

**Operation Guideline under National Programme for
Prevention and Control of Fluorosis for the year 2022-23 &
2023-24.**



**National Health Mission,
Health & F.W. Department, Govt. of Assam**

PREFACE

NATIONAL PROGRAMME FOR PREVENTION AND CONTROL OF FLUOROSIS (NPPCF)2022-2024.

- A. **Introduction:-** Fluorosis, a public health problem is caused by excess intake of fluoride through drinking water/ food product/ industrial pollutant over a long period of time. It's results in major health disorder.1. Dental fluorosis (affects teeth) 2. Skeletal fluorosis (affects bones) 3. Non- skeletal fluorosis.(affects soft, non- calcified tissues). NPPCF programme is implemented in 7 nos. of districts. The name of districts are- Nagaon, Kamrup, Karbi Anglong, Nalbari, Dhubri, Karimganj & Udalguri.

Desirable limit of fluoride in water is 1 ppm(1 mg/ltr.) Age 0-12 years are more prone to affect.

SOURCES OF FLUORIDE ENTRY TO THE BODY:

1. Drinking water and food.
2. Inhalation/ingestion from industrial avenues.
3. Fluoridated dental products.

PREVENTION:

Fluorosis is a easily preventable disease through practice of interventions.

- Safe fluoride free water
- Diet supplementation.
- Supply of micro nutrient.

- B. **Objectives of the Programme:** To Identify the Dental/Skeletal and non-skeletal Fluorosis patient and differentiate the pain due to Skeletal Fluorosis and other pain. Promoting Nutritious Diet by Good foods , save drinking water and use of proper cooking method. Apart from that, supplementation of multivitamins and minerals to the affected people and refer the fluorosis affected people to tertiary level(GMCH/AMCH) for treatment. Set up of a Fluoride Rehabilitation Centre in fluorosis affected districts.

C. **Key priority areas:**

- a) Time to time survey in the community and school survey in affected areas also in new areas.
- b) Water samples should collected from all drinking water sources of affected areas.
- c) Urine samples should be collected from all affected people, identified Dental Fluorosis from survey.
- d) Diet counselling has to be done for the affected people with help of Counsellor of RBSK/ Nutrition programme.
- e) Two nos. of coordination meeting must be arranged in a year.
- f) Monthly report- The monthly report of all activities under taken alongwith the expenditure incurred at the district level should be sent by the District Nodal Officer to State Cell.
- g) Quarterly report- The quarterly report has to be sent by the District Nodal Officer in prescribed format which will be examined by the State Nodal officer and will be forwarded to the Central Fluorosis cell, Govt. of India, MOH&FW, New Delhi.
- h) The Skeletal Fluorosis patient has to be taken for further investigation and treatment at tertiary level health facilities(Medical Collage Hospitals)
- i) Submission of FMR on or before 7th day of every month. Booked the expenditure in proper FMR code.

Budget summary of RoP approval under NPPCF for the year 2022-23 & 2023-24.

NCD.10

Sl. No.	New FMR Code/ Sl. No.	Activity	Committed expenditure	Total RoP approval (Rs. In lakhs)	State H.Q. Allocation (Rs. In lakhs)	District Allocation (Rs. In lakhs)	Page No.
1.	120.1	Recurring Grant –in-aid(for ongoing district) Medical Management including treatment, surgery and rehab.	0.0	21.00		21.00	5
2.	120.2	Recurring grant-in Aid (For ongoing selected districts under NPPCF) Laboratory Diagnostic facilities.	0.00	11.76	0.00	11.76	6
3.	120.3	Health Education & Publicity for NPPCF.	0.262	21.00	2.00	19.00	6, 7 & 8
4.	120.6	NPPCF Coordination meeting (Newly selected districts and ongoing district).	0.00	2.80	0.00	2.80	8 & 9
5.	120.7	Travel cost under NPPCF.	0.00	3.50	0.00	3.50	9
Total			0.262	60.06	2.00	58.06	

District wise budget summary of NPPCF as per RoP approval 2022-2024.

Activities	F.M.R code	FMR owner	State H.Q.	Nagoan (in lakhs)	Karbi Anglong (in lakhs)	Kamrup(R) (in lakhs)	Dhubri (in lakhs)	Nalbari (in lakhs)	Karimganj (in lakhs)	Udalguri (in lakhs)
Recurring Grant – in-aid(for ongoing district) Medical Management including treatment, surgery and rehab	120.1	SNO/DNO	0.00	4.00	3.00	4.00	2.00	2.00	3.00	3.00
Recurring grant-in Aid (For ongoing selected districts under NPPCF) Laboratory Diagnostic facilities	120.2	SNO/DNO	0.00	1.68	1.68	1.68	1.68	1.68	1.68	1.68
Health Education & Publicity for NPPCF	120.3	SNO/SME/DNO/DME	2.00	3.00	3.00	3.00	2.00	2.00	3.00	3.00
NPPCF Coordination meeting (Newly selected districts and ongoing district)	120.6	SNO/DNO	0.00	0.40	0.40	0.40	0.40	0.40	0.40	0.40
Travel cost under NPPCF	120.7	SNO/DNO	0.00	0.50	0.50	0.50	0.50	0.50	0.50	0.50
Total			2.00	9.58	8.58	9.58	6.58	6.58	8.58	8.58

Total Budget Rs. 60.06 lakhs fresh approval and Rs. 0.262 lakhs approved as committed expenditure.

