

**FINAL TECHNICAL REPORT ON
AGREEMENT FOR PERFORMANCE OF WORK
-WHO Collaborative Activities-**

- 1) **WHO Project Number:** SE IND HPR 001 RB 04 , **Sticker Number:** SE/05/410056
- 2) **Title and dates of the activity:** Community Based Health Care for the Elderly in Mizoram. 1st November 2005.
- 3) **Objectives:** (i) Providing Health Care for the identified diseases like hypertension, diabetes, and special sensory impairments. (ii) Providing simple physiotherapy and fitness exercises for affected persons. (iii) Developing a medium for social interaction. (iv) Increasing health awareness among the elderly. (v) Preparation and submission of the final report at the completion of the activity.
- 4) **Activities undertaken** : Given in Enclosure

5) **Achievements of the activity undertaken in relation to WHO programme area:**

The Clinic which is being run at MUP (elderly citizens association) Headquarters is centrally located and easily accessible. This has enabled large numbers of patients to attend the clinic, particularly from central and southern part of Aizawl. Clinic at Agapia Social Centre, Chanmari, has been set up so as to cater to the elderly citizens living in the northern part of Aizawl.

As per the statistics available from the ongoing geriatric programme (November 2005-August 2006, a period of ten months), the maximum number of clients are aged between 71-80 years. Diabetes mellitus accounts for 21% of all cases, hypertension accounts for 10%, followed by lung diseases 7%, cataract 5% and osteoarthritis 4%.

It is learnt from past experience that good communication gives rise to strong partnership with the elderly citizens. Also good publicity and IEC Materials play important roles in creating awareness about Non-Communicable Diseases and finally in combating these diseases.

The successful implementation of the programmes can be attributed to the excellent partnership with MUP

- 6) **Whether the technical report submitted and accepted by the Government/Ministry of Health & Family Welfare:**
- 7) **Any other comments:**

It is learnt that majority of the clients suffer from Non-Communicable Diseases. It is felt that basic awareness on healthy lifestyle is needed to be taught to the patients as well as to the care givers. More awareness programmes on life style related diseases need to be taken up for the younger generation as well so that we will have healthy elderly citizens in the future.

It is also felt that more awareness is needed to be created among family members who are looking after the elderly. So, we will be targeting the care-givers on certain issues related to this age group.



Mr R. Tlanghmingthanga, .Hon'ble Health Minister giving inaugural speech



Mr. K. Malsawma, President of MUP giving vote of thanks



Dr. K. Lalbiakzuala, M.S. giving lectures on cancer



Dr. Zoramthanga, M.D. talks about various geriatric health problems



The staffs doing regular blood check



Monitoring of Blood Pressure on a regular interval

*Enclosure***Activities Undertaken**

This programme has undertaken different activities in various places of Mizoram. The programme aims to decrease the burden of non-communicable diseases among the elderly citizens through health promotion, counseling, monitoring, physiotherapy activities and rehabilitative services. **Weekly** geriatric clinic has been held at MUP general headquarters on every Tuesday. A **monthly** visit to Agapia Social Centre has been organized. **Outreach activities** have been undertaken at various localities all over the state. Awareness activities have been conducted regularly on various important occasions for the senior citizens. Here the importance of developing healthy lifestyles and good dietary habits have been emphasized. Family members of the clients are being encouraged to take up the responsibility of caring for the elderly in their respective homes.

Details of activities undertaken :

- ✓ Mizoram Upa Pawl (MUP), an organization of Senior Citizens of Mizoram is identified as our partner for this programme. On 3rd November 2005, a joint meeting was held in the Office Chamber of OSD (Health) on the implementation of Geriatric Programme.
- ✓ World Diabetes Day was observed on 14th November 2005 at Kulikawn Hospital. Here members of the state MUP were examined with free blood sugar check up. Also lectures on diabetes and its management were given to the gathering.
- ✓ Official inauguration of Community Based Health Care for the Elderly was held at MUP General Headquarters on the 18th November 2005. It was inaugurated by the Hon'ble Health Minister Mr. R. Tlanghmingthanga. Two scientific lectures were given by specialists and free check up and blood tests were made available for the MUP Members.
- ✓ After the formal inauguration programme, Tuesday of every week was identified as the day for the free check-up at the general headquarters of MUP building. From 29th Nov. 2005 till date free check-ups are being conducted on a regular basis by the nurse, medical social worker, physiotherapist and doctor. Patients / clients are given medical advice and treatment on this particular day. Good health practices are taught so as to improve their quality of life.
- ✓ Health Mela at Champhai held on 7th to 9th February 2006 was attended by M.O. and other staff of geriatric programme. On this occasion, geriatric patients were screened for Non-Communicable Diseases and IEC Materials were distributed.
- ✓ Monthly visit to Agapia Social Centre: As requested by the Coordinator of the centre, a monthly routine visit to Agapia Social Centre is held on the last Wednesday of every month. Elderly patients are screened for Non-Communicable Diseases. Seminars and awareness programme are also conducted. Counseling is also being given to patients who are socially isolated in their homes.
- ✓ Outreach programme to various localities are also being conducted.

