

Topic- Mobile Health & Wellness Centre -Reaching the last mile in Bihar

Need / Rationale

As India moves into the epidemiological and demographic transition, we are facing an increased burden of non-communicable diseases which contribute to 62% of the mortality in the country. And also, Govt planned to provide expanded range of services through operational HWCs including non-communicable diseases and moved from a selective health care approach to comprehensive health care approach.

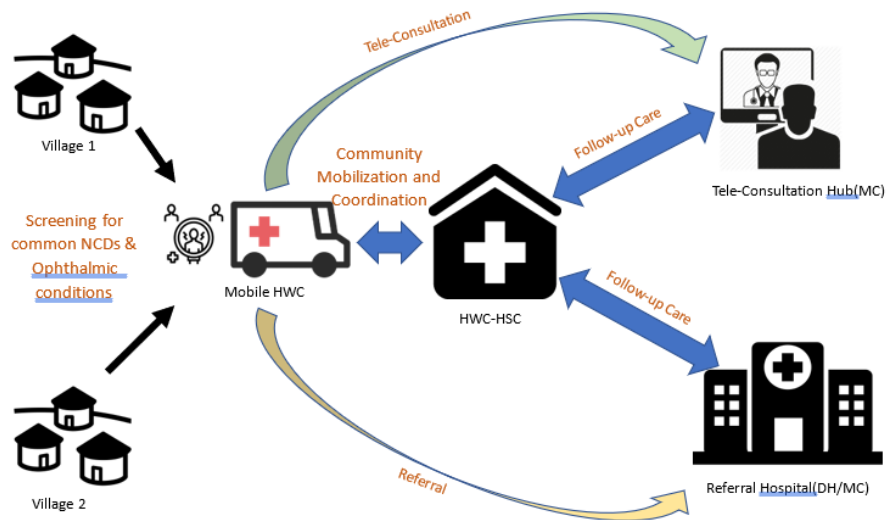
In Bihar, currently NCD screening among over 30 population is very poor, 98% of the targeted population are yet to be screened for common NCDs. Eye care services also being one of the important expanded services at HWCs as uncorrected refractive errors and cataract are responsible for more than 80% of blindness. There are only 23 HWC-UPHCs providing eye services through vision centers and 153 Ophthalmic assistants available across the entire state including the district hospitals and medical colleges. While 24 district hospitals provide secondary and tertiary eye care services in the state. Hence, there is a sheer need for early diagnosis and management of NCDs and eye.

With support of NHM, Bihar and Jhpiego in partnership with CARE intends to contribute meaningfully towards a joint effort in launching “**Mobile Health and wellness Centres**” in two demonstration districts Nalanda and Muzaffarpur. The Mobile Health & Wellness Centres (MHWCs) is conceptualised as a vehicle equipped with NCD and eye examination instruments which act as a mobile primary eye and NCD care centre with the advantage of reaching the unreached in remote locations. The MHWCs will be accompanied by a competent health care provider and Ophthalmic Personnel and is managed by the respective higher health facilities in the districts.

