



National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS):

Integration of Homoeopathy: A pilot project at Krishna and Darjeeling districts



A collaborative project between NPCDCS cell of Ministry of Health & Family Welfare and Ministry of AYUSH integrated by Central Council for Research in Homoeopathy

Integration of Homoeopathy in National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS)

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1. Introduction and Rationale

1.1. *Background*

NCD multimorbidity is common in the Indian adult population and is associated with substantially higher healthcare utilization and Out of pocket expenditure (OOPE). The prevalence of multimorbidity increased from 1.3% in 18-29 year olds to 30.6% in those aged 70 years and above. In India in 2004, deaths due to non-communicable diseases in India were twice those from communicable diseases. The four leading chronic diseases in India are: cardiovascular diseases, (CVDs), diabetes mellitus, (diabetes), chronic obstructive pulmonary disease (COPD) and cancer. OOPE for NCD incurred is twice the costs for visit to an OPD compared to a non NCD. Further the six leading risk factors for developing NCDs, i.e. Tobacco Use, Physical Inactivity, Overweight/Obesity, High Blood Pressure, High Cholesterol Levels, High Blood Glucose Levels decreases quality of life and brings disease burden for NCDs. The primary goal for the above mentioned issues is health promotion through behavior change and early intervention through opportunistic screening for combating and breaking the vicious cycle of its growth.

1.2 *National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS)*

The NPCDCS of Ministry of Health and Family Welfare, Government of India aims at integration of NCD interventions in the NRHM framework for optimization of scarce resources and provision of services to the end customer / patients as also for ensuring long term sustainability of interventions through cafeteria approach. Thus, it is institutionalizing NPCDCS at district level within the District Health Society by sharing administrative and financial structure of NRHM. The NCD cell at various levels ensures implementation and supervision of the programme activities related to health promotion, early diagnosis, treatment and referral, and further facilitates partnership with laboratories for early diagnosis in the private sector. Simultaneously, it attempts to create a wider knowledge base in the community for effective prevention, detection, referrals and treatment strategies through convergence with the ongoing interventions of National Rural Health Mission (NRHM), National Tobacco Control Programme (NTCP), and National Programme for Health Care of Elderly (NPHCE) etc. and building a strong monitoring and evaluation system through the public health infrastructure.

The programme has envisaged role of AYUSH doctors in prevention and control of NCDs through PHC network. The AYUSH practitioners can supplement the effort to operationalize the preventive activities to reduce the NCD burden and thus need to be integrated with the national NCD prevention and control programmes specially NPCDCS.

1.3 *Homeopathy for NPCDCS*

In India, healthcare services in **Homoeopathy** are provided by 6812 dispensaries run by state governments/municipal bodies, 35 dispensaries of Central Government Health Scheme, 39 of the labour ministry, 129 of the railway ministry. There are about 224279 institutionally qualified registered practitioners of homoeopathy, of these about

5-10% are working in the Govt. sector while rest are in the private sector and are providing health services through charitable and private clinics.

A qualified Homeopathic physician possesses required knowledge and skills for undertaking the following activities stated in NPCDCS program:

- Health & lifestyle promotion through lifestyle counseling (healthy diet, physical activity, salt reduction, avoidance of alcohol and tobacco).
- Opportunistic screening of patients for NCDs through relevant investigations
- Examination of patients and providing treatment using homeopathic medicines as individual or adjuvant therapy
- Referral of severe cases from CHC to higher health care facility
- Co-ordinating the programme at District level/CHC/ PHC

2. Objectives

- Primary prevention of common NCDs through an integrated program of health education and promotion of healthier life styles.
- Screening of population for detection/diagnosis of NCDs and early intervention.
- To provide cost effective treatment for pre-clinical conditions of NCDs through homeopathic medicines alone or complimentary to prescribed standard care for established diseases NCDs.
- To co-ordinate with NPCDCS Cell at District / CHC under cafeteria approach
- To establish and develop capacity of Homeopathic doctors at various levels of health care for palliative & rehabilitative care in NCDs.
- To roll out the programme to homeopathic colleges and attached hospitals.

3. Strategies

The strategies to achieve above objectives will be in lines with the operational guidelines of NPCDCS which are:

- 1) Prevention through behavior change
- 2) Early Diagnosis
- 3) Treatment
- 4) Capacity building of human resource
- 5) Surveillance, Monitoring & Evaluation

4. Target group

The program aims to cover all age groups vulnerable to NCDs.

