

Situational analysis on services provided by Primary medical care institutions -2020

	<i>Service standard according to SLESP</i>	<i>Current service status in PMCI</i>	<i>Service Gap and Suggested Improvement (Infrastructure/Human resource/ training, etc)</i>
1	HEALTH SERVICES LINK TO THE LIFE COURSE		
	1.1 Maternal health (The existing preventive health services will remain as it is. PMCI should support the services already provided by the Medical Officer of Health team.)		
1.1.1	PRE CONCEPTION CARE : healthcare for newly wedded		
	-Information and counselling on sexuality, pregnancy related issues , nutrition, domestic violence, family planning, etc		
	-Manage or refer identified problems		
1.1.2	ANTENATAL CARE		
	-Information and counselling on self-care, nutrition, etc		
	-birth planning, danger signs and emergency preparedness		
	-support for women living with HIV/AIDS		
	-assessment of signs of domestic violence		
	-monitoring of progress of pregnancy, and assessment of maternal and foetal well being		
	-Tetanus immunization		
	Anamia screening, prevention and control (iron and folic acid, calcium supplementation, and deworming)		
	-nutrition assessment and counselling		
	-syphilis and HIV testing and treatment of syphilis and HIV(woman and partner)		
	-management of mild-moderate pregnancy complication(anaemia, urinary tract infection, vaginal infection)		

	-post-abortion (miscarriage care)		
	-Management of severe pregnancy complication (pre-eclampsia, eclampsia, bleeding, infection and complicated abortion)-identification and referral only		
	-management of late pregnancy complications (premature rupture of membranes, preterm labour, mal-presentations) – identification and referral only		
1.1.3	DELIVERY CARE		
	-diagnosis of labour – identification and referral only		
	-infection prevention		
	-detection and management of complications (mal-presentations, prolonged or obstructed labour, hypertension, bleeding and infection)- identification and referrals only		
	-Diagnosis of labour-selected hospitals		
	-Delivery- selected hospitals		
	-Active management of third stage of labour- selected hospitals		
	-Monitoring progress of labour with partograph- selected hospitals		
1.1.4	POSTNATAL CARE		
1.1.4.1	-Immediate postnatal care (at the place of delivery)		
	-Detection and management of complications (genital tears, retention of placenta, retention of membranes, uterus atony, bleeding)- Prevention, identification and referral only		
	*Monitoring and assessment of maternal well-being-selected hospitals Detection and management of complications (genital tears, retention of membranes ,uterus atony, bleeding)- Prevention, identification and referral only		
1.1.4.2	Postpartum care (from delivery to 6 weeks later)		
	-Support and counselling for exclusive breastfeeding		

	-Counselling on healthy lifestyle, nutrition and safe disposal/washing of pads		
	-Assessment of maternal wellbeing including nutrition		
	-Prevention, identification and management of blues/depression - Identification and Referral only		
	-Identification of signs of domestic violence		
	*Vitamin A mega-dose supplementation-selected hospitals		

1.2 NEWBORN CARE

(The existing preventive health services will remain as it is. PMCI should support the services already provided by the Medical Officer of Health team.)

1.2.1	Immediate new-born care		
	-BCG within 24 hours of birth		
	*Identification & management of breathing problems (digital stimulation, bag & mask resuscitation)- selected hospitals		
	Delayed cord clamping- selected hospitals		
	Hygienic cord clamping- selected hospitals		
	Prevention and management of - selected hospitals hypothermia -Drying and wrapping -Skin -to- skin contact -Delayed bathing (after 72hrs)		
	Breastfeeding within one hour after delivery- selected hospitals		
	Prevention of new – born conjunctivitis- selected hospitals		
	Screening for Congenital Hypothyroidism- selected hospitals		
	New-born examination before discharge- selected hospitals		
1.2.2	New-born care after delivery (early and late care)		
	-Counselling about breastfeeding, nutrition, immunization.		
	-Birth registration		
	-Promotion and support for Exclusive Breastfeeding		

	-Identification and management of sepsis-Identification and referral only		
	-Identification and management of omphalitis		
	-Identification and management of preterm-low birth weight babies (skin to skin)		
	-Identification and management of neonatal jaundice		
	-Identification and management of breast-feeding problems		
	*weighing, temperature management and cord care-selected hospitals		
	Newborn immunization BCG - selected hospitals		
	Screening for congenital problems - selected hospitals		
	Vitamin K supplementation		

1.3 Child care

(the existing preventive health services will remain as it is. PMCIs should support the services already provided by the medical officer of the health team)

