

## **National Programme for the Health Care of the Elderly (NPHCE)**

With increasing life expectancy and demographic ageing, the number of persons above the age of 60 years have increased steadily from 5.54 % (2 Crore approx) in 1951 to over 8.6 % (10.4 Crore approx) in 2011. Elderly Population of Haryana as per 2011 census is approx 0.22 Crore. In view of this & recommendation made in the “National Policy on older Persons” as well as State obligations under “The Maintenance and Welfare of Parents and Senior Citizens Act, 2007”, the Ministry of Health & Family Welfare launched a “National Programme for the Health Care of Elderly” (NPHCE) in 2010-2011 in 30 districts across the country including district Nuh of Haryana and expanded to 70 more districts of the country in 2011-12 including district Ambala, Kurukshetra and Yamunanagar of the State. Programme was included under the umbrella of National Health Mission (NHM) to integrate its activities with other National Programmes in F.Y. 2013-14. Presently, the Programme is being implemented in all the districts of the state.

### **Vision of the NPHCE is:**

- To provide accessible, affordable, and high-quality long-term, comprehensive and dedicated care services to an Ageing population;
- Creating a new "architecture" for Ageing.
- To promote the concept of Active and Healthy Ageing;
- Convergence with National Rural Health Mission, AYUSH and other line departments like Ministry of Social Justice and Empowerment.

### **Objectives of NPHCE are:**

- To provide an easy access to promotional, preventive, curative and rehabilitative services to the elderly through community based primary health care approach.
- To identify health problems in the elderly and provide appropriate health interventions.
- To build capacity of the medical and paramedical professionals as well as the care-takers within the family for providing health care to the elderly.
- To provide referral services to the elderly patients through district hospitals, regional medical institutions

### **Strategies to achieve the Objectives of the programme are:**

- Community based primary health care approach
- Dedicated services at PHC/CHC level including provision of machinery, equipment, training, human resources (CHC), IEC, etc.
- Dedicated facilities at District Hospital with 10 bedded wards, human resources, machinery & equipment, consumables & drugs, training and IEC.
- IEC using mass media, folk media and other communication channels to reach out to the target community

Presently in Haryana, Health Services are being provided to the elderly people in 22 District Civil Hospitals (DCH), 153 Sub-Divisional Hospitals (SDH)/Community Health Centres (CHCs), 485 Primary Health Centres (PHCs) and 2617 Sub-Centres (SCs). Geriatric Health Care Services is also among the Package of Comprehensive Primary Health Care Services provided at Health & Wellness Centres (HWCs).

### Capacity Building

- Medical Officers were trained in Elderly Care at Department of Geriatric Medicine at AIIMS, New Delhi.
- Medical Officers, Staff Nurses, Community Health Officers (CHOs), Health Workers etc. were trained at State level Training of Trainers (ToTs) under National Programme for Health Care of Elderly (NPHCE). Consequently they provided training at district level in a cascade mode.
- Physiotherapists & Rehabilitation workers were also trained in Comprehensive Geriatric Care.

### Health Promotion:-

- International day of Older Persons (IDOP) is observed in various districts every year on 1<sup>st</sup> October by generating awareness regarding common health problems among the Elderly & holding health checkups camps, delivering health talks, involving care takers, holding rallies, issuing advertisements etc.
- 2020-30 being observed as Decade of Healthy Aging -Posters, booklets & pamphlets on Healthy ageing got printed & distributed in the community for awareness generation.

**स्वस्थ जीवनशैली - स्वस्थ वृद्धावस्था**

**अच्छा जीवन अच्छा स्वास्थ्य**

- सही भोजन खाएं।
- अपना वजन नियंत्रित रखें।
- व्यायाम करें।
- तनाव को नियंत्रित करें।
- अपने डॉक्टर से मिलें।

**अच्छी तंदुलता के लिए अच्छी नींद**

- सोने का समय तय करें।
- सोने से पहले दिन भर का तनाव दूर करें।
- सोने से पहले दिन भर का तनाव दूर करें।
- सोने से पहले दिन भर का तनाव दूर करें।

