD
- Doctors, ANMs and ASHAs regularly monitor patients through the software and generate reports on a daily/monthly basis

hypertension contribute 45% of all NCD deaths, followed by chronic respiratory disease (22%), cancer (12%) and diabetes (3%). Despite having a lower percentage of deaths from NCDs, the share of premature deaths in India due to such diseases is quite significant. Cancer, diabetes and heart diseases alone account for 55% of the premature mortality in India in the age group of 30-69 years.

In 2010, the Government of India started a comprehensive programme called National Programme for Prevention and Control of Cancers, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) in 100 Districts. The programme was launched in Chamba, Kinnaur and Lahaul and Spiti and expanded to all 12 Districts of Himachal Pradesh from 2015-16. The main objectives of NPCDCS are to prevent and control common NCDs through behavioural and life style changes, provide early diagnosis and encourage management of common NCDs. Half of the National Health Programmes (10 out of 21) pertain to NCDs in India. Additionally, there are health regulations like Tobacco Control Law i.e., COTPA 2003 and Food Safety and Standard Act 2006 with similar mandate.

With an estimated population of 7 million Himachal Pradesh achieved a high level (40%) of opportunistic screening of more than 30 people for Diabetes and Hypertension in 2016-17 under NPCDCS. About 9.13 lakh people were screened. 11.3% of them were suspected for diabetes and 10.29% for hypertension.

NCD CASES BREAKUP BASED ON MO DIAGNOSIS YEAR-2018



In order to make the screening more feasible and accurate, an electronic Health Card (EHC) was launched in Himachal Pradesh in August, 2017.

The expanded strategy is at par with the basic GOI guidelines and has been developed by NCD experts from academic institutes including Chief Medical Officers, Block Medical Officers, Medical Officers and Non-Government Organisations. It was tested before rollout in the state.

The e-Health Card is cost-effective and reliable tool for scanning NCD risk factors and suitable treatments. Given that it requires an OTP, the e-Health Card ensures to privacy of the health record of every individual.