NPPCF Justification 2022-23 & 2023-24.

1. New FMR Code/ Sl. No. :- 120.1

Name of the Activity: Recurring Grant –in-aid (for ongoing selected district) Medical Management including treatment, surgery and rehab.

Owner of the activity at state: SNO

Owner of the activity at District:- DNO

Owner of the activity at block:- NA

The approved amount is Rs. 21.00 lakhs.

- a) Medical treatment is mainly supplementation of micronutrient like Vitamins C & D, Calcium, antioxidants and treatment of malnutrition which will be get from District Drug Warehouse, NHM of respective district. The drugs which are not available under EDL can purchase from allotted fund for the districts.
- b) Treatment of deformity includes physiotherapy, corrective plasters, outhouses (Mobility Aids for skeletal fluorosis cases).
- c) The above mentioned vitamins and minerals supplementation and other treatment will be done as per district wise requirement.
- d) **A committee must be form in district for purchase of required Micronutrient and Mobility Aids. The member of the committee should include the Joint Director of Health Services, DNO, District Consultant of NPPCF and DAM/ accounts personal of NPPCF.**
- e) The fund for the ongoing districts is approved as follows. The tentative breakup is given below.
- f) For Nagaon district out of 4.00 lakhs an amount of 1.00 lakh is allotted for treatment of patients at already established FRC.
- g) For Kamrup rural district out of 4 .00 lakhs an amount of 1.00 lakh is allotted for low cost fluoride removal filter.

Activity: Under this FMR district will purchase vitamin C, zinc, multivitamin etc.(which are not available under EDL, NHM, Assam) and supplied to the victims of affected areas, so that the victims can able to grow their immunity. Therefore the supplementation of above mentioned items are utmost essential. Besides under this head we have provisions to provide walking aids to the skeletal fluorosis patients.

District wise budget breakup:- As per district requirement these fund will be utilized.

Activities	Nagoan (Rs. in lakhs)	Karbi Anglong (Rs. in lakhs)	Kamrup (R) (Rs. in lakhs)	Nalbari (Rs. in lakhs)	Dhubri (Rs. in lakhs)	Karimganj (Rs. in lakhs)	Udalguri (Rs. in lakhs)
Recurring Grant –in-aid(for ongoing district) Medical Management including treatment, surgery and rehab	4.00	3.00	4.00	2.00	2.00	3.00	3.00

2. New FMR Code/ Sl. No.:- 120.2

Name of the Activity: Recurring grant-in Aid (For ongoing selected districts under NPPCF) Laboratory Diagnostic facilities.

Owner of the activity at state: SNO

Owner of the activity at District:- DNO

Owner of the activity at block:- NA

The approved amount is Rs. 11.76 lakhs.

- a) An amount of **Rs. 1.68 lakhs** each for 7 nos. of ongoing districts i.e. Karbi Anglong, Kamrup(R), Nagaon, Dhubri, Nalbari, Karimganj & Udalguri District.
- b) The fund will be utilized for the strengthening of laboratory diagnostic facilities in district hospitals for early detection and confirmation of fluorosis cases.
- c) Purchase of Lab equipment.
- d) Purchase of required chemicals and consumables for testing of water and urine samples in all 7 nos. of district.

Activity:- In this FMR we have purchased reagent and lab consumable for smooth running of the programme.

District wise budget breakup:-

Activities	Nagoan (Rs. in lakhs)	Karbi Anglong (Rs. in lakhs)	Kamrup (R) (Rs. in lakhs)	Nalbari (Rs. in lakhs)	Dhubri (Rs. in lakhs)	Karimganj (Rs. in lakhs)	Udalguri (Rs. in lakhs)
Recurring grant-in Aid (For ongoing selected districts under NPPCF) Laboratory Diagnostic facilities	1.68	1.68	1.68	1.68	1.68	1.68	1.68

3. New FMR Code/ Sl. No.:- 120.3

Name of the Activity: Health Education & Publicity for National Programme for Fluorosis (State and District Level)

Owner of the activity at state: SNO

Owner of the activity at District:- DNO

Owner of the activity at block:- NA

The approved amount is Rs. 21.00 lakhs.