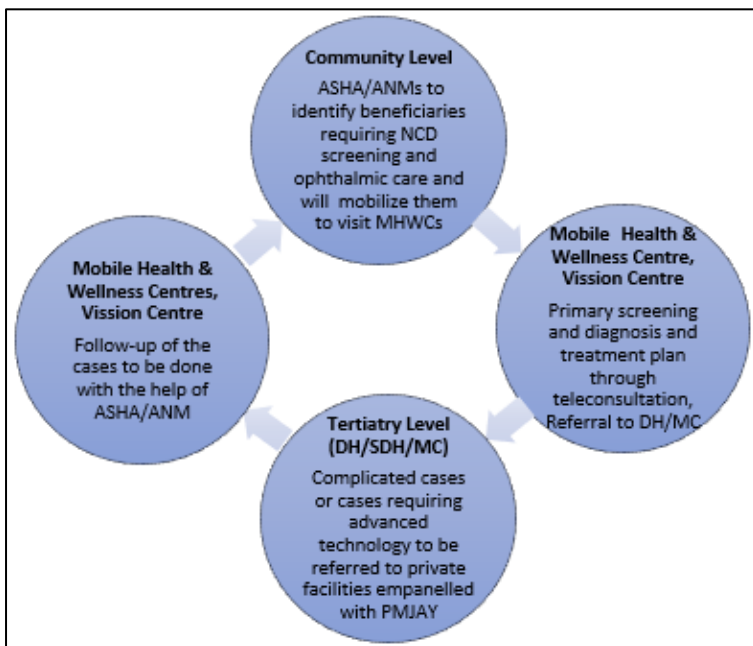
Description of the model

Two well equipped mobile vans have been placed, one in each demonstration districts- Nalanda (Silao block and model health facility block) and Muzaffarpur (Sakra block and is also Model Health Facility block – Sakra block). The van will initially be stationed at a block for a month and rotated in the villages through a defined microplan. Once the saturation of the block is completed by initial screening and follow up, the van will be mobilized to other blocks in the district. The microplan is prepared and shared involving all the healthcare staff from ANM to Anganwadi to BHMs- MOIC. This has led to successful rollout in management and sensitization of this model. Further, by the convergence of Community Health Officer's (CHO) in the vicinity of HWC-HSC the data collection and uploading of the data is done.

WORKING MODEL



Process flow



Activity Sites for Mobile Health & Wellness Centre

- VHSND sites
- Anganwadi centres
- Community buildings like- Panchayat Bhavans
- Local schools

Human Resource for MHWC

- Staff Nurse /CHO to conduct preliminary screening e.g. Blood Pressure, Sugar etc.
- One fully trained PMOA to provide comprehensive eye examination
- ANMs & ASHAs (local) to mobilise the community during screening camp and support the medical team
- One driver to transport medical team and patients to appropriate facilities

Capacity Building of the Staff Nurse/CHOs to be done on additional service packages.

Evidence of effectiveness

In almost a month total NCD OPDs conducted in Muzaffarpur were **388 cases** while in Nalanda were **506 cases**. For eye screening **330 cases** in Muzaffarpur and **248 cases** in Nalanda. The MHWC has covered around 12 villages of Sakra block in Muzaffarpur whereas 6 villages from Chandi block, Nalanda were covered for screening till date.

The case load in NCDs were a mix of routine checkup, follow up, Hypertensive, diabetic etc. In case of eye services following patients were found while screening.

NCD screening	No of cases	
	Muzaffarpur	Nalanda
Blood Pressure checkup	382	506
Hypertensive	81	96
Hypotensive	10	79
Blood Sugar check up	60	506
Hyperglycemia	12	143
Hypoglycemia	11	17
Oral screening	212	26
Oral cancer	0	1
Weight check up	388	506
Height check up	250	213

Eye Screening	No of cases	
	Muzaffarpur	Nalanda
Refractive errors and presbyopia	140	104+29
Cataract	65	18
Pterygium	8	6
Eye infections-allergy etc	15	5
Retinal problems	16	2
Traumatic cases	3	3
Glaucoma	6	1
Unique cases-Papilledema/optic nerve atrophy	1	0

Teleconsultation has been initiated in both the districts. In Nalanda, 100 tele-consultations have been done following NCD screening at MHWC site in collaboration with the CHO of HSC-HWC Jaswantpur.

Cost

It is a quick and cost-effective way to provide access to primary care services and specialised eye care services. The costing part is taken up by the development partners – Jhpiego- CARE. The vehicle is renovated for the model. With successful rollout plan to extend the services in other districts and also propose for the budget in the state PIP.

Summary and lessons

- Convergence between State officials and development partners is the key to success
- Accountability of district officials is important for field level implementation
- Defined micro plan involving all stakeholders is important.
- Involvement of CHOs to coordinate with the team and upload the data is very important

Challenge

- Using teleconsultation mode in difficult areas with no connectivity.
- Following up with down referral patients

Potential for scale up

Due to current situation COVID-19 and other infectious disease outbreak in Bihar, it is seen that screening of regular health issues is neglected. If such an innovation can bring services closer to community catering basic needs it will boon for the rural population. The idea of blindness free village can also be achieved through such innovations. Scaling up other additional packages can be done through vans for mental health, basic emergency care etc will also benefit the mass at doorstep.

Partners involved in collaboration

Jhpiego in collaboration with CARE INDIA has closely supported the state for the innovation. From procurement to other areas like capacity building, printing, field level implementation is done by the partners.

Mobile HWCs through sensitisation has already captured an eye in the community as well as in various programme management units. The vehicles can also be utilised by the districts in case of providing others healthcare services. In Muzaffarpur, **TMH team in collaboration with doctors for you** came forward in using the platform of Mobile HWC in screening oral, breast and cervical cancer.

Glimpse of Mobile Health and Wellness Centres (MHWCs) activities



Eye screening at MHWC by Optometrist



Teleconsultation and screening conducted



NCD screening conducted by staff Nurse



Health Awareness by CHO using MHWC



Equity through MHWC ("Health for all")



MHWC parked at Anganwadi centre