

Road Map for implementation of the National Program for Prevention and Management Of Osteoarthritis And Other Musculoskeletal Disorders and VAYO MITRA scheme

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Introduction

Musculoskeletal disorders (MSDs) including Osteoarthritis are major cause of morbidity and disability worldwide. This degenerative disease can affect multiple body parts including knees, hips, hands and spine. Osteoarthritis is a major cause of loss of productivity worldwide and multiple programmes have been launched/conceived in different systems of medicine for prevention and management of this disease. As per scientific literature, careful use of dietary supplements and herbal medicines during early stages of treatment or disease development helps in limiting the degree of joint destruction and improving patient outcomes. These scientific evidences open up vast opportunities for tackling osteoarthritis and other musculoskeletal diseases through safe interventions based on AYUSH Principles.

This public health program will be running parallel to the NPPMOAMD using the same infrastructure and man power. The elderly people attending OPDs /Medical Camps of the O.A Program will be enrolled for the Vayo Mitra Program. They will be given advice regarding healthy life style and Ayurveda based guidelines to prevent disease and lead a healthy life. This population will also be screened for various diseases and will be given medicines or referred to the appropriate health care facility for the management of their diseases.

To harvest and capitalize these opportunities, the program for prevention and management of Osteoarthritis and other musculoskeletal disorders shall be implemented in the State of Himachal Pradesh. This program shall be implemented with an objective to target the management of musculoskeletal disorders through AYUSH interventions by adopting an integrative approach. VAYO MITRA program will run only on two blocks i.e Mahakal and Panchrukhi block of District Kangra H.P. Besides, increasing awareness about role of Ayurveda modalities in management of such disorders, this program shall also empower people for self-care through IEC and educating them about various Yogic exercises for self-administration for prevention and rehabilitation of such disorders.

Hub and spoke Model

The nodal center for the implementation of the programme shall be RGGPGAC & H Paprola and the team deployed for such implementation shall function under the direct control of Principal of the college. Dr. Manik Soni, Lecturer PG Department of Kayachikitsa shall be the overall coordinator of the Project and point of contact for the Govt. and field

functionaries for the implementation of this program. There shall be 25 secondary spokes and 96 (two AHCs per AYUSH subdivision including subdivision under the administrative control of DAO) primary spokes. The 25 secondary spokes shall be Ayurvedic Hospitals namely:

Sr No	Name of Hospital	District
1.	D.A.H Dharamshala	Kangra
2.	A.H Dehra	Kangra
3.	A.H. Suliali	Kangra
4.	R.G. Govt Ayurvedic Hospital, Paprola	Kangra
5.	A.H Lagmanwin	Hamirpur
6.	A.H. Lambloo	Hamirpur
7.	A.H Kadhari	Hamirpur
8.	A.H Bijhri	Hamirpur
9.	D.A.H Hamirpur	Hamirpur
10.	Circle Hospital Jogindernagar	Mandi
11.	A.H Paonta Sahib	Sirmour
12.	DAH Nahan	Sirmour
13.	D.A.H Solan	Solan
14.	A.H Nalagarh	Solan
15.	D.A.H Una	Una
16.	GAH Ispur	Una
17.	DAH Bilaspur	Bilaspur
18.	A.H Kandaur	Bilaspur
19.	DAH Reckong Peo	Kinnaur
20.	D.A.H Kullu	Kullu
21.	Ayurvedic Hospital Katrain	Kullu
22.	Ayurvedic Hospital Rampur	Shimla
23.	R.A.H Shimla	Shimla
24.	DAH Chamba	Chamba
25.	DAH Keylong	DAH Kelong

The two AHCs to be designated as spokes for this program shall be nominated by respective SDAMO/DAO. The guiding factors for selection of AHCs shall be the drainage population being catered to, the state of infrastructure present including human resources and accessibility of AHC amongst other factors.

Activities at various levels

1. At the level of AHC –Primary Spoke
 - (a) Screening of Population and enrolment in the program: The Screening shall be carried out during OPDs as well as through camp approach by the AMO working in that AHC. The camps will be organized by the Program Officer of the district

in consultation with the Nodal center. Data of such camps and the patients enrolled in the program will be maintained by the concerned primary spoke.