राष्ट्रीय स्वास्थ्य मिशन, स्वास्थ्य विज्ञान, हरियाणा

**स्वस्थ जीवनशैली स्वस्थ वृद्धावस्था**

**वृद्धावस्था से जुड़ी सामान्य स्वास्थ्य समस्याएं**

एक स्वस्थ जीवनशैली आपको स्वस्थ रखेगी।

- हृदय रोग (जैसे कि, दिल में रुकावट और स्ट्रोक)
- मधुमेह
- उच्च रक्तचाप
- अस्थि कमजोरी
- आंखों की समस्याएं
- श्रवण शक्ति में कमी
- तनाव
- अल्ट्रासाउंड
- एक्स-रे
- एमआरआई
- डॉक्टरों से मिलें।

**स्वस्थ वृद्धावस्था के लिए**

- स्वस्थ जीवनशैली अपनाएं।
- डॉक्टरों से मिलें।
- स्वस्थ जीवनशैली अपनाएं।
- डॉक्टरों से मिलें।

राष्ट्रीय स्वास्थ्य मिशन, स्वास्थ्य विज्ञान, हरियाणा

**स्वस्थ आदतों से वृद्धावस्था.....सुखद बनाएं**

राष्ट्रीय स्वास्थ्य मिशन, स्वास्थ्य विज्ञान, हरियाणा

**स्वस्थ जीवनशैली स्वस्थ वृद्धावस्था**

- हृदय रोग (जैसे कि, दिल में रुकावट और स्ट्रोक)
- मधुमेह
- उच्च रक्तचाप
- अस्थि कमजोरी
- आंखों की समस्याएं
- श्रवण शक्ति में कमी
- तनाव
- अल्ट्रासाउंड
- एक्स-रे
- एमआरआई
- डॉक्टरों से मिलें।

राष्ट्रीय स्वास्थ्य मिशन, स्वास्थ्य विज्ञान, हरियाणा

**वरिष्ठ नागरिकों के लिए फिटनेस गाइड**

राष्ट्रीय स्वास्थ्य मिशन, स्वास्थ्य विज्ञान, हरियाणा

**स्वस्थ जीवनशैली स्वस्थ वृद्धावस्था एक राष्ट्रीय पहल**

राष्ट्रीय वृद्धों के स्वास्थ्य प्रोत्साहन कार्यक्रम स्वस्थ बुढ़ा स्वर्णहासल बुढ़ा

### Health Care Facilities:-

**NCD cum Geriatric Clinic :-** Have been set-up where Screening of 30 years and above population including elderly coming to the facility (DCH/SDH/CHCs/PHCs) is being carried out for Hypertension (HT), Diabetes(DM) & Common Cancers (Oral, Breast & Cervical). Green colored cards are used for elderly patients. Annual assessment of confirmed cases for complications is also encouraged.

**Senior Citizen Corner's** are being established with adequate waiting area for elderly at various DCHs, Hospital and Sanitary Attendants assist the elderly in OPD & Indoor. Counseling for risk factors, lifestyle modification, dietary habits, regularity of treatment & follow - up along with comprehensive examination of patients referred by lower health facilities is being carried out. There is a separate queue for elderly at the Registration, OPD, Pharmacy Counters.

**Services at the time of COVID -19:-** Door-step medical attention was provided to the elderly persons having severe mobility issues during COVID-19. Mental health counselors handling help lines were directed to do counseling of the elderly



**DCH Panchkula**



**DCH Ambala**



**Geriatric ward-** Separate Ward/ Beds have been ear marked for elderly patients in all DCHs



**Physiotherapy Services-** It helps restore movement and function when someone is affected by injury, illness or disability.

Physiotherapy services are available at all 22 DCHs of the state. These units are equipped with Shortwave Diathermy, Cervical Traction, Trans Electric Nerve Stimulator, Shoulder wheel etc.



**Rehabilitation Services-** It reduces the impact of a broad range of health conditions, including diseases (acute or chronic). It can also complement other health interventions, such as medical and surgical interventions, helping to achieve the best outcome possible.

These services are available in 25 CHCs/SDHs in districts Ambala, Nuh, Yamunanagar, Kurukshetra, Sonipat & Karnal. Line list was done for elderly by ASHAs and List of elderly who needed aids and appliance was provided to Social Justice & Empowerment Department.

Districts are directed to incorporate elderly friendly modification like side railing, ramps, non-slippery floors etc.