5. List of States and Districts

Sl. No.	States	Name of the Institute	District	No. of CHC's/PHC's
1.	Andhra Pradesh	Regional Research Institute (H), Gudivada	Krishna	9/81
2.	West Bengal	Clinical Research Unit (H), Siliguri	Darjeeling	7/22
Total	2 States	2 Institutes	2 Districts	16/103

6. Operational guidelines

6.1 Services

The Council intends to integrate Homoeopathic services in two selected operational districts of NPCDCS. The services of the engaged staff and laboratory investigations shall be taken from NPCDCS wherever available. The programme will be executed through following levels:

- **Setting up of NPCDCS Cell at CCRH Headquarters, New Delhi**
- **Setting up of NPCDCS Cell at Council's Institutes/Units in or near the 2 selected districts**
- **Setting up of Lifestyle Clinic at the Community Health Centre (CHC) in the selected 2 districts.**
- **Outreach activities for sustenance and maintenance of the programme**

6.2. Roles and responsibilities at various levels:

A NPCDCS Cell at CCRH Headquarters, New Delhi

The NPCDCS Cell at Headquarters shall play a mentors role in the program for integrating Homoeopathy in NPCDCS.

- Nodal body to roll out the programme.
- Plan , coordinate and monitor all the activities of the NPCDCS cell at CCRH Institute in the district, Lifestyle Clinic at CHC and PHC level
- Preparation of operational guidelines, Standard Operating Procedures (SOP), Training modules, Monitoring and reporting systems
- Preparation of IEC material on "Homeopathy in NCD's" for general public
- Provide orientation as per the requirements of the NPCDCS programme to the nodal officers and consultants for the identified institute for their sensitization and capacity building to manage NCDs and referral of severe cases to higher health care facility. These practitioners will further train the homoeopathic practitioners and medical staff engaged at CHC's in their respective District.

- Monitoring and evaluation of the programme through spreadsheets, Questionnaires, Review meetings, Field surveys.
- Provide administrative and logistics support to NPCDCS Cell at the Institute and Lifestyle clinic at CHC's.
- Compilation of report and analysis of data procured from both the institutes.
- Release of funds and monitoring of expenditure

S. No.	Man Power (number)	Responsibilities
1	Research Associate (2)	<ul style="list-style-type: none"> • Preparing programme implementation plan • Preparing resource material and training manuals for the programme • Organizing review meetings and orientation workshops • Organizing training programme for physicians, and technical staff • Visiting the district and CHC's to monitor the functioning of the program • Collaborating with the team at the NPCDCS cell in the Institute, Lifestyle Clinics at CHC's and PHC's • Analyse the data obtained and generation of report for NPCDCS
2	DEO (1)	<ul style="list-style-type: none"> • Ensure regular entry of all relevant data in the computer pertaining to various aspects of NPCDCS in a systematic manner to facilitate its analysis. • Compile the reports. • Maintenance and up keep of the computer and its accessories. • Any other job assigned as per program need.

B NPCDCS Cell at CCRH Institutes (in or near each selected District)

- Upgradation of established Lifestyle Clinic at the Institute for management of NCDs
- Organize district level training programme for capacity building of homeopathic practitioners and health personal at Lifestyle clinic at CHC
- Primary prevention; Health promotion through health education, life style counseling and behavior change.
- Secondary prevention through opportunistic screening of patients for early detection.
- Treatment for pre-clinical conditions of NCDs through homoeopathic medicines alone or complimentary to prescribed standard care for established diseases NCDs.
- Supply of IEC material to CHCs for display and distribution amongst the masses to create health awareness

- Distribution of pamphlets and hand-outs on NCDs to generate health awareness in the people attending the Institute
- Provide administrative and logistics support to all the units of Homoeopathy at CHC's under the district.
- Compile data from all the CHC's /PHCs under the district and coordinate with the NPCDCS Cell at Headquarters
- Co-ordination with NPCDCS programme and other related departments in the District

S. No.	Man Power (number)	Responsibilities
1	Research Associate (1)	<ul style="list-style-type: none"> • Opportunistic screening • Behavioral change • Health promotion • Treatment of preclinical conditions • Treatment of complications related to NCD's with homoeopathic medicine as adjuvant • Training to homoeopathic practitioners in NPCDCS mobile health teams working at PHC • Monitor functioning and research activities of the Lifestyle Clinic • Compilation of data from CHC's and PHC's
2	DEO(1)	<ul style="list-style-type: none"> • Ensure regular entry of all relevant data in the computer pertaining to various aspects of NPCDCS in a systematic manner to facilitate its analysis. • Compile the reports. • Maintenance and up keep of the computer and its accessories. • Any other job assigned as per program need.

