



CARE IN PREGNANCY & CHILDBIRTH



Pre Pregnancy Care

- Health Checkup
- Folic Acid Supplementation
- Counselling for Balanced Diet & Avoiding Smoking, Alcohol etc.
- Screening, management & treatment of anemia

Pregnancy Care

- 4 routine ANC visits; 1 PMSMA visit; 3 additional ANC visits for HRP
- IFA & Calcium supplementation for 6 months
- Birth Planning & Complication Readiness



Post Natal Care

- Regular Check up
- IFA & Calcium supplementation for 6 months
- Exclusive Breastfeeding for 6 months
- Counselling for Balanced Diet & Family Planning

Delivery Care

- Institutional Delivery
- Birth Companion
- 48 hours stay after delivery

RECOGNIZE RISK



- SWELLING FEET/FACE
- BLEEDING
- SEVERE ABDOMINAL PAIN
- CONVULSION, FAINTING, VOMITING, DIZZINESS

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NEONATE, INFANT & CHILD HEALTH SERVICES



Newborn Care



Early Initiation of Breast Feeding within 1 hour of Birth



Care of Low Birth Weight Baby



Facility Based Care



Home Based Care

Child Health & Nutrition



Timely & Age appropriate Initiation of Food



Screening for 4D (Defects, Deficiencies, Developmental Delays & Diseases)



Growth Monitoring at AWC



Illness Care

Preventive Care



Routine Immunization



Bi-Annual Deworming



Early Child Development



Referral & Follow-up Care

RECOGNIZE RISK



- POOR FEEDING, LETHARGY, CRYING
- FEVER, COLD, DISCHARGE
- YELLOW PALMS OR SOLES
- BREATHING DIFFICULTY
- DIARRHEA, VOMITING
- OVER DIGITAL EXPOSURE
- DEPRESSION SIGNS, NON-SOCIAL BEHAVIOUR
- CONVULSIONS OR UNCONSCIOUSNESS

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ADOLESCENT HEALTH SERVICES



Community Level

- Provision of Sanitary Napkins
- Provision of Blue IFA Tablets
- Peer Education Programme
- Adolescent Health & Wellness Days

School

- School Health & Wellness Programme
- Provision of Blue IFA Tablets and Bi-Annual Deworming
- Screening by RBSK Teams
- Referral and Counselling



Ayushman Arogya Mandir

- Adolescent Friendly Health Centre
- Walk in Counselling on Adolescent Health issues
- Counselling and Referral for anemia
- Referral to higher facilities



RECOGNIZE RISK



- UNHEALTHY DIET
- SUBSTANCE USE
- LACK OF PHYSICAL ACTIVITY
- OVER DIGITAL EXPOSURE

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FAMILY PLANNING & REPRODUCTIVE HEALTH SERVICES



जोड़ी ज़िम्मेदार
जो प्लान करे परिवार



Basket of Choice



RIGHT TIMING OF
FIRST PREGNANCY



COUNSELLING SERVICES



HEALTHY
SPACING

National FP Helpline (Toll Free) No: **1800-116-555**

RECOGNIZE RISK



- MISSED PERIOD/
UNINTENDED PREGNANCY
(REFERRAL FOR SAFE
ABORTION, IF REQUIRED)
- HEAVY OR IRREGULAR OF
PAINFUL PERIODS

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MANAGEMENT OF COMMUNICABLE DISEASES



LEARN. PREVENT. PROTECT



Source Reduction



Nutrition Support



Sanitation

RECOGNIZE RISK



**Fever, Chills,
Bodyaches, chikungunya
- DENGUE, MALARIA**



**>2 Weeks Cough
- TB**



**White Patches
- LEPROSY**



**Screening of
HIV & STI**

WE TREAT AND WE FOLLOW



Screening



Diagnosis



Treatment



Counselling

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OUTPATIENT CARE FOR ACUTE SIMPLE ILLNESSES



QUICK RELIEF FOR EVERYDAY PROBLEMS



SKIN CONDITIONS



COUGH



DIARRHOEA



ANEMIA



PAIN IN ABDOMEN



FEVER



FILARIASIS (ELEPHANT FOOT)

RECOGNIZE RISK



- WOMEN HEALTH ISSUES
- COUGH/SORE THROAT
- SKIN RASHES
- BODY PAIN
- FEVER

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NCD SCREENING, PREVENTION & MANAGEMENT



AWARENESS & COUNSELLING



SCREENING VULNERABLE POPULATION



HYPERTENSION



DIABETES



REFERRAL AND SPECIALIST CONSULTATION



RECOGNIZE RISK



- OVERWEIGHT SUBSTANCE USE
- LACK OF PHYSICAL ACTIVITY
- FAMILY HISTORY
- HIGH CONSUMPTION OF SUGAR, OILS & SALTS

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CANCER MANAGEMENT



BREAST CANCER

- Routine Checkup
- Self-Exam
- Screening

ORAL CANCER

- Routine Self Checkup
- Immediate Followup
- Good Oral Hygiene
- No Tobacco



CERVICAL CANCER

- Routine Screening

RECOGNIZE RISK



- EARLY MARRIAGE
- POOR HYGIENE
- SUBSTANCE USE
- UNHEALTHY LIFESTYLE
- ANY ABNORMAL DISCHARGE

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ORAL CARE SERVICES



HEALTHY SMILE STARTS HERE

- Check-up for gum Problem
- Dental screening for all age groups
- Check-up for mouth cancer