- (b) Besides, the management of identified patients, at risk population shall also be given advice regarding the importance of lifestyle, Diet, Yoga and Dincharya/Ritucharya etc in preventing and managing musculoskeletal disorders through the manpower already deployed including Yoga guides.
- (c) Basic procedures including Sthanik Panchkarma, Marma therapy, cupping and other Anushalya karma (Agnikarma, Jalauka etc) as per availability and feasibility shall be performed at these primary spokes besides, dispensing prescribed Ayush Drugs.
- (d) Distribution of Brochures for self care to geriatric patients under Vayo Mitra Schemes and distribution of brochures with content for self care in Osteoarthritis and in musculoskeletal diseases.
- (e) Collect the patient data on predefined format and share it with the Nodal Centre through the Distt. Program Officer.

2. At the level of Ayurvedic Hospital –Secondary Spoke:

- (a) Bi-weekly OPD – Tuesday and Friday for the patients of Musculoskeletal disorders will be held at the selected Ayurvedic Hospitals.
- (b) Help in organising outreach camps at AHWC/AHC level in terms of providing services of man power including consultants/Medicines and being the follow up center for the patients as per the requirement.
- (c) Panchkarama Therapy (as available).
- (d) Distribution of Brochures for self care to geriatric patients under Vayo Mitra Schemes and distribution of brochures with content for self care in Osteoarthritis and other musculoskeletal diseases.
- (e) Collect the patient data on predefined format and share it with the Nodal center through the Distt. Program Officer.

3. At the level of RGGPGAC& H- Hub:

- (a) Daily OPD for geriatrics and musculoskeletal disorders will be conducted by the nodal center.
- (b) Shall act as referral center for the patients under this program.

- (f) Help in organizing camps at peripheral institutes in terms of providing services of consultants/Medicines and being the follow up center for the patients as per the requirement.
- (c) Advance Panchkarma procedures.
- (d) Capacity building of all stakeholders.
- (e) Development of IEC materials.
- (f) Finalisation of Drugs required for O.A and the list of equipment to be mandated at each level of health care under this program.

4. At the Level of Directorate:

- (a) Monitoring of the program.
- (b) Include the required medicines/drugs under EDL.
- (c) Finalise procurement modalities and release funding as per need and as per the approval accorded under National AYUSH Mission.
- (d) Forge cooperation of field functionaries for the successful implementation of this program.

Manpower

1. 12 AMOs – One in each District, shall function under the control of DAO and discharge the role of District Program Officer – will look after all AYUSH public health programs. He will be responsible for the collection of the data from the primary and Secondary Spokes (as per **Annexure A and B**). The medical screening camps will be planned and executed by him with the cooperation of the field staff. The minimum qualification for this will be B.A.M.S degree.
2. 6 Masseurs (3 male and 3 female) - shall be deployed in the hub. They will assist in the administration of the Panchkarma procedures to the patients as prescribed by the doctor. The minimum qualification for Masseurs will be AYURVEDIC SPA THERAPIST (PANCHKARMA) course recognized by the Government of H.P.
3. 01 Staff nurse shall be deployed in hub. Staff nurse will be responsible for the general nursing care of the patients during and after the procedure. Minimum qualification for this will be B.Sc. Degree in Nursing.
4. 01 Pharmacist shall be deployed in hub. Pharmacist will be responsible for the stock maintenance and distribution of the Medicines. He will also assist in dispensing of the prescribed medicines in Medical Camps organized by the nodal centre. Minimum

qualification for the pharmacist will be B. Pharma Ayurveda from a recognized Institute/University.

5. 03 Data Entry Operators to be deployed in hub. They will collect and sort the data received from the various Distt. Programme officers. The minimum qualification for the post of Data Entry Operator will be 10+2 Pass from a recognized board with Diploma/Degree in computer application from a recognized college/ institute and proficiency in MS Office.
6. 01 Data entry operator to be deployed in Directorate who shall look after the programme under the supervision of Nodal Officer, Dr. Rajesh Sharma, Deputy Director.
7. This manpower shall be recruited through HPSEDC on outsourcing basis and their deployment shall be co terminus with the project approval under NAM.