1.3.1	Immunization		
	-Immunization as per national schedule- in hospitals where MOH team conducts the clinics		
1.3.2	Nutrition		
1.3.2.1	Promotion of child nutrition (infant and young children (IYCF)practices)		
	-Exclusive breast feeding for the first six months		
	-Introduction of appropriate complimentary foods at six months		
	-Continue breast feeding for at least two years		
1.3.2.2	Growth monitoring and correction of nutritional problems.		
	-Growth monitoring and nutrition counselling-Child welfare clinic(CWC) conducted by MOH team in hospitals where the MOH team conducts the clinic		
	-Identification and referral of Moderate Acute Malnutrition (MAM)-CWC conducted by MOH team in hospitals		

	where the MOH team conducts the clinic		
	-Identification and referral of Severe Acute Malnutrition (SAM)-identification and referral only		
	-Disease -related malnutrition- Identification and referral only		
	*disease related malnutrition-selected hospitals		
1.3.3	Development care		
	-Promotion of child development		
	-Early intervention and referral to specialist		
1.3.4	Management of sick children		
	-Prevent /identify child abuse		
	-Management of moderate and severe cases of fever, asthma and respiratory infections, diarrhoea, etc.- mild/moderate cases only		
	-Zink supplementation in management of diarrhoea		
1.4 School health			
(the existing preventive health services will remain as it is.PMCIs should support the services already provided by the MOH team.)			
	-Immunization with HPV to girls 10-11 years old(6 th grade)		
	-Immunization with aTd vaccine at 12 years of age		
	- Saturday clinics for school children		
	-Assist MOH to conduct school health inspection programme		
1.5 Adolescent and youth health			
(the existing preventive health services will remain as it is.PMCIs should support the services already provided by the MOH team.)			
	-Immunization with Rubella-containing vaccine to females above 15 years old if not immunized before		
	-Common complains to be manage by curative sides		

	-Sexual and reproductive health services to adolescents		
1.6 Family planning health (the existing preventive health services will remain as it is.PMCIs should support the services already provided by the MOH team.)			
	-Counselling on family planning and its methods, particularly at some periods		
	Pre-conception		
	Post -partum		
	Post- abortion		
	Adolescents		
	-Determine medical eligibility for the chosen method		
	-IUD insertion and removal		
	-DMPA		
	-Hormonal implants		
	-Combine oral contraceptives		
	-Condoms		
	-Emergency contraception		
	-Management of adverse effects of family planning methods		
1.7	Gender based violence (GBV) (the existing preventive health services will remain as it is. PMCIs should support the services already provided by the MOH team.)		
	-Prevention and identification of Gender-based violence		
	-Post -GBV care (prevention of STD and HIV, emergency contraception, support and counselling)		
1.8	Elderly care		
	-Prevention and identification of common issues		
	-Identification of Dementia recovering care (Home/Institution)		
	-Information and promotion of active aging		
	Identification of elderly requiring care (Home/Institution)		
	-Day care -selected hospitals		

	*geriatric ward(acute and intermediate care) Geriatic step down care Long term care Delivery of home health care-selected hospitals Respite care		
2	Health services linked to the prevention and management of communicable diseases		
2.1	Vaccine-preventable diseases (the existing preventive health services will remain as it is. PMCIs should support the services already provided by the MOH team.)		
	-Immunization mentioned under maternal and child health,school Health and Adolescent and Young Health-conducted by MOH team in hospital where the MOH team conducts the clinics		
2.2	Tuberculosis		
	Presumptive/suspicion diagnosis		
	Laboratory diagnosis-selected hospitals		
	Drug distribution, including Directly Observed Treatment Short Course(DOTS)		
	*screening of contacts-selected		
	Follow up ,clinical-selected hospitals		
	Follow up, laboratory-selected hospitals		
2.3	Dengue		
	Presumptive diagnosis(complete blood count(CBC) as per guide lines)		
	Management for dengue fever - ambulatory/inward care and follow-up after discharge only		
	Notification (surveillance of suspicion)		
2.4	Malaria		
	Presumptive diagnosis(fever +potential exposure)		
	Diagnosis: rapid diagnostic test (RDT)-selected hospitals		
	Diagnosis : blood smear-selected hospitals		

	Management of uncomPLICATE diseases		
	*diagnosis: RDT		
2.5	STD/HIV/AIDS		
	-Counselling on safe sexual practices and other risk factors		
	-Distribution of condoms		
	-STD suspicion and referral		
	-HIV testing: RTD selected areas		
2.6	Leprosy		
	-Screening with support of dermatology unit		
2.7	Leptospirosis		
	-Suspicion (fever, history of exposure and/or evidence of organ involvement) and referral for diagnosis, treatment and notification		
3	Health services link to the prevention and management of non-communicable diseases (HLC clinic)		
3.1	Cardio vascular diseases		
	-Primordial prevention of risk factors		
	-Primary prevention including reduction of indoor air pollution, tobacco cessation, avoiding harmful alcohol consumption, increasing physical activity, adapting a healthy diet		
	-Screening for risk factors, including indoor and outdoor air pollution		
	-Total Risk Assessment (TRA) for CVD		
	-Lab test (Fasting blood sugar, cholesterol, renal function)		
	-ECG		
	-Clinical management and follow-up according to TRA score and blood pressure levels		
	-Secondary prevention: counselling and support for life style modification (including air pollution) support to stop alcohol dependence and smoking, screening/school medical inspection (SMI)		