IMMEDIATE CARE & SAFE REFERRAL

- First aid for dental pain, tooth injury
- Regular Brushing Twice-a-day



RECOGNIZE RISK



- TOOTHACHE, BLEEDING GUMS
- GUM SWELLING
- WHITE/RED PATCHES
- MOUTH ULCER

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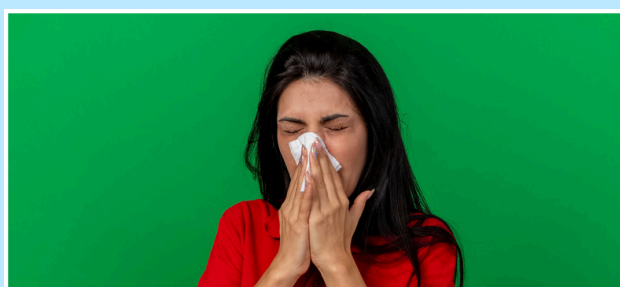
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EYE & ENT (EAR, NOSE, THROAT) CARE



Know your Symptoms

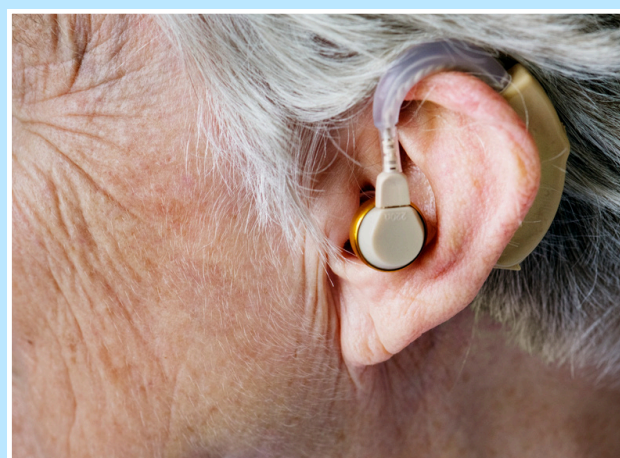


- NOSE SINUS INFECTION
- EAR DISCHARGE
- GLAUCOMA
- TONSILITIS



Treat Early

- ANY FOREIGN BODY
- HEARING AID



RECOGNIZE RISK



- VISION PROBLEM
- EAR PAIN/DISCHARGE / HEARING LOSS
- NOSE BLEED
- NECK SWELLING / THROAT INFECTION

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ELDERLY & PALLIATIVE CARE



WE ARE AVAILABLE

HEALTHY AGEING



CHECK-UP AND CARE

- CHEST PAIN, JOINT PAIN
- FRACTURE
- BLINDNESS
- MENTAL HEALTH
- SURGERY



RECOGNIZE RISK



- ACCIDENTS/INJURIES
- SMOKING/ALCOHOL
- UNHEALTHY DIET
- INACTIVITY
- PSYCHOSIS

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ELDERLY CARE



PALLIATIVE CARE

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EMERGENCY CARE



EVERY BREATH COUNTS! WE ARE AVAILABLE FOR YOU

- First Aid
- Injury
- Bites



Wound Cleaning



First Aid

- Maintain Body Temperature
- Stomach cleaning



Poisoning



Support Injured Parts

- Emergencies
- Stabilizing the victim

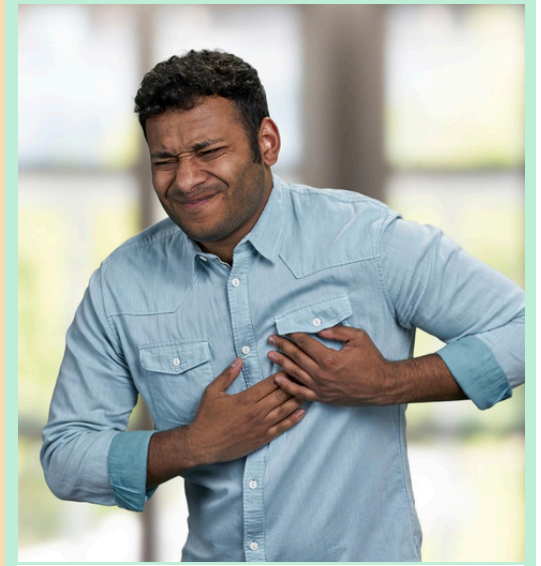


Monitoring of Vital Signs



Emergency support

- Every second counts
- Management & Referral



Chest Pain



Referral Transportation

RECOGNIZE RISK



- BREATHLESSNESS, SUDDEN CHEST PAIN
- FITS, UNCONSCIOUSNESS
- SEVERE ABDOMINAL PAIN
- ANY INJURY OR FALL
- POISONING
- ANIMAL BITE
- BURNS

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MENTAL HEALTH – SCREENING & BASIC CARE



MENTAL DISORDERS ARE TREATABLE



“

HELLO BOLO DIL KHOLO!
CALL - 14416

”

MYTH



- Not an illness
- Cannot be cured
- Do not need medical attention

FIRST STEPS TO CARE



- Mental health disorders can happen to anyone

TREATMENT



- Treatment for mental health disorders is available!

RECOGNIZE RISK



- SADNESS, ANXIETY, DEPRESSION
- ADDICTION CONCERNS
- FAMILY CONFLICTS
- UNUSUAL BEHAVIOUR
- SLEEP PROBLEMS

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