



National Programme- National Programme for Palliative Care (NPPC) and National Programme for the Health Care of the Elderly (NPHCE) & Social Security Schemes for Elderly For CHO/SN





LEARNING OBJECTIVES



- To recognize the objectives of National Program for Palliative Care (NPPC).
- To identify current positioning of palliative care in government programs other than NPPC.
- Status of NPHCE.
- National social security scheme for Elderly

QUICK REVISION

- What is CPHC (Comprehensive Primary Health Care)?

- Approach to health and well-being that encompasses all services that can impact on health and wellbeing
- It includes promotive, preventive, curative, rehabilitative and palliative services across the life-course

- Is Palliative care possible only at tertiary/ referral hospital?

NO

- Palliative care is a part of Primary Health Care i.e. it start from community/ home.
- Palliative care programmes should be incorporated into existing health care systems so that palliative care is accessible in patients' homes



ESSENTIAL PACKAGE OF PALLIATIVE CARE FOR PRIMARY HEALTH CARE

- Why it is important:
 - improve patient outcomes by preventing and relieving the most common and severe types of suffering associated with serious or complex health problems
 - reduce costs for health care systems by reducing hospital admissions near the end of life and length of stay



- **Provide Financial Protection to family**



MODELS OF CARE

Bio-physical Acute care model	Psychosocial whole person model
Disease centered	Person centered
Authority and responsibility inherent in practitioner, not patient	Practitioner, patient and family-all are involved
Aggressive intervention with focus on the immediate results	Focus beyond short term, based on what the individual values with respect to quality of life and well being
Acknowledges Rationality	Acknowledges emotions
Death as a failure	Death as the inevitable consequence of life



INDIA'S NATIONAL PROGRAM ON PALLIATIVE CARE (NPPC) – 2012 – OBJECTIVES

1. **Capacity building for palliative care & delivery of services** through various national program like- NPCDCS, NACP, NPHCE, NHM
2. **Improvement of opioid access:** Amendment of NDPS Act to ensure balance, estimation of requirement, mechanism to ensure uninterrupted supply, keep stock
3. **Encourage attitudinal shift among HCWs:** Ensure reorientation of curriculum, Escalate the number of centres offering MD in Palliative medicine, Encourage employment opportunities, enhance the quality of education





OBJECTIVES

4. Promote behaviour change in the community: through IEC designing, training doctors and nurses from public health system, Palliative Care IEC video for general awareness,

5. Improve access to palliative care in private system: Activate public-private partnerships

6. Ensure standards and monitoring: assist monitoring of qualitative of PC by developing committee, members from skilled background, Develop and disseminate the palliative care standards for all level



PALLIATIVE CARE COMPONENT IN OTHER PROGRAMMES

National AIDS Control Programme	National Tuberculosis Elimination Programme
<ul style="list-style-type: none"> Identified the palliative care as an important component. The focus is on symptom management of patients, psychosocial, spiritual and bereavement support for both patients and families Children, Peer counsellors, outreach workers (ORW), link worker or ASHA are expected to play important role 	<ul style="list-style-type: none"> Identified the unmet palliative care needs of palliative care especially in those suffering from drug resistant tuberculosis. Palliative care would be offered through the nodal DR-TB centers or at the community level under guidance of nodal DR-TB center Necessary services include pain relief, psychosocial support, respiratory physiotherapy, nutritional support etc



LET'S HAVE A EXCITEMENT EQUATION



Objectives	Learning by example of opening of Blind Schools in your district
Capacity building	Identify place, take permission from local authority, identify pool of skilled teachers
Improvement of opioid access:	Meal at school: ensuring supply, stock keeping, identify store for raw food
Encourage attitudinal shift among HCWs	Training of teachers (Skill development), job opportunity, enhance awareness and quality of education
Promote behaviour change in the community	Promote enrollment of blind school needs community participation
Improve access to palliative care in private system:	Provide a common vehicle (van) to pick student from home, school arrangement
Ensure standards and monitoring:	Refresher training of teachers, involvement of state/ national blind school



NATIONAL PROGRAMME FOR HEALTH CARE OF ELDERLY



CORE STRATEGIES FOR NPHCE:



PHC/ CHC level
Equipment, training,
additional human
resource(CHC), IEC

District Hospital
10 bedded ward
Additional human resource







8 Regional Med.
Centers
PG course in
Geriatrics, Trainings

Community level
Domiciliary visit by trained
health care workers

Core
strategies

IEC using mass
media, folk media &
other channels

SPECIFIC OBJECTIVES OF NPHCE:



Identification of health problems & appropriate intervention

Community based comprehensive health care approach

Capacity building of medical, paramedical & care givers in family

Referral services through D.H., Regional Medical Institutions

Convergence with NRHM, AYUSH & other departments

Objectives

PACKAGES OF SERVICES AT DIFFERENT LEVELS

Sub-Centre

- Health Education
- Domiciliary visits for home bound/ bed ridden
- Training to family care providers
- Arrange for suitable calipers & support devices
- Linkage with other support groups

PHC

- Weekly Geriatric Clinic
- Maintenance of records
- Conducting a routine health assessment of elderly persons
- Provision of medicines & proper advice
- Public awareness
- Referral to higher Centers when needed

CHC

- FRU for Elderly from sub-centre & PHC
- Bi-weekly Geriatric Clinic
- Rehabilitation unit
- Domiciliary visit by rehabilitation worker
- Health promotion & prevention
- Referral to higher Centers



SOCIAL PROTECTION & SOCIAL NETWORKING

- Social protection is a major arena of government activity aimed at ensuring that vulnerable population groups receive appropriate and effective public support to ensure their financial security and to safeguard their health
- As people age, they tend to retire from jobs, lose friends and become less mobile.
- All of this can leave them with a depleted social network, which can in turn negatively affect our health and sense of well-being.
- A good social network in later years can improve cognitive functioning as well as improve health. Staying socially active and engaged in activities helps to prevent depression as well.



GOVERNMENT SCHEMES FOR SENIOR CITIZENS

1. Pradhan Mantri Vaya Vandana Scheme- Pension Scheme
2. Indira Gandhi National Old Age Pension scheme- Old Age Pension Scheme
3. Annapurna scheme- Supply of free grain for elderly
4. Varishta Mediclaim Policy- Health Insurance Scheme
5. Rashtriya Vayoshri Yojana- scheme for providing Physical Aids and Assisted-living Devices for Senior citizens belonging to BPL category



GOVERNMENT SCHEMES FOR SENIOR CITIZENS

6. Varishta Pension Bima Yojana- through LIC (Social security Scheme)

7. Senior Citizens' Welfare Fund- Pension Scheme

8. Vayoshreshtha Samman- National Awards for Senior Citizens

9. Rail and Air Travel Concession

10. Income Tax Benefits & Fixed
Deposit Benefits



SOME OTHER BENEFITS

Rail Travel:

- Men over 60 years get 40% and women over 58 years get 50% discount in fare of all classes
- Lower Birth Quota:
- Provision of free wheelchair/battery-operated rickshaw

Air Travel:

- 50% discount on economy fare for domestic travel



SOME OTHER BENEFITS:

Income- Tax:

- The basic exemption limit for senior & super senior citizens is higher
- Tax benefit on account of payment of medical insurance premium & medical expenses
- Deduction on income from interest is higher

Others:

- Higher interest rates & schemes in Banks and Post-Office





EVALUATION

Q1. NPPC stands for –

National Program on Palliative Care

Q2. NPHCE stands for –

National Program for Health Care of Elderly

Q3. Palliative care possible only at tertiary/ referral hospital- True/False

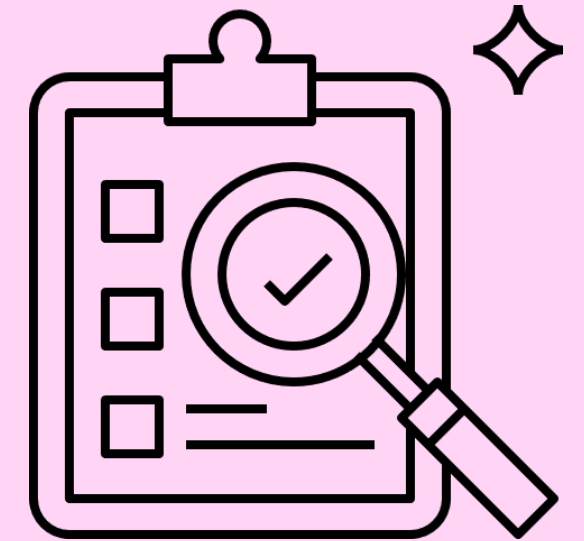
False

Q5. Name any two government scheme for senior citizen-

Pradhan Mantri Vaya VandanaScheme & Indira Gandhi National Old Age Pension scheme

Q6. Name any two other benefits given to senior citizen

Lower Birth Quota in rail travel & Deduction on income from interest is higher in income tax.





Thank You

