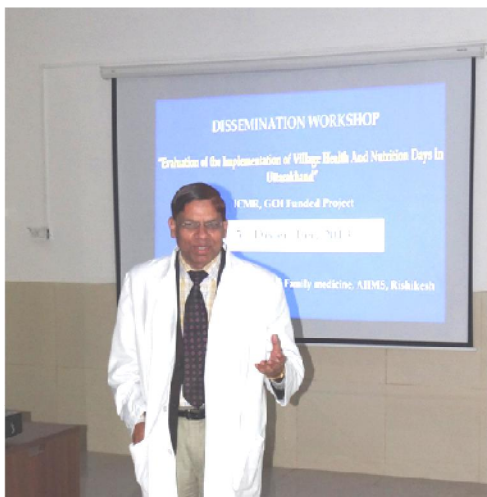


Dissemination Workshop

“A study to evaluate the implementation of Village Health and Nutrition Days (VHND) in Uttarakhand”- ICMR funded Project

Principal Investigator, Dr. Vartika Saxena, Additional Professor, Department of Community & Family Medicine, AIIMS Rishikesh shared the findings of the ICMR funded project on 5th December 2013, in a workshop organized at AIIMS Rishikesh.

She shared that National Rural Health Mission (NRHM) was launched for ensuring better health outcomes for millions of people in rural areas, especially those belonging to marginalized and vulnerable communities. VHND has been identified as an important tool and a unique platform at village level to bring about the convergence of the health, Hygiene and Nutrition services. In order to assess the current status of VHNDs implementation and to explore possibilities of further enhancement in their effectiveness, current study has been planned for the state of Uttarakhand



Research project was conducted in three districts (Nainital, Tehrigarhwal, Chamoli) each selected from three distinct zones of the state (Foot hill region, Mid Himalayan region and Upper Himalayan region respectively). In these three selected districts total 24 VHND sites were observed across the state.

Data collection for the project was supported by Dr. Praveer Kumar, Associate Professor Integral University, Lucknow Dr. Bhola Nath, Associate professor, VCSGMS & RI Srinagar, Garhwal ,and Dr. Ranjeeta Kumari Assistant Professor AIIMS, Rishikesh as co-investigators

Workshop started with the welcome note by Prof. Surekha Kishore, Head of the CFM department.

Professor Rajkumar, Director AIIMS, Rishikesh, Dean Professor latika Mohan, Medical superintendent Dr. Ashok Kumar, Professor Saurabh Vashney, Dr. Pratima Gupta, Dr. Ravi and other faculty members of the institute, Government Medical Officers, ANMs, ASHAs participated in the workshop.

Director and Dean have lauded the efforts of Dr. Vartika Saxena and her team, for successfully completing the first research project of the Institute in a time bound manner. They also expressed that such projects highlights various gaps in the health system and reasons for poor health and nutritional status of the population, which requires practical solutions for bringing the change at ground level.

Workshop concluded with the thanks note by Dr. Ranjeeta Kumari, Assistant professor CFM department, followed by High- tea.

Major conclusions of the study

- “ Coordinated efforts of Health, ICDS, PRI lacking
- “ VHND issues not effectively addressed through VHNSC
- “ Immunization is the only prominent service. However BCG vaccine, Hepatitis B vaccine, Vitamin A were not available at 50% sites.
- “ ANC care limited to TT immunization and promotion of institutional delivery- Blood Pressure and weight was measured at only 45.8% and 41.6% VHND sites respectively. Hemoglobin testing was offered at only 29.2% sites. BP instrument and weighing machine were not available at more than 50% places.
- “ Nutrition and sanitation services negligible - Growth monitoring was observed at only 25% sites, where parents were counseled, however the weighing scale for children was available at 50% sites. Supplementary nutrition was available at only 4 sites
- “ Public transportation - major limiting factor for service delivery by health functionaries.
- “ Sparse location of villages & households leads to difficulty in collecting all the beneficiaries at one point of time at a common place .
- “ Quality of health services & Health education is not optimal.



Recommendations

- “ Coordinated effort -State, region, district, block and village- and sector (ICDS, Panchayat and health) is needed for effective organization
- “ Micro planning of the VHND activities could be tailor-made to overcome the geographical inaccessibility and unavailability of people due to their engagement in farming.
- “ Availability of equipments, manpower, medicines, vaccines should be ensured
- “ Single dose vial vaccine are much more suitable for covering the population
- “ Devising newer Means and Methods for Health education is essential for creating the interest of community
- “ Training of functionaries regarding VHND should be taken up in priority
- “ Monitoring and supervision strengthening is essential for effectiveness of VHNDs