Capacity Building

The stake holders in this program will be given training at RGGPGAC & H Paprola. The training can be either

1. Online Mode.
2. Physical training of basic procedures.

Budget

Sr No	ACTIVITY	No. of Units	Expenditure/Unit	Total	Remarks
1.	Training	1	60000	60000	Two days training for Doctors and paramedical staff engaged in the program.
2.	IEC (Published material, standees, App development and awareness cum treatment camps)	122	50000	4000000	IEC material prepared and printed by state Nodal centre will be sent to every D.A.O who will get it distributed to all the units running the program under his jurisdiction. Cost of Additional expenses incurred to organize camps will be borne out of this.
3.	Medicines (as per Annexure C)	122	53000	5300000	The medicines for which RC is available at the State level shall be procured by the Directorate on demand basis. The

					medicines which are not available shall be procured locally by the nodal centre after completely all codal formalities as per HPFR. Medicines will be sent to D.A.O. who will get it distributed to all the units running the programme under his jurisdiction.
4.	Panchkarma equipment for sthanik Chikitsa and consumables	122	200000	5000000	Gap analysis will be done at the Primary and Secondary spokes and any deficiency in the prescribed list as per Annexure D will be outlined and purchased by concerned DAO after completing all codal formalities at their own level. The purchased equipment will be sent to the identified hospitals for providing Panchkarma facility to the patients. Basic Joint support and exercise equipment will be used in camps and these will be distributed by respective DAO to the team under his jurisdiction.
5.	Computer support for data collection	13	76000	988000	One computer/Laptop for each referral hospital and 12 teams of doctors engaged for the program.
6.	Mobility allowance for each district	12	96000	1152000	Will be used for T.A and other expenses of the team engaged in managing the program at each district.
7.	Office expenses, contingency and other Misc Expenses	12	225000	2700000	Contingency, stationary and other Misc expenses.
TOTAL				19200000	

MAN POWER BUDGET

Budget head	Detail	Cost/Month/ Unit	Total cost/ Month	Total cost for one year
MAN POWER	12 Ayush Doctors	40000	480000	5760000
Twelve Ayurveda doctors and 12 Multi purpose health workers will be engaged for the effective implementation of this program	12 Multi purpose Worker (6 masseurs, 4 DEOs, 1 Pharmacist, 1 Staff nurse)	15000	180000	2160000
TOTAL				7920000



Annexure A - Data format for units running VAYO MITRA/ MUSCULOSKELETAL DISEASES OPD

Every month the data from all the units running program will be collected by the state nodal Centre in this format.

Activity/Month	Number	No of beneficiaries
Number of OPDs		
Group talks		
Number of Camps		
Patients screened		
Patients enrolled		
Follow up cases out of the enrolled patients		
Improvement in quality of life in Follow up patient (As decided by WHOQOL BREF)		

Annexure B - Data form for enrolled patients

Sr N o	Name of Patient	New/ Follow up	Age /Se x	Addres s	Neares t AHC	OA/ VAYO MITRA	Te l N o	Aadhar if availabl e	Uniqu e ID	Improvemen t on WHO QOL BREF Scale

Unique ID will be a combination of serial number allotted to the centre, name of AHC and serial number of the patient

Every centre will be given a unique ID number

Annexure C - List of Medicines required for National Program for Prevention & Management of Osteoarthritis and Other Musculoskeletal Disorders.

The following medicines may be required for the patients enrolled in the program. Other medicines as per EDL of the state of H.P may also be included in this list as per the requirement and demand of the participating institutes.

Sr. No	Name of Drug	Ref
1)	Cap Gandha Tailam	Kerla Ayurveda Ltd
2)	Tab Ostikot	AVS Kottakal
3)	Tab Shallaki	Himalaya Drug Co
4)	Tab Lakshadi Guggul	Shastriya yoga
5)	Tab Navak Guggul	Shastriya yoga
6)	Dashang Lepam	Shastriya yoga
7)	Maha Narayan tailam	Shastriya yoga
8)	Dhanwantaramtailam	Shastriya yoga
9)	Maha mash tailam	Shastriya yoga
10)	ParvalPishti	Shastriya yoga
11)	Shankha Bhasma	Shastriya yoga
12)	KukktandTwak Bhasma	Shastriya yoga
13)	Cap Shilajeet	Shastriya yoga
14)	AjmodadiChooran	Shastriya yoga
15)	PanchkolaChooran	Shastriya yoga
16)	Shatawarichooran	Shastriya yoga
17)	Osteo leaf Nutra	Charak Pharmacy
18)	Mustadi kashayam	Shastriya yoga