C Lifestyle Clinic at the Community Health Centre (CHC):

- Health promotion and prevention through behavior change & lifestyle counseling of patients.
- 'Opportunistic' Screening of common NCDs (Hypertension, Diabetes, alcohol dependence, drug de-addiction, obesity, mental illness & COPD)
- Management of NCDs in pre-clinical stage through homoeopathic intervention alone wherever applicable in clinical stage amenable to homoeopathic treatment.
- Provide homoeopathic treatment as adjuvant with conventional treatment & lifestyle modification in established condition for respective NCDs.
- Referral of complicated/difficult cases wherever it is necessary for further investigation and management.
- Monitoring and sustenance of outreach activities at PHC.

- Regular yoga and meditation practices by yoga instructor for health promotion.
- The yoga instructor shall impart training to yoga volunteers, who will further hold classes at the PHC for behavioral change and health promotion under outreach activities.
- Data compilation and timely submission of report of all the camps conducted under Lifestyle Clinic at CHC to the NPCDCS Cell at the Institute.

S. No.	Man Power (number)	Responsibilities
1	Research Associate (2)	<ul style="list-style-type: none"> • Opportunistic screening • Behavioral change • Health promotion • Treatment of preclinical conditions • Treatment of complications related to NCD's with homoeopathic medicine as adjuvant • Monitor functioning and research activities of the Lifestyle Clinic • Conducting outreach camps in coordination with the available staff at the PHC on rotational basis • Compilation of data at CHC's and from camps at PHC's
2	DEO(1)	<ul style="list-style-type: none"> • Ensure regular entry of all relevant data in the computer pertaining to various aspects of NPCDCS in a systematic manner to facilitate its analysis. • Compile the reports. • Maintenance and up keep of the computer and its accessories. • Any other job assigned as per program need.
3	Yoga Instructor (1)	<ul style="list-style-type: none"> • A yoga instructor shall primarily emphasize upon gaining general well-being by way of integration of body, mind and soul through yoga and meditation. This will have a protective role of arresting the appearance/progression of lifestyle diseases by improving immunity, reducing the process of degeneration, enhancing healing power and thus increasing longevity of life. • Monitor outreach activities (camps) and the work of the Yoga Volunteers at the PHC's • Health promotion through awareness about yogic asanas to the patients attending CHC. • Training to yoga volunteers by yoga instructor who will further help the population at PHC level for behavioral change and health promotion.

D Outreach activities for sustenance of the programme

- Outreach programme through health awareness camps (2 camps/month) to be carried at PHC for awareness generation, lifestyle modification, screening of susceptible population and referral of suspected cases from these camps to the team of doctors at CHC for detailed screening and treatment etc.
- Weekend yoga and meditation classes by yoga volunteers (trained by yoga instructor at CHC) on Friday, Saturday and Sunday.