	-Screening/examination for chronic complication ; retinopathy (ophthalmoscopy)-referral only Renal function		
	-Identification, stabilization and referral of acute complication (ischemic heart disease, cerebrovascular accidents)		
	-Management of ischemic heart diseases, stroke-long term management with aspirin, statins and BP agents only		
	-Management of heart failure-long term medical management only		
	-Prevention of Rheumatic heart diseases		
3.2	Diabetes mellites		
	-Screening(fasting or random blood sugar)		
	-Diagnostic(FBS/HBA1C)		
	-Management of DM II		
	-Management of DM II - requiring insulin-selected hospitals		
	-Counselling and support for life style changes		
	-Screening/examination for chronic complications <ul style="list-style-type: none"> • Retinopathy (ophthalmoscopy)-referral only • Renal function (albuminuria) • Neurological and vascular : diabetic foot 		
	-Management of chronic complications		
	-Lab follow up (FBS,cholesterol,HBA1C)		
	-Identification and stabilization of acute complications according to guidelines (hypoglycaemia, hyperglycaemia, diabetic ketoacidosis)-identification and referral only		
3.3	Chronic respiratory diseases		
	-Primordial prevention of exposure to risk factors(allergens, smoking, indoor and outdoor pollutions, occupational risk)		
	-Primary prevention, including smoke cassation, air pollution and exposure to occupational risk		

	-Screening for risk factors		
	-Diagnostic and characterization-clinical history, examination and peak flow meter		
	-Management of mild/moderate cases		
	-Management of exacerbations-identification and referral only		
	-Management of complicated cases (example-status asthmaticus) requiring monitoring and admission-identification and referral only		
	-Counselling and support on life style change		
3.4	Chronic kidney disease -CKD		
	-Information on CKD and CKDu,risk factors, consequences and management options		
	-Screening in selected sites-collection only <ul style="list-style-type: none"> • serum creatinine, • estimated glomerular filtration rate, • urine albumin creatinine ratio 		
	-Diagnostic and assessment of additional risk factors for CVD		
3.5	Mental Health		
	-Identification of mental health issues-in collaboration with school health, maternal health, etc-including <ul style="list-style-type: none"> • substance abuse, • depression, • behavioral issues in adolescent and youth, • determinants of deliberate self-harm 		
	-Referral to mental health clinic-MO/MH,MO-diploma		
	-Management and follow-up of mild conditions		
	*diagnostic and prescription of psychotropics -selected hospitals with mental health clinics , day care -selected hospitals		

	rehabilitation/ intermediate care- selected hospitals		
3.6	Cancer		
	-Counselling and support for healthy life style, avoiding risk factors		
3.6.1	Cervical cancers (The existing preventive health services will remain as it is. PMCI should support the services already provided by the Medical Officer of Health team)		
	-Immunization with HPV vaccine at 10- 11 years old		
	-PAP smear		
3.6.2	Breast cancer (The existing preventive health services will remain as it is. PMCI should support the services already provided by the Medical Officer of Health team)		
	-Teaching of self examination		
	-Screening by history and clinical examination		
3.6.3	Oral cancer		
	-Counselling for avoidance of risk factors -betel chewing, smoking, snuff dipping, arecanut chewing, alcohol and oral hygiene		
	-Identification and referral of people with risk factor to dental surgeon		
	-Screening for oral potentially malignant disorders in individuals with high risk score-selected hospitals with dental surgeon		
	-Referral of suspicious cases to oral and maxilla-facial unit		
	*screening for oral potentially malignant disorders in individuals with high risk score		
3.6.4	Other cancers		
	-Thyroid cancer Screening by history and clinical examination		

4. Services and platforms

4.1	Emergency care		
	-Triage system		
	-Identification and stabilization of emergency cases		
	-Resuscitation with basic life support measures		
	-Referral: communication and transportation		
	-Management of minor emergencies		
	-Post exposure rabies vaccine		
	-Anti-venom for snake bites		
4.2	Outpatient care		
	-Management of common conditions including medical, surgical, obstetrics and gynecology, paediatrics, ophthalmology, ENT and medically unexplained symptoms (MUS) with the support of essential medicines for the level		
	-Refer to higher level		
	*specialized medical clinics on internal medicine, obstetrics and gynecology, paediatrics, surgery-selected hospitals		
4.3	Inpatient care		
	*management of common conditions requiring hospital admission within the limits of the essential medicines list for the level		
	Short term admissions		
	Long term inpatient care-selected hospitals		
4.4	Surgery and trauma care		
	-Drainage of superficial abscesses		
	-Suture of lacerations		
4.5	Oral healthcare		
	-Screening for dental caries, periodontal disease, oral potentially malignant disorders, and oral cancers, malocclusions, oral manifestation of		

