

Innovation/Best Practices under NTEP in Dadra & Nagar Haveli & Daman & Diu

Cough & Cold Centres at Public Health Facilities

Background & Rationale

India contributes about 27% of annual new cases of Tuberculosis worldwide. Cough is the commonest mode of Hospital Acquired Infection (HAI). As outdoor patient area caters a huge chunk of patient load, airborne transmission of infection through coughing infects many contacts and healthcare providers cannot be excluded.

As per WHO Guidelines on tuberculosis infection prevention and control-2019, the following recommended TB-specific interventions can help in preventing other respiratory tract infections as well.

1. Respiratory separation of people with presumed TB or demonstrated infectious disease
2. Respiratory hygiene (including cough etiquette) in people with presumed or confirmed disease

As per above recommendations, the health system should be enabled to identify and segregate chest symptomatic patients, educating them cough etiquette and prioritize them in getting care; and this has to be done at all the facilities where Outdoor Patients Departments (OPDs) are operational.

Description of the Model:

The Cough & Cold Centre has dual purpose of providing awareness to those visiting the government health facilities as well as help and guides the patients with respiratory symptoms in availing immediate and appropriate services at the health facility.

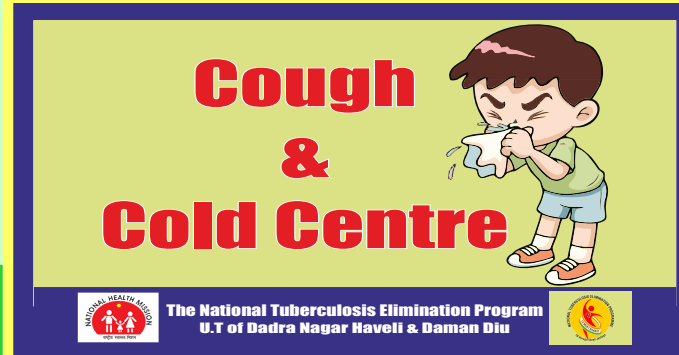
COUGH & COLD CENTRE The patients entering a public health facility will automatically reach the Cough & Cold Centre as it is near the registration counter.

Patient with any respiratory symptom is prioritize to reduce waiting time and immediately provided mask and sent to appropriate OPD.

SPUTUM SPOT A place for collection of sputum sample & instructions how to produce a good sputum sample equipped with sanitizer & tissue paper dispenser

If sputum sample is needed, he/she is directed to sputum spot where he can cough out a sample with no hazard to other OPD attendees.

AWARENESS Cough and Cold Centre and the Sputum Spot will also include messages on Airborne Infection Control Measures which should and can be taken at home as well as in the community.



Cough & Cold Centre (CCC) is a designated space near the registration counter of a public health facility (PHC/CHC/Sub-District Hospital/District Hospital) with a board displaying Cough & Cold Centre.

'Sputum Spot' is a dedicated space for collection of sputum sample in the premise of health facility. The space for this spot is an isolated open/ventilated area displaying a board "Sputum Spot".



टीबी की जाँच के लिए बलगम का सेम्पल एकत्रित करने की पूरी प्रकीया

बलगम को गले से निकालने से पहले मुँह को अच्छी तरह कुल्ला कर के साफ कीजिए।

अब अस्पताल से मिली डीब्बी में बलगम को डालकर और बंद कर के अस्पताल में जमा करना है।

अब थोड़ा आगे झुककर धीमी और गहरी साँस लेने और छोड़ने की प्रकीया को 2-3 बार कीजिए।

अब अपने दोनों हाथ को साबुन से अच्छी तरह धोना है और साफ कपड़े से पोछना है

राष्ट्रीय क्षय रोग उन्मूलन कार्यक्रम, संघ प्रदेश प्रशासन दादरा नगर हवेली एवं दमन दीव

कम से कम 2 बार बलगम की जाँच करवाना और नियमित रूप से दवाई लेना बहुत जरूरी है।

याद रखिए : डॉक्टर का पूरा इलाज लेने से टी बी पूरी तरह से ठीक हो जाती है।



Human Resource (Existing and /or New):

No new additional staffs are required. Registration staff and a Multi Tasking Staff or peon will help and guide the patient with respiratory symptoms in availing immediate and appropriate services and any other information desired by the patient.

Evidence of Effectiveness:

Respiratory Droplets are the proven mode of spread or transmission of Tuberculosis. The purpose of Cough & Cold Centres and Sputum Spots is to reduce the duration of contact of chest/respiratory symptomatic patients from other patients attending the health facilities. These measures have already been documented as effective in the publications like Guidelines for Airborn infection Control in Hospitals and other setting – 2010 by DGHS, MoHFW, Nirman Bhavan and WHO Guidelines on Tuberculosis Infection Prevention and Control, 2019.

Cost:

The cost is minimal as it needs no additional human resource or space. The existing space and staff is used after suitable display of signage, boards and messages on awareness.

Results/Outcome:

This innovative approach is started recently in the UT of Dadra and Nagar Haveli and Daman and Diu. The expected outcomes are –

1. Decrease in airborne transmission of Tuberculosis.
2. Decrease in number of new case of TB.

This will help the UT in reaching its target of TB Free DNH and DD by 2022.

Scalability:

This approach adopted in the UT of DNH and DD do not require additional cost and is easily replicable and applied to anywhere else in the country. This approach not only helps in reducing transmission of Tuberculosis but also to other communicable respiratory diseases.