Operation Guideline under National Programme for Prevention and Control of Fluorosis for the year 2024-25& 2025-26.



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

PREFACE

NATIONAL PROGRAMME FOR PREVENTION AND CONTROL OF FLUOROSIS (NPPCF)2024-2026.

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:** Toldentify 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) 1 nos of coordination meeting with the PHED Department, Social Welfare, Health, Education and NGO's and 1 district level review cum sensitization meetingmust 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 2024-25& 2025-26. NCD.10

SI. No.	New FMR Code/ Sl. No.	Activity	Committed expenditure	Total RoP approval (Rs. In lakhs)	State H.Q. Allocatio n (Rs. In lakhs)	District Allocatio n (Rs. In lakhs)	Page No.
1.	120.1	Recurring Grant –in- aid(for ongoing district) Medical Management including treatment, surgery and rehab.	4.90	21.0	13.1	7.90	5
2.	120.2	Recurring grant-in Aid (For ongoing selected districts under NPPCF) Laboratory Diagnostic facilities.	0.00	11.76	1.72	10.04	5
3.	120.3	Health Education & Publicity for NPPCF.	0.00	14.00	1.30	12.70	6,7&8
4.	120.4	NPPCF Coordination meeting (Newly selected districts and ongoing district).	0.00	4.90	3.50	1.40	8, 9 & 10
5.	120.5	Travel cost under NPPCF.	0.00	4.00	0.50	3.50	10 & 11
		Total	4.90	55.66	20.12	35.54	

District wise budget summary of NPPCF as per RoP approval 2024-2025 & 2025-2026.

Activities	F.M.R	FMR	State	Nagoan	Karbi	Kamrup(R	Dhubri	Nalbari	Karimga	Udalguri
	code	owner	H.Q.	(in	Anglong)	(in	(in	nj	(in
				lakhs)	(in	(in lakhs)	lakhs)	lakhs)	(in	lakhs)
				,	lakhs)	(,	,	,	lakhs)	,
Recurring Grant – in-aid(for ongoing district) Medical Management including treatment, surgery and rehab	120.1	SNO/ DNO	13.1	1.40	0.75	1.40	0.75	1.20	1.20	1.20
Recurring grant-in Aid (For ongoing selected districts under NPPCF) Laboratory Diagnostic facilities	120.2	SNO/ DNO	1.72	1.68	1.68	1.68	1.00	1.40	1.40	1.20
Health Education & Publicity for NPPCF	120.3	SNO/ SME/ DNO/ DME	1.30	2.20	2.20	2.20	1.00	1.50	1.80	1.80
NPPCF Coordination meeting (Newly selected districts and ongoing district)	120.4	SNO/ DNO	3.50	0.30	0.15	0.30	0.15	0.20	0.15	0.15
Travel cost under NPPCF	120.5	SNO/ DNO	0.50	0.50	0.50	0.50	0.50	0.50	0.50	0.50
	I	Total	20.12	6.08	5.28	6.08	3.40	4.80	5.05	4.85

Total Budget Rs. 55.66 lakhs fresh approval.

NPPCF Justification 2024-25 & 2025-26.

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

- New FMR Code/ Sl. No.:- 120.1
 Name of the Activity: Recurring Grant —in-aid(for ongoing 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
 - a) An amount of Rs. 1.40 lakhs each for 2 nos. of ongoing districts i.e. Kamrup(R) & Nagaon, 1.20 lakh for Udalguri, Nalbari and Karimganj District, 0.75 lakh each for Dhubri & Karbi Anglong district.
 - b) The fund will be utilized for treatment of deformity of skeletal & dental fluorosis patients w.r.t physiotherapy, corrective plasters, outhouses, mobility aids, nutritional supplements including multivitamins, micronutrients and other treatment procedures as per district requirements.
 - c) The essential drugs including Calcium , vitamin C available in EDL can be received from district drug warehouses, NHM as per district wise requirement .

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	1.40	0.75	1.40	1.20	0.75	1.20	1.20

District wise budget breakup:-

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 3 nos. of ongoing districts i.e. Karbi Anglong, Kamrup(R), Nagaon, 1 lakh for Dhubri, 1.40 lakh for Nalbari and Karimganj & 1.20 lakh for 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) Repair of Lab equipment, AMC renewals, Office Management.
- d) Purchase of required chemicals and lab 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	1.40	1.00	1.40	1.20

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. 14.00 lakhs.