Activity:- The IEC programme are proposed to create mass awareness among the population of affected areas.

- a) Approved amount is Rs. 21.00 lakhs, 3.00 lakhs per district for 5 nos. of districts, Rs. 2.00 lakhs for 2 nos. of districts and 2.00 lakhs for State H.Q.
- b) Printing of IEC materials, display of hoardings etc. in the affected areas.
- c) Awareness programme at the affected areas.
- d) Focus Group discussion/ interaction with the affected people.
- e) An amount of Rs. 2.00 lakhs is kept for State level awareness programme, review cum sensitization meeting, development of IEC such as hoardings, advertisement, printing of IEC materials etc.

Budget breakup:-

Activities	State H.Q.	Nagoan (Rs. in lakhs)	Karbi angling (Rs. in lakhs)	Kamrup (R) (Rs. in lakhs)	Nalbari (Rs. in lakhs)	Dhubri (Rs. in lakhs)	Karimganj (Rs. in lakhs)	Udalguri (Rs. in lakhs)
Health Education & Publicity for National Programme for Fluorosis (State and District Level)	2.00	3.00	3.00	3.00	2.00	2.00	3.00	3.00

A. State level IEC

Sl. No.	Activities	Amount	
1.	Awareness programme cum review meeting for NPPCF district cells at state level.	1.50 lakhs	By State NPPCF Cell to maintain the scientific uniformity for mitigation of Fluorosis at districts.
2.	Printing of IEC materials/ Training module/ Awareness/ advertisement / participates in health mela etc.	0.50 lakhs	
Total		2.00 lakhs	

B. 1. District level IEC for Nagaon, Kamrup, Karbi Anglong, Udalguri & Karimganj.

Sl. No.	Activities per district	Amount	Details breakup
1.	Awareness programme as per district wise plan (street play, school programme/ other awareness programme with NGO's etc.)	1.00 lakhs	5 nos. Street play @ 6000/- x 5= Rs. 30,000/- School Programme/ Other awareness programme = 10 nos. x @ 7000/- = Rs. 70,000/-
2.	Focus Group discussion at affected area @1000/- per discussion total 20 nos. of discussion should be held	0.20	DNO/ DSC NPPCF
3.	Printing of IEC materials (leaflets/ Booklets, Poster, Health corner board in the school etc.) as per local requirements.	1.80	DNO/DME
	Total	3.00 lakhs	@Rs. 3.00 lakhs x 5 nos. of districts= 15.00 lakhs.

Breakup per programme: Two nos. of meeting per districts.

Sl. No.	Items	Unit	Unit cost	Period	Total
1.	Training Materials	30	100	1	3000.00
2.	Lunch and Tea	34	250	1	8500.00
3.	Banner	2	500	1	1000.00
4.	Hiring Sound System, LCD/ Hall Rent etc.	1	3000	1	3000.00
5.	Resource Person	2	500	1	1000.00
6.	Contingencies	1	3500	1	3500.00
Total					20,000.00

@Rs. 20,000/- x 2 nos. of meetings = Rs. 40,000/-.

5. New FMR Code/ Sl. No.:- 120.7

Name of the Activity: Travel cost under NPPCF

Owner of the activity at state: SNO

Owner of the activity at District:- DNO

Owner of the activity at block:- NA

The approved amount is Rs. 3.50 lakhs.

Activity:- The DNOs, District Consultants, Lab. Techs have need to visit the field very frequently for collection of urine and water samples and also for the monitoring of the programme. They have also need to visit state H.Q. and some time also need to go for Training to outside of Assam. Therefore, travel cost is essential for the districts.

a) The total approved amount is Rs. 3.50 lakhs. An amount of Rs. 0.50 lakhs for 7 nos. of district.

b) The travel cost is approved mainly to travel from District H.Q. to different affected areas.

c) The travel cost is also approved for survey in community and school in affected area, collection of water samples, collection of urine samples, visit to the state NPPCF cell etc.

d) The survey has to be conducted with the help of existing field workers (ANM's/MPW's) and with RBSK/ RKSK team after training on NPPCF about sign & symptoms of fluorosis and must be collect drinking water samples for testing in PHED Laboratory.

District wise budget breakup:-

Activities	Nagoan (Rs. in lakhs)	Karbi angling (Rs. in lakhs)	Kamrup (R) (Rs. in lakhs)	Nalbari (Rs. in lakhs)	Dhubri (Rs. in lakhs)	Karimganj (Rs. in lakhs)	Udalguri (Rs. in lakhs)
Travel cost under NPPCF	0.50	0.50	0.50	0.50	0.50	0.50	0.50

Grand total Activity budget = Rs. 60.06 lakhs.