	systemic diseases, risk factor identification for oral health problems		
	-Health promotion and habit intervention		
	-Detection of children under 3 years having risk for early childhood caries		
	-Basic oral health care package for children under 3 years-dietary counselling, use of fluoride toothpaste for oral hygiene improvements. etc		
	-Fluoride application-only in hospitals with a dental surgeons		
	-Fissure sealant -only in hospitals with a dental surgeon		
	-Screening of all antenatal mothers for oral health status and provision of basic oral health care package-only in hospitals with a dental surgeon		
	-Oral urgent treatment-management of oral pain, infection and trauma		
	-Management of simple dental trauma-only in hospitals with dental surgeon		
	-Early management of dental caries-only in hospitals with dental surgeon simple restorations (emergency surgical dressings, glass ionomer cement, light cure composite restorations)		
	-Early management of peri odontal diseases- only in hospitals with dental surgeon scaling with ultrasonic scalar		
	-Providing oral hygienic instructions		
	-Uncomplicated tooth extractions- only in hospitals with dental surgeon		
	-Root canal treatment- only in hospitals with dental surgeon		
	-Uncomplicated minor oral surgery- only in hospitals with dental surgeon		
	-Inbuilt dental x ray units in dental chairs- only in hospitals with dental surgeon		
	*Removable prosthesis- only in designated hospitals with dental surgeon		

4.6	Rehabilitation		
	-Information and counselling on the role of families in the provision of palliative care		
	-Support to self help groups		
	-Control of acute and chronic pain		
	-Delivery of palliative care at PMCU/DH		
	-Delivery of home based palliative care - selected hospitals		
	*delivery of palliative care at intermediate units-selected hospitals, under shared care of consultant at apex hospital		
4.8	Support services		
4.8.1	Laboratory (OPD)		
4.8.1.1	Chemical pathology		
	-Blood sugar, serum cholesterol, U.albumin		
	-Collection of samples for UFR, lipid profile, Hb A1c		
	-Blood sugar, serum cholesterol, u.albumin, serum electrolytes, Troponin I, urine full report collection of samples for SGOT/SGPT, TSH, HbA1c, S bilirubin, S alkaline phosphatase, lipid profile, C reactive protein, serum creatinine		
4.8.1.2	Heamatology		
	-Collection of samples for blood grouping,full blood count, Erythrocyte sedimentation rate		
	*blood grouping, full blood count, Erythrocyte sedimentation rate		
4.8.1.3	Histology and cytology		
	Collection of cervical smear for PAP		
4.8.1.4	Microbiology		
	Sputum AFB-selected hospitals		
	HIV rapid test		
	Malaria RDT and microscopy- selected hospitals		
	Collection of samples for VDRL, sputum AFB		
	* Collection of samples for VDRL, sputum AFB, urine culture, blood culture, wound swab culture		

4.8.2	Radiology and other diagnostic tools		
	-ECG		
	*simple radiology-selected hospitals		
	Other ultrasound-selected hospitals		
	Spirometry- selected hospitals		
4.8.3	Pharmacy		
	Dispensing of medicine for OPD		
	*dispensing of medicine for in-patients		
	Dispensing medicines for special clinics - mental health,STI,TB,other consultants- selected hospitals		

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Guideline on Services to be provided under the Sri Lanka Essential Services Package through Primary Medical Care Institutions (PMCI)

The Ministry of Health, Nutrition and Indigenous Medicine is adopting the Sri Lanka Essential Services Package (SLESP) as a tool towards achieving Universal Health Coverage.

It focuses on the interventions delivered at an individual level, under four components: (i) health services linked to the life course; (ii) prevention and management of communicable diseases; (iii) prevention and management of non-communicable diseases; (iv) services and platforms, which includes emergency care, dental care, rehabilitation services, palliative care and support services. These services are delivered at five main delivery sites: (i) home and community; (ii) Office of the Medical Officer of Health and Field Clinics; (iii) Primary Medical Care Units (PMCU); (iv) Divisional Hospitals (DH); and (v) Apex Hospitals. The current SLESP is valid for a period of five years, and thus, the services in the SLESP are expected to be made available to the citizens of Sri Lanka by the end of this period.

The PMCU, DH and Out Patient Departments (OPD) of Base, District General, Provincial General and Teaching Hospitals other than special institutions are collectively referred to as PMCIs for operational purposes. Please refer to the General Circular 01-18/2019 dated 7th March 2019 for further details.

The guideline on the services to be delivered by the PMCIs as given in the SLESP is attached herewith (Annex 1).