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

- a) Approved amount is Rs. 14.00 lakhs, 2.20 lakhs per district for 3 nos. of districts (Kamrup, Karbi Anglong, Nagaon), Rs. 1.80 lakhs for 2 nos. of districts (Karimganj, Udalguri) and 1.50 lakhs for Nalbari district and 1 lakh for Dhubri district.
- b) Awareness programme at the affected areas.
- c) Focus Group discussion/ interaction with the affected people.
- d) Printing of IEC materials, display of hoardings etc. in the affected areas.

Budget breakup:-

	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)
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Health	1.30	2.20	2.20	2.20	1.50	1.00	1.80	1.80
Education &								
Publicity for								
National								
Programme for								
Fluorosis								
(State								
and District								
Level)								

A. State Level IEC

-			
SI.	Activities per district	Amount	Details breakup
No.			
1	Printing of Leaflet/ Booklets / Hoarding	1.30	 800 multicolour booklets @ Rs 60,000/- 1000 leaflets for 7 districts @Rs 5 X 1000 X 7 = 70000/-
	Total	1.30 lakhs	

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

SI.	Activities per district	Amount	Details breakup
No.			
1.	Awareness programme as per district wise plan (street play, school programme/ other awareness programme with NGO's etc.)	1.00 lakhs	10 nos. Street play @ 6000/- x 10= Rs. 60,000/-
			School Programme/ Other awareness programme = 15 nos. x @ 7000/- = Rs. 1,05,000/-
2.	Focus Group discussion at affected area @1000/- per discussion total 30 nos. of discussion should be held	0.30	DNO/ DSC NPPCF
3.	Printing of IEC materials (leaflets/ Booklets, Poster, Health corner board in the school etc.) as per local requirements.	0.25	DNO/DME
	Total	2.20 lakhs	@Rs. 2.20 lakhs x 3 nos. of districts= 6.60 lakhs.

C. District level IEC for Karimganj & Udalguri

SI.	Activities per district	Amount	Details breakup
No.		(Rs. In Lakhs)	
1.	Awareness programme as per district wise plan (street play, school programme/ other awareness programme with NGO's etc.)	1.26	7 nos. Street play @ 6000/- x 7= Rs. 42,000/- School Programme/ Other awareness programme = 12 nos. x @ 7000/- = Rs. 84,000/-
2.	Focus Group discussion at affected area @1000/- per discussion total 29 nos. of discussion should be held	0.29	DNO/ DC NPPCF
3.	Printing of IEC materials (hoarding/leaflets/ Booklets, Poster, Health corner board in the school etc.)	0.25	DNO/DME
	Total	1.80	@Rs. 1.80 lakhs x 2 nos. of districts= 3.6 lakhs.

D. District level IEC for Nalbari

SI.	Activities per district	Amount	Details breakup
No.		(Rs. In Lakhs)	
1.	Awareness programme as per district wise plan (street play, school programme/ other awareness programme with NGO's etc.)	1.0	5 nos. Street play @ 6000/- x 5= Rs. 30,000/- School Programme/ Other awareness programme = 10 nos. x @ 7000/- = Rs. 30,000/-
2.	Focus Group discussion at affected area @1000/- per discussion total 25 nos. of discussion should be held	0.25	DNO/ DSC NPPCF
3.	Printing of IEC materials (hoarding/ leaflets/ Booklets/Poster/Health corner board in the school etc.)	0.25	DNO/DME
	Total	1.50	Rs. 1.50 lakhs

E. District level IEC for Dhubri

SI.	Activities per district	Amount	Details breakup
No.		(Rs. In Lakhs)	
1.	Awareness programme as per district wise plan (street play, school programme/ other awareness programme with NGO's etc.)	0.58	5 nos. Street play @ 6000/- x 2= Rs. 30,000/- School Programme/ Other awareness programme = 4 nos. x @ 7000/- = Rs. 28,000/-
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)	0.22	DNO/DME

Total	1.00	Rs. 1.00 lakhs

Total budget (A+B+C+D+E)= Rs. 14.00lakhs.

4. New FMR Code/ SI. No.:- 120.4 Name of the Activity: NPPCF Coordination Meeting (Newly Selected District and On-going Districts)
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. 4.90 lakhs.

Activity:-The NPPCF programme is associated with the other departments like PHED, Education, P&RD, NGOs etc. so without coordination with the line departments we are not able to full fill our motto. So, coordination meeting is essential to get achievement of the programme.

