



NATIONAL HEALTH MISSION  
General Hospital  
Junction, Thiruvananthapuram 695035  
Tel fax: 91-471 2301181, 2302784  
email: smdnrhm@gmail.com  
Website: www.arogyakeralam.gov.in

No. NHM/7700/SNO-PROJ/2023/SPMSU

Dated: 07.01.2024

From

State Mission Director

To

Director of Health Services  
Directorate of Health Services  
Thiruvananthapuram

Madam

Sub:- SOPs in the implementation of the 360 degree Metabolic & Elderly care -XVFC  
Health grants

Ref:- GO :1078/2023/LSGD dated 20-05-2023

Funds for the following activities are approved under Scheme 6 XV FC Health Sector grants.

1. Urban Multi-Disciplinary Unit for the Total Health Care of Elderly - Rs. 1433.39 lakhs
2. 360 degree NCD care centre - Rs. 1260 lakhs.

In the following institutions where funds are sanctioned for the activities, there is difference among the actual governing body of HMC and the fund transferred local governments. In such institutions, it has been advised that Health department has to designate a medical officer as the implementing officer of the project as per clause 3.1 of reference mentioned. Since Superintendents of these institutions are already officers implementing palliative care projects of these ULBs, it is recommended that the Superintendents be designated as implementing officers for Urban Multi-Disciplinary Unit for total healthcare of elderly and for 360 degree NCD care centres.

District	Name of Health Institution	Actual local body governing the health institution (HMC)	Name of Municipality/Corporation to which the grant is sanctioned	Grant (lakhs)
<b>Urban Multidisciplinary Unit for Total Healthcare of Elderly</b>				
Alappuzha	DH Mavelikkara	District Panchayath Alappuzha	Mavelikkara Municipality	102.385
Palakkad	DH Palakkad	District Panchayat, Palakkad	Palakkad Municipality	102.385
Kozhikkod	GH Kozhikkod	governed by District Administration	Kozhikode Corporation	102.385
Wayanad	THQH Batheri	Sultan Batheri Block Panchayath	Sulthanbathery Municipality	102.385
Kasargod	DH Kanjangad	District Panchayat, Kasaragode	Kanhangad Municipality	102.385
<b>360 degree NCD Care Centre</b>				
Thiruvananthapuram	DMH Peroorkada	District Panchayath, Trivandrum	TVM Corporation	45
Kollam	DH Kollam	Kollam District Panchayath	Kollam Corporation	45

Kottayam	GH Kottayam	District Panchayat, Kottayam	Kottayam Municipality	45
Idukki	DH Thodupuzha	District Panchayath Idukki	Thodupuzha Municipality	45
Palakkad	DH Palakkad	District panchayat, palakad	Palakkad Municipality	45
Kozhikkode	GH Kozhikkode	governed by District Administration	Kozhikkode Corporation	45
Kozhikkode	Vadakara	District Panchayat Kozhikkode	Vadakara Municipality	45
Wayanad	DH Mananthavadi	District Panchayath Wayanad	Mananthavady Municipality	45
Wayanad	THQH Batheri	Sulthan Batheri Block Panchayath	Sulthanbathery Municipality	45

Considering that these are technical activities requiring time for implementation and the fact that the expenditures under Scheme 6 of XV Finance Commission Health Grants is less than 20%, Steps have been taken for the funds to be transferred to HMC accounts of the respective institutions for which the activities are sanctioned. This will provide institutions with the necessary flexibility to implement the project at the earliest.

The SOPs for implementation as recommended by the State NCD division is attached for easy of implementation of the projects.

With regards

State Mission Director

## Approval Valid

Digitally Approved By  
Jeevan Babu K. I.A.S  
Date: 07.01.2024  
Reason: Approved

The document is digitally approved. Hence signature is not needed.

## **Establishing 360 degree Metabolic Centers in Districts**

Non communicable diseases are on the rise in the State of Kerala which is placed in the highest epidemiological transition zone with statistics pointing that one among 3 being hypertensive and 1 in 5 being diabetic. Along with this rising epidemic, the complications of these diseases like, heart disease, renal diseases, Cancer, ulcers etc are also increasing in the State altering the mortality tables adversely. The solution to this situation is the early screening for complications in patients with NCDs. A Novel idea of 360 degree Metabolic Centre as PPP model was piloted in G H Ernakulum in 2018 for screening of NCDs and its complications under one roof. The model may be replicated in all districts in 2 selected hospitals.

**Concept:** The concept of 360 degree Metabolic is the provision of testing for NCDs and its complications in one go. The room will be divided in to Cabins for checking basis tests like HT , DM, BMI in one cubicle , Diabetic foot examination in another cubicle, Retinopathy Clinic, PFT clinic, Nephropathy testing, cancer clinic, Diet counseling, smoking cessation and Medical consultation in individual cubicles. The new patient has to visit all these cabins for having a 360 degree metabolic care and thereby all diseases could be detected much early even before the symptoms.

<b>Timing:</b> 9 am – 4 pm	}	in centres with NCD staff in position
6 days/ week.		
9 am – 4 pm	}	In centres without NCD staff
3 day / week		

The treatment may be initiated by the NCD doctor or may refer to the physician. The follow up of the patient shall be ensured by the centre staff through prompt registration. Medicine will be issued through the Hospital pharmacy.

