

explain to people, that they need to be first screened by the ANM and then the diagnosis will be confirmed by a medical officer. The key message is most NCDs are preventable and also that NCDs including cancer can be treated if detected early.

In completing the formats and CBAC, you will be asking individuals for Aadhaar numbers. Please note that every individual has to provide their consent to giving you the number. At Annexure 3, is a consent form that every individual must sign.

3. Screening

Screening is an activity where a person even though she/he is apparently healthy, is examined physically, or with the help of equipment or tests to identify if they have a disease condition. Individuals with Non-Communicable Diseases may appear healthy, so it is important to screen adults at regular intervals. This time period is different for different conditions. For hypertension and diabetes screening should be conducted every year, and for cancers once in five years.

On a fixed day, every week, the ANM will undertake screening for hypertension, diabetes, oral and breast cancer. Until the ANMs are trained for detecting cancer of the cervix, screening for cancer cervix will take place at the PHC/CHC nearest the village. Depending on the distance the screening by ANMs can take place at the village or at the sub- centre. In urban areas, this can take place in the Urban PHC or outreach sessions. Screening involves examination of the mouth and the breast by the ANM, measurement of BP and glucose.



Target population (for screening):

- All men and women of 30 years and above for Oral cancer, Hypertension and Diabetes Mellitus.
- All women of 30 years and above for cervical and breast cancer.

Your tasks prior to the screening day are to mobilise the community to attend the screening on the date and time of the ANMs visit to the village or the date on which they need to go to the sub centre.

You should remember that most of the people will at first not agree to being examined, since they are healthy. You will need to use your skills to convince people that screening would help to identify disease conditions that may not have symptoms till the disease is advanced. If you find it difficult to convince any individual, you can ask the ASHA facilitator and ANM to visit the family along with you and explain the importance of screening.

On a particular day, about 30 people can be screened. Thus, in twelve or thirteen days you can screen the target population. These will be spread over the entire year. The ANM will make a schedule for screening in her area-and you will get the dates for your area from her. This also means that you will have to make sure that the number of people on a particular screening day, do not exceed thirty. Otherwise the ANM will be overburdened and crowd management will be difficult. You will also help the ANM in recording the