- a) The approved amount is Rs. 4.90 lakhs,
- b) Rs 3.50 lakhs per year is kept for State level awareness programme, review cum sensitization meeting,
- c) Rs 0. 30 lakhs per year is approved for 2 nos. of district Kamrup and Nagaon , 0.20 lakhs per year for Nalbari district, and 0.15 lakhs per year for 4 nos of districts including Dhubri, Karbi Anglong, Karimganj and Udalguri to conduct 1 nos of coordination meeting and 1 nos of district level review cum sensitization meeting.
- d) Co-ordination meeting should be held with the PHED Department, Social Welfare, Health, Education and NGO's under the chairmanship Deputy Commissioner.
- e) The district level review cum sensitization meeting should be held with MOs / Dentists / CHOs/MPWs, and other health workers who are working in fluoride affected habitations.

SI.	Activities	Amount	
No.			
1.	Awareness programme cum review meeting for NPPCF district cells at state level.	3.50 lakhs	By State NPPCF Cell to maintain the scientific uniformity for mitigation of Fluorosis at districts.
	Total	3.50 lakhs	

A) State level Review cum Coordination Meeting

B) District wise budget breakup:-

Activities	Nagoan	Karbi	Kamrup	Nalbari	Dhubri	Karimganj	Udalguri
	(Rs. in	Anglong	(R)	(Rs. in	(Rs. in	(Rs. in	(Rs. in
	lakhs)	(Rs. in	(Rs. in	lakhs)	lakhs)	lakhs)	lakhs)
		lakhs)	lakhs)				

NPPCF	0.30	0.15	0.30	0.20	0.15	0.15	0.15
Coordination							
meeting (Newly							
selected districts							
and ongoing							
district)							

Breakup per programme:

a) Two nos. of meeting per districts for Nagaon and Kamrup District. (@Rs 30,000/- X 2 nos of district = Rs 0.60 lakh)

SI. No.	Items	Unit	Unit cost	Period	Total
1.	Training Materials	30	75	1	2250.00
2.	Lunch and Tea	35	200	1	7000.00
3.	Banner	1	450	1	450.00
4.	Hiring Sound System, LCD/ Hall Rent etc.	1	3800	1	3800.00
5.	Contingencies	1	1500	1	1500.00
				Total	15000.00

@Rs. 15,000/- x 2 nos. of meetings = Rs. 30,000/-.

b) Breakup per programme: Two nos. of meeting per districts for Karbi Anglong, Karimganj, Dhubri and Udalguri District. (@Rs 15,000/- X 4 nos of district = Rs 0.60 lakh)

SI. No.	Items	Unit	Unit cost	Period	Total
1.	Training Materials	20	70	1	1400.00
2.	Lunch and Tea	25	170	1	4250.00
3.	Banner	1	450	1	450.00
4.	Contingencies	1	1400	1	1400.00
				Total	7500.00

@Rs.7500/- x 2 nos. of meetings = Rs. 15000/- per district.

c) Breakup per programme: Two nos. of meeting per districts for Nalbari District. (@Rs 20,000/- X 1 no. of district = Rs 0.20 lakh)

SI. No.	Items	Unit	Unit cost	Period	Total
1.	Training Materials	30	70	1	2100.00
2.	Lunch and Tea	35	170	1	5950.00
3.	Banner	2	450	1	450.00
4.	Contingencies	1	1500	1	1500.00
				Total	10,000.00

@Rs. 10,000/- x 2 nos. of meetings = Rs. 20,000/-.

Grand Total : A+B= 3.50 + (0.60+0.60+0.20) = 3.5+ 1.40= 4.90 L

5. New FMR Code/ Sl. No.:-120.5 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. 4.00 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. 4.00 lakhs. An amount of Rs. 0.50 lakhs for 7 nos. of district and 0.50 lakhs for state HQ.

b) The travel cost is approved mainly to travel from State HQ and/or 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.

Activitie s	State HQ	Nagoan(Rs. in lakhs)	Karbi angling (Rs. in lakhs)	Kamrup (R)(Rs. in lakhs)	Nalbari (Rs. in lakhs)	Dhubri (Rs. in lakhs)	Karimga nj(Rs. in lakhs)	Udalguri(R s. in lakhs)
Travel cost under NPPCF	0.50	0.50	0.50	0.50	0.50	0.50	0.50	0.50

District wise budget breakup:-

Grand total Activity budget = Rs. 55.66 lakhs.