**Infrastructure:** Size may be adjusted as per the space availability. Cabins may be set up using prefabricated cubicles (Calcium Silicate board partition work) interior paintings, False ceiling work with Gypsum board. Glass partition window. The districts may choose their own mode of construction and agency. A toilet may be constructed adjacent to the centre if required for collection of urine sample. A patient waiting area with airport chairs, drinking water facility and adequate IEC including video projection shall be ensured

**Color:** The Paint shall be white with sky blue lining. The logo of DHS, NHM and **Amrutham Arogyam** shall be exhibited. A board showing 360 degree metabolic Centre shall be exhibited.

**Equipment:**

Electronic BP apparatus (High End)

Glucometer with strip

- Weighing machine
- Stadiometer
- Fat Impedance machine
- Point Of Care equipment (Liquid Profile, Creatinine/ Urea)
- Biothesiometer
- Carbon Monoxide breath Analyzer with consumables
- Hand held Doppler
- Non mydriatic Camera
- Mini Spirometer / spirometer with consumables
- Dipstick for urine micro albumin
- ECG Machine
- Lap Top with internet Connection & printer
- Breast examination equipment
- Air conditioner
- LCD Television
- Hardware and software required for E Health connectivity
- Infrared thermometer

**Furniture:**

- Cupboard
- Refrigerator
- Chairs
- Patient cot

- Wheel chair
- Table
- Token system

Any other item required for the clinic

**Staff:** One staff Nurse will be provided by NHM. Doctors, Dietician, Staff Nurse of existing NCD clinics in facilities available shall be deployed in the 360 clinics. Other hospitals can utilize the existing staff from their system

The responsibility of regular functioning of the centre will be with the physician assigned by the superintendent of the Hospital irrespective of the availability of NHM doctor.

**Waste Disposal-** The necessary biomedical waste management system shall be ensured and all materials related to waste collection as per the standards shall be procured

**Data:** Data from the 360 degree will be stored in the e health server.

**Reporting:** The report of the 360 degree centre will be submitted to the District NCD Cell Monthly. The data evaluation will be done quarterly

**Funds:** 15<sup>th</sup> Finance commission funds of up to Rs. 45 lakh for 1 Centre. If there is any delay in getting funds from 15<sup>th</sup> finance Commission funds may be utilized from NHM funds which may be recouped on availability of 15<sup>th</sup> Finance Commission funds.

**Hospitals** – One major hospital (DH/ GH) one Taluk Hospital (list enclosed)

.

## **Comprehensive Elderly Care Unit – SOP**

Under the Fifteenth Finance Commission grants it is proposed to setup 1 Comprehensive Geriatric Care Unit in all districts. The Standard Operating Procedure for establishing the units is attached below:

### **Standard Operating Procedure:**

**Concept** – A Comprehensive Geriatric Care Unit for managing the elderly Care issues, which include preventive, curative and Rehabilitative aspects of elderly Care under one umbrella, is proposed. The facilities include Geriatric OP, 10 Bedded well furnished Geriatric IP, Physiotherapy unit and Rehabilitation Centre.

**OP:** OP will be functional 6 days a week from 9 am to 4 pm. The service of 1 doctor will be exclusively dedicated for the service. 1 Staff Nurse will assist the doctor in the OP department, who will also manage the routine OP procedures. Specialty OP will be conducted on selected days on rotation. Specialty includes General Medicine, Orthopedics, Skin, ENT, Cardiology, Psychiatry, Neurology etc, depending on the availability of the Specialists. If the in-house specialists are not available, doctors may be hired from outside based on the availability.

**IP:** 10 bedded IP facility will be set up in the hospital with Geriatric friendly settings like Anti Skid Tiles, elderly friendly furniture, woody stable cot, Ramps, railings and elderly friendly toilets. The beds should have Oxygen facility and other life saving measures attached.

### **Infrastructure**

No new construction is permitted. The space for the Geriatric unit shall be met from the existing space available in the hospitals. The partition, modification, paneling and cubicles shall be done using conventional building materials. Tile work, false ceiling, plumbing works, electrification work shall be done based on the requirement.

**Physiotherapy Unit:** A well established Physiotherapy Unit shall be attached with each Geriatric Unit, List of equipment to be procured is listed below:

1. Tens
2. Ultrasound therapy machine – for pain
3. IFT
4. Wax
5. IRR
6. Shoulder pulley
7. Shoulder objection ladder
8. Static cycle
9. Quadriceps table
10. Multi shape peg board
11. Parallel bar
12. Ankle exerciser
13. Finger exerciser
14. Weight cuff
15. CPM machine
16. Tilt table
17. Shoulder Wheel
18. Trolley
19. Muscle stimulator
20. Physio-ball
21. Treatment table
22. CP walker
23. Balance board
24. Treadmill
25. Resistant band

**Rehabilitation Unit:** The rehabilitation unit will be attached to be Physiotherapy unit for assisting the elderly population in rehabilitation Service.

**Equipment:**

1. Multipara monitor
- 2, Oxygen Concentrator
- 3, Nebulizer
- 4, Pulse Oximeter
- 5, BP Apparatus
- 6, Glucometer and strips
- 7, Point of Care testing devises for Emergency testing
- 8, ECG Machine
- 9, NIV
- 10, Portable ultrasound machine
11. Intermittent Pneumatic Compression device – IPC
- 12, Spiro meter
- 13, Wheel chair
- 14, Trolley
- 15, Television sets
- 16, Laptop and printer

In addition to the above equipment, medicines and other consumables can be procured based on the necessity.

**HR:** 1 medical Officer and 1 Staff Nurse will be provided by NHM. The rest of the staff may be utilized from the current pool of existing staff.

**Funds:** Up to 100 lakhs may be utilized from the Fifteenth Finance Commission Grants.