The Ministry of Health, Nutrition and Indigenous Medicine is emphasizing on the developments directed to strengthening primary curative care services and special attention is to be given to ensuring SLESP delivery at PMCI.


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Guideline on the services to be provided at the Primary Medical Care Institutions (PMCI) as out-patient services, as specified in the Sri Lanka Essential Services Package

Essential Service Package (ESP) is defined as detailed lists of interventions or services on personal care structured by level of care, and endorsed by the government at the national level. These interventions should be available to all and provided free of charge to the users. Interventions not included in the package should be made available but it cannot be guaranteed that they will cover the whole population.

ESP is "the set of preventive, promotive and curative health services, including the relevant medical goods, drugs and technologies, which every person should have access to, regardless of their ability to pay for them".

** Indicates additional minimum services which need to be provided at Primary Medical Care Institutions (PMCI) with In-ward facilities*

CROSS-CUTTING SERVICES

- Health Promotion (health education and behaviour change communication)
- Primordial prevention
- Life skills

1. HEALTH SERVICES LINKED TO THE LIFE COURSE

1.1 MATERNAL HEALTH

(The existing preventive health services will remain as it is. PMCI should support the services already provided by the Medical Officer of Health team.)

1.1.1 PRE-CONCEPTION CARE: healthcare for newly wedded

- Information and counselling on sexuality, pregnancy-related issues, nutrition, domestic violence, family planning, etc.
- Manage or refer identified problems

1.1.2 ANTENATAL CARE

- Information and counselling on self-care, nutrition, etc.
- Birth Planning, danger signs and emergency preparedness
- Support for woman living with HIV/AIDS
- Assessment of signs of domestic violence
- Monitoring progress of pregnancy, and assessment of maternal & foetal well-being
- Tetanus immunization
- Anaemia screening, prevention and control (iron & folic acid, Calcium supplementation, and deworming)

- Nutrition assessment and counselling
- Syphilis and HIV testing and treatment of syphilis and HIV (woman & partner)
- Management of mild-moderate pregnancy complications (anaemia, urinary tract infection, vaginal infection)
- Post-abortion (miscarriage) care
- Management of severe pregnancy complications (pre-eclampsia, eclampsia, bleeding, infection and complicated abortion) – Identification and Referral only
- Management of late pregnancy complications (premature rupture of membranes, preterm labour, mal-presentations) – Identification and Referral only

1.1.3 DELIVERY CARE

- Diagnosis of labour – Identification and Referral only
- Infection prevention
- Detection and management of complications (mal-presentations, prolonged or obstructed labour, hypertension, bleeding and infection) – Identification and Referral only

* *Diagnosis of labour – selected hospitals*

Delivery – selected hospitals

Active management of third stage of labour – selected hospitals

Monitoring progress of labour with partograph – selected hospitals

1.1.4 POSTNATAL CARE

1.1.4.1 Immediate postnatal care (at the place of delivery)

- Detection and management of complications (genital tears, retention of placenta, retention of membranes, uterus atony, bleeding) - Prevention, identification and referral only

* *Monitoring and assessment of maternal well-being – selected hospitals*

Detection and management of complications (genital tears, retention of placenta, retention of membranes, uterus atony, bleeding) - Prevention, identification, basic management and referral only

1.1.4.2 Postpartum care (from delivery to 6 weeks later)

- Support and counselling for exclusive breastfeeding
- Counselling on healthy lifestyle, nutrition and safe disposal/washing of pads
- Assessment of maternal wellbeing including nutrition
- Prevention, identification and management of blues/depression – Identification and Referral only
- Identification of signs of domestic violence

* *Vitamin A mega-dose supplementation – selected hospitals*

1.2 NEWBORN CARE

(The existing preventive health services will remain as it is. PMCI should support the services already provided by the Medical Officer of Health team.)

1.2.1 Immediate new-born care

- BCG within 24 hours of birth

** Identification & management of breathing problems (digital stimulation, bag & mask resuscitation)*

- selected hospitals

Delayed cord clamping – selected hospitals

Hygienic cord care – selected hospitals

Prevention and management of hypothermia – selected hospitals

-Drying & wrapping

-Skin-to-skin contact

-Delayed bathing (after 72 h)

Breastfeeding within one hour after delivery – selected hospitals

Prevention of new-born conjunctivitis – selected hospitals

Screening for Congenital Hypothyroidism – selected hospitals

New-born examination before discharge – selected hospitals

1.2.2 New-born care after delivery (early and late care)

- Counselling about breastfeeding, nutrition, immunization, etc.
- Birth registration
- Promotion and support for Exclusive Breastfeeding
- Identification and management of sepsis – Identification and Referral only
- Identification and management of omphalitis
- Identification and management of preterm/LBW babies (skin-to-skin)
- Identification and management of neonatal jaundice
- Identification and management of breastfeeding problems

** Weighing, temperature management & cord care – selected hospitals*

New-born immunizations (BCG) – selected hospitals

Screening for congenital problems – selected hospitals

Vitamin K supplementation

1.3 CHILD CARE

(The existing preventive health services will remain as it is. PMCI should support the services already provided by the Medical Officer of Health team.)