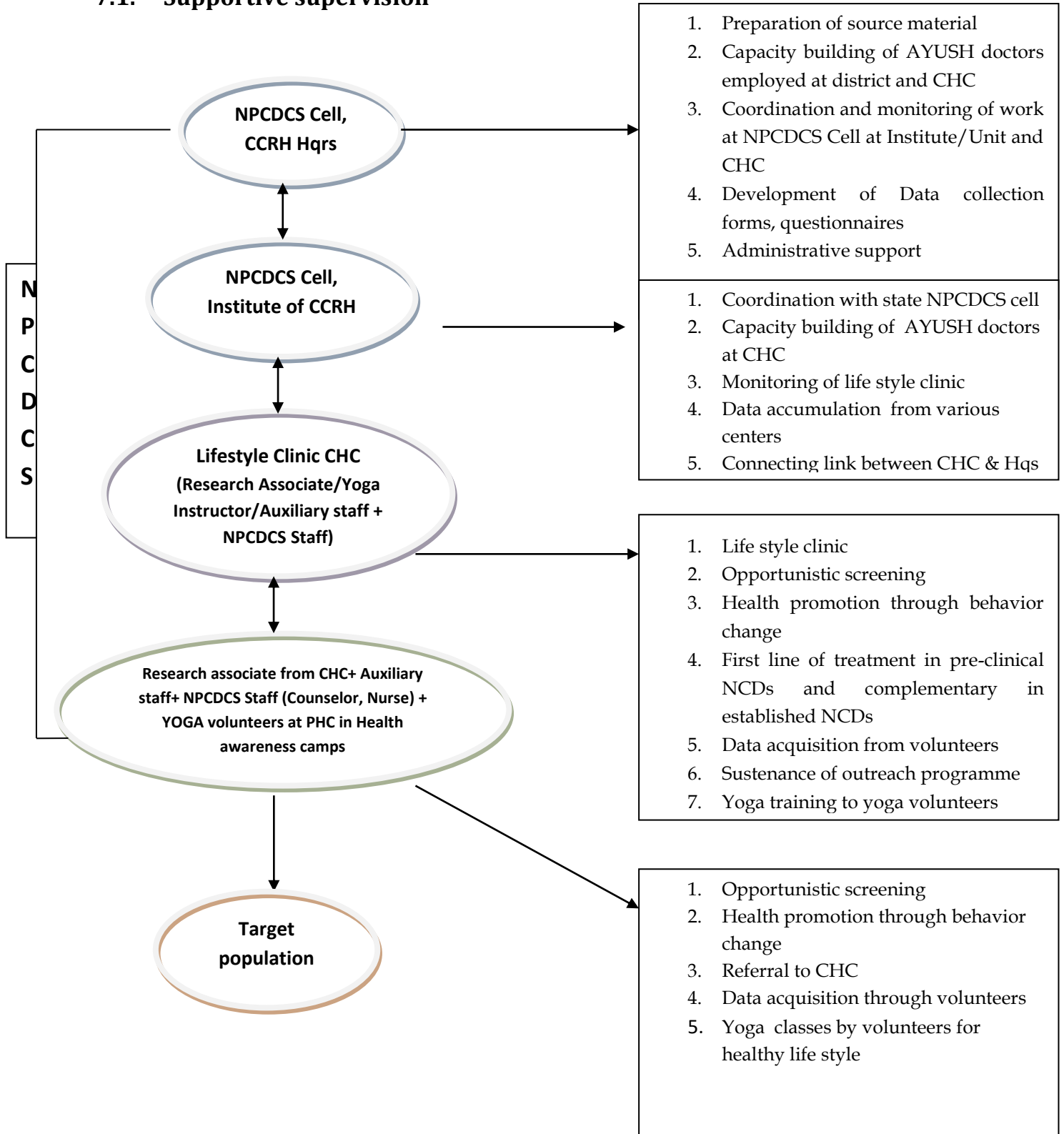
S. No.	Man Power (number)	Responsibilities
1	Yoga Volunteers (206)	<ul style="list-style-type: none">• Conduct weekend yoga classes on Friday, Saturday and Sunday.• Awareness generation in the masses for health promotion.

A yoga therapist shall primarily emphasize upon gaining general well-being by way of integration of body, mind and soul through yoga and meditation. This will have a protective role of arresting the appearance/progression of lifestyle diseases by improving immunity, reducing the process of degeneration, enhancing healing power and thus increasing longevity of life.

7. Institutional framework for the implementation of NPCDCS activities

The financial support for the implementation of the programme shall be met by Central Council for Research in Homoeopathy. Infrastructure support shall be met both by Central Council for Research in Homoeopathy and NPCDCS Cell in the identified 2 districts. The algorithm of the working of the programme is as follows:

7.1. Supportive supervision



8. Districts selected for integrating NPCDCS

Sl. No.	States	Name of the Institute	District	No. of CHC's/PHC's
1	Andhra Pradesh	Regional Research Institute (H), Gudivada	Krishna	9/81
2	West Bengal	Clinical Research Unit (H), Siliguri	Darjeeling	7/22
	2 States	2 Institutes	2 Districts	16/103

9. Budget Required

The budget required at different levels of functioning is as follows:

9.1 NPCDCS Cell at CCRH Headquarters, New Delhi

(Rs. In lakhs)

