

Tickler Bag in monitoring and supervision of Diagnosed NCD patients

Need/Rationale

In the era of 21st Century, when the world is converging to fight against the menace of Non-Communicable Diseases be it Hypertension, Diabetes Mellitus, Cancer of Oral, Breast and Cervix or any other organ, the biggest question which always mounts up is proper Follow-Up. How to entrust? How to monitor? How to supervise?

How not to break the confidentiality? How to reduce the attrition rate? How to promise cent percent medicine adherence? Many such things.

The state of Assam, came up with a very simple idea/innovation i.e., use of TICKLER BAG.

Description of the model

The Tickler Bag is a simple bag which comprises of 15 pockets, mentioning 12 months in a year, one mentioning the Dropped Out/Left Out, one mentioning the Deceased and the last one mention the Treatment Completed.

The bag is kept in the HWCs wherein the patients are screened and dispensing of the medicines takes place.

The patient is provided one NCD Card and one copy of the same is retained with the HWC, which goes to the tickler bag. For e.g., if a patient "X" visits the "Z" HWC in the month of January 2020 and he is allotted 1 month medicines for his ailment.

His NCD Card's second copy will be kept in tickler bag in the month of February 2020.

In case the patient "X" comes for his follow up checkup, it is good but if he

does not, just a glance in February pocket, his details will be acquired and ASHA will be sent to his house and inform him that his visit is due and/or the patient "X" can also be informed over phone, in case accessible.

Likewise, in case of patient "X" leaving the village, the village he is visiting the information can be shared regarding continuation of his medicines. And if he has completed his due course of medication, his card goes to pocket no.15.

And if he dies, his card goes to pocket no. 14 for deceased.

Thus, the tickler bag helps in overall tracking of the NCD cases in an area.

The Model has been successfully piloted in Nagaon District of Assam.

with a direction to start using the same at their respective HWC.



Evidence

Many of the HWCs have reported that the systematic use of Tickler Bag has streamlined the follow up and monitoring has become much easier

now. This practice has helped in getting people's confidence and overall HWC functioning.

Summary of lesson and challenges

The lesson learnt from this innovation is very encouraging. Staff, ASHAs of the HWCs have reported that follow up has got streamlined now.

In fact, it can undoubtedly be said that if Tickler Bag is used systematically, it can truly minimize the chaos of searching the defaulter patients with various reasons, who

are otherwise at grave NCD risk, devoid of regular supply of drugs and religious follow up. Many such families can be saved through this noble action of using Tickler Bag in hard to reach areas and scattered habitations in particular, and for smoother terrain population in general.

Capacity Building Strategy

During orientation of the HWC staff, this innovation is shared with them

Partner Support

World Health Organisation and JHPEIGO