1.3.1 IMMUNIZATION

- Immunization as per national schedule – In hospitals where the MOH team conducts the clinics

1.3.2 NUTRITION

1.3.2.1 Promotion of child nutrition (Infant and Young Children Feeding (IYCF) practices)*

- Exclusive breastfeeding for the first 6 months
- Introduction of appropriate complementary food at 6 months
- Continued breastfeeding for at least 2 years

1.3.2.2 Growth Monitoring and correction of nutritional problems

- Growth monitoring and nutrition counselling – Child Welfare Clinic (CWC) conducted by MOH team in Hospitals where the MOH team conducts the clinics
- Identification and referral of Moderate Acute Malnutrition (MAM) - CWC conducted by MOH team in Hospitals where the MOH team conducts the clinics.
- Identification and referral of Severe Acute Malnutrition (SAM) – Identification and referral only
- Disease-related malnutrition – Identification and Referral only

* *Disease-related malnutrition – selected hospitals*

1.3.3 DEVELOPMENT CARE

- Promotion of child development
- Early interventions and referral to specialist

1.3.4 MANAGEMENT OF SICK CHILDREN

- Prevent/identify child abuse
- Management of moderate and severe cases of fever, asthma and respiratory infections, diarrhoea, etc. – Mild/Moderate cases only
- Zn supplementation in management of diarrhoea

1.4 SCHOOL HEALTH

(The existing preventive health services will remain as it is. PMCI should support the services already provided by the Medical Officer of Health team.)

- Immunization with HPV to girls 10-11 years old (6th grade)
- Immunization with aTd vaccine at 12 years of age

1.5 ADOLESCENT AND YOUTH HEALTH

(The existing preventive health services will remain as it is. PMCl's should support the services already provided by the Medical Officer of Health team.)

- Immunization with Rubella-containing vaccine to females above 15 years old if not immunized before
- Common complaints to be managed by curative side
- Sexual and Reproductive Health services to adolescents

1.6 FAMILY PLANNING

(The existing preventive health services will remain as it is. PMCl's should support the services already provided by the Medical Officer of Health team.)

- Counselling on Family Planning and its methods, particularly at some periods
 - Pre-conception
 - Post-partum
 - Post-abortion
 - Adolescent
- Determine medical eligibility for the chosen method
- IUD insertion and removal
- DMPA
- Hormonal implants
- Combined Oral Contraceptive
- Condoms
- Emergency contraception
- Management of adverse effects of Family Planning methods

1.7 GENDER-BASED VIOLENCE (GBV)

(The existing preventive health services will remain as it is. PMCl's should support the services already provided by the Medical Officer of Health team.)

- Prevention and identification of gender-based violence
- Post-GBV care (prevention of STD and HIV, emergency contraception, and support and counselling)

1.8 ELDERLY CARE

- Prevention and identification of common issues
- Identification of Dementia requiring care (Home/Institution)
- Information and promotion of active ageing
- Identification of elderly requiring care (home or institution)
- Day care – Selected hospitals

- * Geriatric ward (acute and intermediate care)
- Geriatric step down care (long term care)
- Delivery of home health care – selected hospitals
- Respite care

2. HEALTH SERVICES LINKED TO THE PREVENTION AND MANAGEMENT OF COMMUNICABLE DISEASES

2.1 VACCINE-PREVENTABLE DISEASES

(The existing preventive health services will remain as it is. PMCIs should support the services already provided by the Medical Officer of Health team.)

- Immunization mentioned under Maternal and Child Health, School Health and Adolescent and Young Health - conducted by MOH team in Hospitals where the MOH team conducts the clinics

2.2 TUBERCULOSIS

- Presumptive/suspicion diagnosis
- Laboratory diagnostic – Selected hospitals
- Drug distribution, including Directly Observed Treatment Short-course (DOTS)

* Screening of contacts – selected

Follow up, clinical – selected hospitals

Follow up, laboratory – selected hospitals

2.3 DENGUE

- Presumptive diagnosis (Complete Blood Count (CBC) as per guidelines)
- Management of Dengue Fever – ambulatory/ inward care and follow up after discharge only
- Notification (Surveillance on Suspicion)

2.4 MALARIA

- Presumptive diagnosis (fever + potential exposure)
- Diagnosis: Rapid Diagnostic Test (RDT) – Selected hospitals
- Diagnosis: blood smear – Selected hospitals
- Management of uncomplicated cases

* Diagnosis: RDT

2.5 STD/HIV/AIDS

- Counselling on safe sexual practices and other risk factors
- Distribution of condoms

- STD suspicion and referral
- HIV testing: RDT (selected areas)