S. No	Heads	Cost per month	Unit Cost per annum
1.	Non -Recurring: Furniture, Computer etc.	--	2.00
2.	Recurring : Human Resources (on contract)		
	02 Research Associates @ 36,000 pm + HRA	0.94	11.28
	01 Data Entry Operator @ 13,000 pm	0.13	1.56
		Grand Total	14.84

9.2 NPCDCS Cell at CCRH Institute (in or near each selected district)

(Rs. In lakhs)

S. No	Heads	Cost per month	Unit Cost per annum
1.	Non -Recurring: Furniture, photocopier, Computer etc.	--	2.00
2.	Recurring : Human Resources (on contract)		
	01 Research Associate @ 36,000 pm + HRA	0.40	4.80
	01 Data Entry Operator @ 13,000 pm	0.13	1.56
3.	Lab Facilities*	--	--
4.	Medicines and consumables	--	2.00
5.	Training cum work shop	--	3.00
		Grand Total	13.36

* Services shall be accessed from the laboratory facilities available at the CCRH institute

9.3 Lifestyle Clinic at one Community Health Centre (CHC)

S. No	Heads	Cost per month (Rs. In thousand)	Unit Cost per annum (Rs. In lakhs)
1.	Non -Recurring: Furniture, photocopier, Computer etc.	--	2.00
2.	Recurring : Human Resources (on contract)		
	02 Research Associates @ 36,000 pm + HRA	0.79	9.48
	01 Yoga Instructor @ 27,000 pm	0.27	3.24
	01 Data Entry Operator @ 13,000 pm	0.13	1.56
	02 Multitask worker @ 10,000 pm	0.20	2.40
	Nurse*, Counsellor*	--	--
	Medicines and consumables	--	2.00
3.	Laboratory tests, equipments & consumables#	--	--
4.	IEC Material	--	1.00
5.	Transport of referred cases including home based careΦ	--	--
	Grand Total		21.68

* Services shall be taken from NPCDCS staff

Services shall be accessed from the CHC laboratory- NPCDCS

Φ Services shall be taken from NPCDCS facilities

9.4 Outreach Activities: Health awareness camps and sustenance of outreach program at one Primary Health Centre(PHC):

S. No	Heads	Unit Cost per annum (Rs. in lakhs)
1.	Cost for communication (Hiring of vehicle etc), TA/DA Local Advertisements including printing, medicine, IEC, stationery, refreshments for staff and sundries for 02 camps per month @ 0.08 per camp.	1.92
2.	02 Yoga Volunteers part time weekend visit for three days/ week on Friday, Saturday and Sunday for 2-3 hrs a day @ 3000 per person per month per PHC	0.72
	Grand Total	2.64

10. Manpower/ Budget Requirement for two identified districts

10.1. Manpower Requirement for two identified districts

S.No	Heads	Scientist	Staff Nurse	Counselor	Data Entry Operator	Yoga Instructor	Yoga Volunteer at (02 per PHC)	Multi task worker
1.	NPCDCS Cell , CCRH Hqs	2	-	-	1	-	-	-
2.	NPCDCS Cell at CCRH Institute	2	-	-	2	-	-	-
3.	Lifestyle Clinic at one CHC	2	1*	1*	1	1	-	2
	Total CHC's (16)	32	16*	16*	16	16	-	32
4.	Outreach Activities at PHC for sustenance (103)	-	-	-	-	-	206	-
Grand total		36	16*	16*	19	16	206	32

*Services shall be taken from NPCDCS

10.2. Budget Requirement for two identified districts

(Rs. in lakhs)

S. No	Heads	No. of Units	Unit Cost		Total Cost
1.	NPCDCS Cell at CCRH Hqs.	1	14.84		14.84
2.	NPCDCS Cell at CCRH Institute	District	Unit Cost		26.72
		Krishna	13.36		
		Darjeeling	13.36		
		District	No. Of CHC's	Unit cost of 21.68 per CHC	346.88
3.	Lifestyle Clinic at Community Health Center	Krishna	9	195.12	
		Darjeeling	7	151.76	
		District	No. Of PHCs	Unit cost of 2.64 per PHC	271.92
4.	Outreach Activities: Health awareness camps and sustenance of outreach program at one Primary Health Centre(PHC)	Krishna	81	213.84	
		Darjeeling	22	58.08	
Grand total					660.36

REVISED TOTAL BUDGET FOR THE PILOT PROJECT OF INTEGRATION: 660.36 (Rs. in lakhs)