**SPH/MDP/FOR/40(B)**

**Percentage of MOH areas with at least two healthy lifestyle centers**

**District :-**

**Year :-**

**Quarter :-**

|  |  |  |  |  |  |  |  |  |  |
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| MOH Area |  | | |  | | |  | | |
| Name of the HLC |  |  |  |  |  |  |  |  |  |
| Requirement |  |  |  |  |  |  |  |  |  |
| **Place** |  |  |  |  |  |  |  |  |  |
| Designated place in a PHC or in a building in a same locality |  |  |  |  |  |  |  |  |  |
| **Physical facilities**– |  |  |  |  |  |  |  |  |  |
| Adequate lighting (electricity)  Ventilation  water supply  toilet facilities  space for 25 persons  Name board with adequate description |  |  |  |  |  |  |  |  |  |
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| **Waiting area** |  |  |  |  |  |  |  |  |  |
| with 25 chairs  DVD player  wall mounted TV/stand  NCD related Posters |  |  |  |  |  |  |  |  |  |
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| **Registration area** |  |  |  |  |  |  |  |  |  |
| Table with two chairs  cupboard  a filing cabinet |  |  |  |  |  |  |  |  |  |
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| **Records, Registers and other documents** |  |  |  |  |  |  |  |  |  |
| Participant register  Follow up register  Personal health records  Monthly summary return  invitation cards  Flip charts  BMI charts |  |  |  |  |  |  |  |  |  |
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| **Equipments** |  |  |  |  |  |  |  |  |  |
| - Weighing scale,  - stediometer  - glucometer with buffer stock for one month with strips |  |  |  |  |  |  |  |  |  |
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| **Examination area**- |  |  |  |  |  |  |  |  |  |
| -Table and two chairs,  -examination bed,  -BP apparatus  -WHO/ISH Risk prediction charts  -Management protocol,  -Circulars and guidelines  -HLC & essential drug list |  |  |  |  |  |  |  |  |  |
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| **Linkage laboratory facilities**  (should be available to test lipid profile for high risk people) |  |  |  |  |  |  |  |  |  |
| **Staff -** |  |  |  |  |  |  |  |  |  |
| MO/RMO to conduct the clinic  Availability of 2 trained persons to conduct the clinic |  |  |  |  |  |  |  |  |  |
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| **Training**- |  |  |  |  |  |  |  |  |  |
| MO/RMO - on management protocol and on NCD  Supporting staff should receive training on conducting the clinic |  |  |  |  |  |  |  |  |  |
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| **Drugs**-Availability of 1 month buffer stock |  |  |  |  |  |  |  |  |  |
| 1.Adrenaline tart rate 0.1% injection 1 ml Ampoule  2. Aspirin Tablet 100mg  3. Atenolol Tablet 50mg  4.Atorvastain Tablet 10mg  5.Beclometasone diproprionate- aerosol Inhaler 50 mcg metered dose  -200dose Unit MDI  -dry powder Capsule for Breath included device  100mcg DPI  200mcg DPI  6.Chlorpheniramine maleate (Chlorphenamine)- Injection 10mg in 1ml mpoule  - Tablet 4mg  7. Enalapril maleate Tablet 5mg  8. Frusemide – Injection 20mg in 2 ml Ampoule  Tablet 40 mg ( furosemide)  9. Glibenclamide Tablet 5 mg  10 Glyceryl trinitrate Tablet 0.5 mg sublingual  11. Hydro chlorothiazide tablet 25 mg  12. Hydrocortisone hemisuccinate injection 100mg Vial  13. Metformin Tablet 500mg  850mg  14.Nifedipine Slow Release Tablet 20mg  15. Salbutamol- respiratory solution 0.5% in 10ml Bottle  -Tablet 2mg & 4mg  16. Theophylline Slow Released Tablet 125mg |  |  |  |  |  |  |  |  |  |
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| **Conduction of Clinics** |  |  |  |  |  |  |  |  |  |
| Once per week  days **-………………………………………………………..** |  |  |  |  |  |  |  |  |  |
| **Supervision and monitoring** |  |  |  |  |  |  |  |  |  |
| Timely sending of monthly return to MO/NCD  Inspection record book available and supervised by the supervising officer at least once/month  Performance-% performance for past 3/12 (estimated number /HLC/3/12- 240) |  |  |  |  |  |  |  |  |  |
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| --- | --- |
| % of persons (over 40 years) screened for selected NCDs |  |
| Number of persons detected of having High Blood Pressure |  |
| Number of persons detected of having elevated level of Blood Sugar |  |
| Number of persons detected of having malignant/premalignant lesions |  |
| Number of persons detected of having increased Cardio Vascular Risk  >10%  <10% >20%  <20% >30%  =>30% |  |
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Signature of MO NCD Signature of RDHS

* **To be send quarterly to the PDHS office**