2.6 LEPROSY (Selected MOH areas)

- Screening

2.7 LEPTOSPIROSIS

- Suspicion (fever, history of exposure and/or evidence of organ involvement) and referral for diagnosis, treatment and notification

3. HEALTH SERVICES LINKED TO THE PREVENTION AND MANAGEMENT OF NON-COMMUNICABLE DISEASES

3.1 CARDIOVASCULAR DISEASES

- Primordial prevention of risk factors
- Primary prevention, including
 - reduction of indoor air pollution
 - tobacco cessation
 - avoiding harmful alcohol consumption
 - increasing physical activity
 - adopting a healthy diet
- Screening for risk factors, including indoor and outdoor air pollution
- Total Risk Assessment (TRA) for CVD
- Lab test (Fasting Blood Sugar (FBS), cholesterol, renal function)
- ECG
- Clinical management and follow up according to TRA score and Blood Pressure (BP) levels
- Secondary prevention:
 - counselling and support for lifestyle modifications (including air pollution)
 - Support to stop smoking and alcohol dependence,
 - screening at school medical inspection (SMI)
- Screening/examination for chronic complications
 - retinopathy (ophthalmoscopy) – Referral only
 - renal function
- Identification, stabilization and referral of acute complications (ischemic heart disease, cerebrovascular accident)
- Management of ischemic heart disease, stroke - Long-term management with aspirin, statins and BP agents only
- Management of heart failure - Long-term medical management only
- Prevention of Rheumatic Heart Disease

3.2 DIABETES MELLITUS (DM)

- Screening (Fasting or Random Blood Sugar)
- Diagnostic (FBS/HbA1c)
- Management of DM-II
- Management of DM-II requiring Insulin – Selected hospitals
- Counselling & support for lifestyle changes
- Screening/examination for chronic complications
 - retinopathy (ophthalmoscopy) – Referral only
 - renal function (albuminuria)
 - neurological and vascular: diabetic foot
- Management of chronic complications
- Lab follow-up:
 - FBS
 - Cholesterol
 - HbA1c
- Identification & stabilization of acute complications according to guidelines (hypoglycaemia, hyperglycaemia, diabetic ketoacidosis) - Identification and Referral only

3.3 CHRONIC RESPIRATORY DISEASES

- Primordial prevention of exposure to risk factors (allergens, smoking, indoor and outdoor pollution, occupational risks)
- Primary prevention, including smoke cessation, air pollution and exposure to occupational risks
- Screening for risk factors
- Diagnostic and characterization
 - clinical history, examination & peak flow meter
- Management of mild/moderate cases
- Management of exacerbations – Identification and Referral only
- Management of complicated cases (e.g. status asthmaticus) requiring monitoring and admission – Identification and Referral only
- Counselling and support on lifestyle change

3.4 CHRONIC KIDNEY DISEASE (CKD)

- Information on CKD and CKDu, risk factors, consequences and management options
- Screening in selected sites – Collection only
 - Serum Creatinine
 - estimated Glomerular Filtration Rate (eGFR)
 - Urine Albumin Creatinine Ratio (UACR)
- Diagnostic and assessment of additional risk factors for CVD

3.5 MENTAL HEALTH

- Identification of mental health issues –in collaboration with school health, maternal health, etc.— including
 - substance abuse
 - depression

- behavioural issues in adolescents and youth
- determinants of deliberate self-harm
- Referral to Mental Health Clinics (MO/MH, MO-Diploma)
- Management and follow-up of mild conditions

** Diagnostic and prescription of psychotropics - Selected hospitals (with MH clinic)*
Day care - selected hospitals
Rehabilitation/intermediate care – selected hospitals

3.6 CANCER

- Counselling and support for healthier lifestyle, avoiding risk factors

3.6.1 CERVICAL CANCER

(The existing preventive health services will remain as it is. PMCIs should support the services already provided by the Medical Officer of Health team.)

- Immunization with HPV vaccine at 10-11 years old
- PAP smear

3.6.2 BREAST CANCER

(The existing preventive health services will remain as it is. PMCIs should support the services already provided by the Medical Officer of Health team.)