19) Ashwagandharishta	Shastriya yoga
20) Dashmoolarishta	Shastriya yoga
21) Dashmuladi Kwath	Shastriya yoga
22) Guduchyadi kwath	Shastriya yoga
23) Maha rasnadi kwath	Shastriya yoga
24) Kokilakshadi Kashayam	Shastriya yoga
25) Mustadi kashayam	Shastriya yoga
26) Ashtavargam Kashayam	Shastriya yoga
27) Varadi Kashayam	Shastriya yoga
28) Gandharva Hastyadikashayam	Shastriya yoga
29) Tab Trifla Guggul	Shastriya yoga
30) Punarnavadi Guggul	Shastriya yoga
31) Kaishore Guggul	Shastriya yoga
32) Shigru guggul	Shastriya yoga
33) Tryodshang Guggul	Shastriya yoga
34) Laxadi guggul	Shastriya yoga
35) Yog raj guggul	Shastriya yoga
36) Hingwashtak Chooran	Shastriya yoga
37) Shatavari chooran	Shastriya yoga
38) Ashwagandha Chooran	Shastriya yoga
39) Ajmodadi Chooran	Shastriya yoga
40) Trikatu Chooran	Shastriya yoga

41)	Hareetaki Chooran	Shastriya yoga
42)	Bala Chooran	Shastriya yoga
43)	Shunthi Chooran	Shastriya yoga
44)	Erand Tailam	Shastriya yoga
45)	Vishgarbh Tailam	Shastriya yoga
46)	Panchguna tailam	Shastriya yoga
47)	Mahamash tailam	Shastriya yoga
48)	Bala Tail	Shastriya yoga
49)	Narayan tail	Shastriya yoga

Annexure D - List of equipment required for Sthanik panchkarma facility

Sr No.	Name of Article	Specification	Qt required	Approx. Cost/Piece	Total Cost/ Centre
1	Droni	Wooden droni single wood with brass crafts. Medicinal wood vengaoor vakka. Size :-9ftx 8 2.5ft with wooden stand -single medicinal wood	1/Centre	60000	60000
2	Sarvang Swedan Yantra	Steam bath chamber WOODENSINGLE door model. Heatresistant cabin, heavy duty Modelwith traditional hand craft work. Wellpolished without loss of the natural wooden qualities Size :-L-3ft,W-2.5ft, H-4FT.	1/Centre	40000	40000
3	NADI Swedan Yantra	Steam generator:-heavy , foodgrade aluminium body with outerlid. Water level -fitted with minimumwater level cut off switch. Steam sprayer : with woodenhandle and aluminium waterstrainer is fitted with special highpressure steam nose. Heater : fitted with 3 Kw electricheater. Temp controller : fitted with digitaltemperature indicator cumcontroller. Safety :- fitted with safety pressurevalve , steam flow control valveand pressure gauge. Herbal basket:- perforated SS Herbal basket Timer :- 60 minutes Water capacity :- max. 22lit. Mounted with powder coated steel frame and fitted with four wheels Power :- 3 kw,heater:- 220V AC.	11/Centre	30000	30000
4	14 Pieces Acrylic Basti Yantra Set.	Janu Vasti - 3 set 1 Small, Medium and Large Kati vasti, 2 set Medium and Large Greevavasti, 2 set Medium and Large Hridya vasti, 2 set, Netra Vasti 1 set	5/Centre	7000	35000
5	Agnikarma Shalaka	• PanchdhatuSalakha Fine and Sharp Tip	2/centre	2500	5000

		• Heat resistance Bakelite Handle			
6	Vacuum Cupping set	Set of 1 x Vacuum Gun with 12 Vacuum Cups made of polycarbonate with Connector Pipe	2/centre	800	1600
8	Basti Yantra with 2 vasti tips (Bronze)	Yantra with TWO (small and large) smooth round tipped nethrams provided with pouch.	1/centre	2800	2800

Utensils required for Panchkarma procedures and will be provided as per the need and demand of the Primary and secondary spoke

Sr No.	Name of Utensil	Specifications	Cost/Unit
1.	Kharal (Mortar& Pestle)	30 cm	800/
2.	Kharal (Mortar& Pestle)	15 cm	700/
3.	Induction Cook top	2500 watt	4500
4.	Patilha Steel	10 liter	2500/
5.	Patilha Steel	5 liter	1800/
6.	Steel bowl	5 liter	300/
7.	Hamam dusta iron	2 liter	1000/
8.	Kadai	5 liter	1000/
9.	Kadai flat base	5 liter	1000/
10.	Donga double base	1 liter	600/
11.	Frying Pan	Non Stick Stick Aluminium Frying Pan (Capacity 1.5 L compatible with Gas stove and Induction cooktop.	1200
12.	Sieves	S.S Large size	400/