Report of Clinic at MUP Gen Hqrs. Office:

This is given in tabulation form as under- (As on 31st August 2006).

Sl. No.	Date	Male Clients	Female Clients	Total
1.	18.11.2005	15	Nil	15
2.	23.11.2005	20	Nil	20
3.	29.11.2005	30	Nil	30
4.	06.12.2005	21	5	26
5.	13.12.2005	30	Nil	30
6.	20.12.2005	11	1	12
7.	10.01.2006	16	3	9
8.	17.01.2006	13	4	17
9.	24.01.2006	9	6	15
10.	31.01.2006	9	2	11
11.	14.02.2006	15	5	20
12.	21.02.2006	13	5	18
13.	31.02.2006	14	7	21
14.	07.03.2006	23	10	33
15.	14.03.2006	19	6	25
16.	21.03.2006	21	7	28
17.	28.03.2006	17	3	20
18.	18.04.2006	15	9	24
19.	25.04.2006	10	9	19
20.	02.05.2006	10	6	16
21.	09.06.2006	15	7	22
22.	16.05.2006	26	14	40
23.	23.05.2006	11	12	23
24.	06.06.2006	12	8	24
25.	13.06.2006	6	8	14
26.	26.06.2006	12	9	21
27.	04.07.2006	13	10	23
28.	11.07.2006	23	6	29
29.	18.07.2006	3	21	24
30.	25.07.2006	11	3	14
31.	01.08.2006	16	1	17
32.	08.08.2006	16	10	26
33.	22.08.2006	21	6	27
34.	29.08.2006	24	1	25
	Total	536	208	744

Report of clinic at Agapia Social Centre:

This is being held on the last Wednesday of every month.
Brief report is given as under- (As on 30th June2006).

Sl. No.	Date	Male Clients	Female Clients	Total
1.	22.02.2006	11	12	23
2.	29.03.2006	9	10	19
3.	26.04.2006	6	5	11
4.	07.06.2006	13	9	22
	Total	39	36	75

Outreach Report

1. Hualngohmun

Geriatric clinic was organized at Hualngohmun on the 16th June 2006. Following is the detail of patients attending the clinic:

Male Patient	Female Patient	Total No. of Patients
17	15	32

2. Vairengte

On 27th June 2006, Geriatric clinic was organized at Vairengte town and detail of the clinic is given below:

Male Patient.	Female Patient.	Total No. of Patients
30	35	65

3. Edenthar

Free Geriatric Clinic was organized at Edenthar locality on 13th July 2006, where a total of 58 patients attended.

Male Patient.	Female Patient.	Total No. of Patients
28	30	58

TECHNICAL REPORT OF GERIATRIC PROGRAMME (November 2005-August 2006) including outreach programmes

Distribution according to age-group:

Age (in years)	No. of patients
50-60	115
61-70	280
71-80	313
81-90	106
91-100	14
Total	828

Note: Younger clients below the age of 50 years though not included in the geriatric age group are also attended to due to their requests and their total number is 101 (Male=61, Female=40). They are not included in these tables.

Distribution according to gender:

Sex	No. of patients
Male	591
Female	237
Total	828

Distribution according to Clinical complaints:

Clinical complaints	No. of patients
A. Endocrinology	
1. Diabetes Mellitus	171
2. Anorexia	9
3. Obesity	1
B. Digestive System	
1. Acid Peptid Disease	110
2. Constipation	6
3. Indigestion	6
4. IBS	3
C. Cardio Vascular System	
1. Hypertension	82
2. Palpitation	4
3. Endocarditis	2
4. CCF	1

D. Sensory Organs & Peripheral Nervous System	
1. Peripheral Neuropathy	68
2. Eye	
a. Cataract	39
b. Myopia	8
c. Optic Nerve Atrophy	2
d. Conjunctivitis	2
3. Ear	
a. Tinnitus	8
b. Nerve deafness	2
4. Nose	
a. Nasal Polyp	1
b. Sinusitis	1
E. Respiratory System	
1. Breathlessness	56
2. Respiratory Tract Infection	36
3. Bronchial Asthma	4
4. Pharyngitis	2
5. Smoker's Cough	1
F. Bone & Joint Disease	
1. Osteoarthritis	32
2. Lumbago	8
3. Spondylosis	6
4. Sciatica	3
G. Excretory System	
1. Urinary Infection	22
2. Dysuria	1
3. Inguinal Hernia	1
H. Skin	
1. Dermatitis	9
2. Urticaria	6
3. Infected Mole	2
4. Cellulitis	1
5. Fungal Infection	2
6. Lower Back Ulcer	1
I. Central Nervous System	
1. Migraine	5
2. Vertigo	5
3. Parkinson's Disease	2
4. Facial Nerve Palsy	1
5. (R)hemiparesis	1
J. Gynaecological Disease	
1. Abdominal lump	1
2. Bleeding PV	1
K. Dental Disease	
1. Toothache	2
2. Gingivitis	1

L. Others

1. General Health Checkup which no specific complaint	84
2. Pedal Oedema	6
Total	828