- Teaching of self-examination
- Screening by history and clinical examination

3.6.3 ORAL CANCER

- Counselling for avoidance of risk factors (betel chewing, smoking, snuff dipping, areca nut chewing, alcohol) and oral hygiene
- Identification and referral of people with risk factor to Dental Surgeon
- Screening for Oral Potentially Malignant Disorders in individuals with high risk score – Selected hospitals (with Dental Surgeon)
- Referral of suspicious cases to Oral and Maxillo-Facial Unit

** Screening for Oral Potentially Malignant Disorders in individuals with high risk score*

3.6.4 OTHER CANCERS

- Thyroid cancer:
Screening by history and clinical examination

4. SERVICES AND PLATFORMS

4.1 EMERGENCY CARE

- Identification and stabilization of emergency cases
- Resuscitation with basic life support measures
- Referral: communication and transportation
- Management of minor emergencies
- Post-exposure rabies vaccine
- Anti-venom for snake bites

4.2 OUTPATIENT CARE

- Management of common conditions –including medical, surgical, Obstetrics & Gynaecology, paediatrics, ophthalmology, ENT, and Medically Unexplained Symptoms (MUS) etc.) with the support of Essential Medicines for the level
- Referral to higher level

** Specialized medical clinics on Internal Medicine (IM), Obstetrics & Gynaecology, Paediatrics, Surgery – selected hospitals*

4.3 INPATIENT CARE

**Management of common conditions requiring hospital admission, within the limits of the Essential Medicines List for the level*

Short-term admissions

Long-term inpatient care – selected hospitals

4.4 SURGERY AND TRAUMA CARE

- Drainage of superficial abscesses
- Suture of lacerations

4.5 ORAL HEALTHCARE

- Screening for Dental Caries, Periodontal disease, Oral Potentially Malignant Disorders (OPMD) and Oral Cancer, Malocclusions, Oral manifestation of systemic diseases Risk factor Identification for oral health problems
- Health promotion and habit intervention
- Detection of children under 3- years having high risk for Early Childhood Caries
- Basic oral health care package for children under 3 years (dietary counselling, use of fluoride toothpaste for oral hygiene improvements, etc.)
- Fluoride application- Only in hospitals with a Dental Surgeon
- Fissure sealant -Only in hospitals with a Dental Surgeon

- Screening of all antenatal mothers for Oral Health Status and provision of basic oral health care package- Only in hospitals with a Dental Surgeon
- Oral Urgent Treatment (Management of Oral pain, Infection and Trauma)
- Management of simple dental trauma – Only in hospitals with a Dental Surgeon
- Early management of dental caries – Only in hospitals with a Dental Surgeon
- Simple restorations
(Emergency surgical dressings, Glass Ionomer Cement (GIC), Light cure composite restorations)
- Early management of periodontal disease – Only in hospitals with a Dental Surgeon
Scaling (with ultrasonic scaler)
- Providing Oral Hygiene Instructions
- Uncomplicated tooth extractions – Only in hospitals with a Dental Surgeon
- Root canal treatment – Only in hospitals with a Dental Surgeon
- Uncomplicated minor oral surgery – Only in hospitals with a Dental Surgeon
- In built dental x-ray units in dental chairs – Only in hospitals with a Dental Surgeon

Removable prosthesis – Only in designated hospitals with a Dental Surgeon

4.6 REHABILITATION

- Assessment of rehabilitation requirements – selected hospitals
- Referral to Rehabilitation Departments/Hospitals

** Assessment of rehabilitation requirements*

Community Based Rehabilitation – selected hospitals

Physiotherapy – selected hospitals

4.7 PALLIATIVE CARE

- Information and counselling on the role of families in the provision of palliative care
- Support to self-help groups
- Control of acute and chronic pain
- Delivery of palliative care at PMCU/DH
- Delivery of home-based palliative care – selected hospitals

** Delivery of palliative care at intermediate units – Selected hospitals, under shared care of Consultant at Apex Hospital*

4.8 SUPPORT SERVICES

4.8.1 LABORATORY

4.8.1.1 Chemical pathology

- Blood Sugar, Serum Cholesterol, U. Albumin
- Collection of samples for UFR, lipid profile, Hb A1c

* Blood Sugar, Serum Cholesterol, U. Albumin, Serum Electrolytes, Troponin I, Urine Full Report
Collection of samples for SGOT/SGPT, TSH, HbA1c, S Bilirubin, S Alkaline Phosphatase, lipid profile, C-
Reactive Protein, Serum Creatinine

4.8.1.2 Haematology

- Collection of samples for Blood Grouping, Full Blood Count, Erythrocyte Sedimentation Rate

* *Blood Grouping, Full Blood Count, Erythrocyte Sedimentation Rate*

4.8.1.3 Histology and cytology

- Collection of cervical smear for PAP

4.8.1.4 Microbiology

- Sputum AFB – selected hospitals
- HIV Rapid Test
- Malaria RDT and microscopy – selected hospitals
- Collection of samples for VDRL, Sputum AFB

* *Collection of samples for VDRL, Sputum AFB, Urine Culture, Blood culture, Wound Swab culture*

4.8.2 RADIOLOGY & OTHER DIAGNOSTIC TOOLS

- ECG

**Simple Radiology – selected hospitals*
Other ultrasounds – selected hospitals
Spirometry – selected hospitals

4.8.3 PHARMACY

- Dispensing of medicines for OPD

**Dispensing medicines for inpatients*

Dispensing medicines for special clinics (mental health, STI, TB, other consultants) – selected hospitals