



SIHFW : an ISO 9001:2008 certified Institution

*E-Newsletter*  
*State Institute of Health and Family Welfare*  
*(SIHFW), Jaipur, Rajasthan*

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*From the desk of the Director:-*

Dear readers

*Greetings from SIHFW, Rajasthan!*

*I congratulate every one with whom I work for chiseling out the very first issue of E-news letter of SIHFW –Rajasthan.*



*This monthly E-news letter is the latest endeavor of SIHFW Rajasthan to provide information on health related topics to all concerned with "Health" and we hope to cull it out every month.*

*As expected, the first step shall and should invoke a lot of critique as a reflection of your concern and would be welcome from everyone in rank and file*

*Keep us posted with your suggestions and feedbacks that will help us to shape it better.*

## *Rajasthan Health Scenario:*

Total Population 6,8621,012\*  
Sex Ratio 926\*  
Literacy Rate 67.07%\*  
IMR 55\*\*  
MMR 318\*\*  
TFR 3.2#

Medical Colleges 10\*\*\*  
District Hospital 34\*\*\*  
Sub Divisional Hospital 12\*\*\*  
CHC 408\*\*\*  
PHC 1517\*\*\*  
Sub Center 11487\*\*\*



## *Health Days in January 2012*

January 12- National youth day

January 29 - World Leprosy day

# Measles

Measles: a viral diseases, primarily of children less than 2 years of age; more common from October to March; is a self-limiting unless complication occurs.

Measles BOD in Rajasthan:

2009 – 293,

2010 – 1141,

2011 – 1083

( Source: WHO-NPSP network and IDSP,DM&HS Rajasthan)

## Suspect (history)

Any case with fever and rash

## Probable (history and clinical examination) Measles

Fever and maculopapular rash (i.e. non-vesicular or without fluid) lasting for more than 3 days AND {Cough or coryza or conjunctivitis (red eyes)}

## Confirmed (laboratory tests)

At least a fourfold increase in antibody titer, or isolation of measles virus, or presence of measles-specific IgM antibodies in blood OR case is linked epidemiologically to a laboratory confirmed case

## Treatment

Symptomatic with frequent food and fluid intake. Antibiotics only for complications (pneumonia/diarrhea)

## Prevention

Measles vaccination: **0.5 ml dose, subcutaneous on right upper arm at 9 -12 months** (give up to 5 years if not received earlier).

Second doses of Vaccine at the time of booster ( 16 to 24 Months ) has been started in Five Districts of Rajasthan ( Ajmer, Nagaur, Bhilwara, Tonk and Rajsamand )

## Supportive measures:

Two doses of vitamin-A given 24 hours apart @ of 50000 IU for <6 months; 1 lakh IU for 6-11 months and 2 lakh IU for 12 months and above age group.

## Cold Chain Maintenance

vaccine should be kept at temperature between **+2°C to +8°C** at facility level and should **be used within 4 hours of reconstitution.**





## SIHFW in Action

### (1.) Trainings:

S. No.	Date	Title	Objective	Cadre /Total Participants	District Wise Distribution	For
1.	Dec. 7-8	Training on Vaccine & Cold Chain Maintenance for PHN	How to maintain vaccines in Cold Chain and maintenance of Cold Chain	PHN/ NT - 13	Ajmer/ Alwar/ Jaipur/ Karauli/ Sawai Madhopur/ Sikar/ Tonk	Dept of Medical & Health Sciences/ UNICEF
2.	Dec. 9-10	Training on Vaccine & Cold Chain Maintenance for PHN	-do-	PHN/MN-II/NT/NG-II/MPW - 18	Baran/ Bhilwara/ Bundi/ Chittorgarh/ Jhalawar/ Jhunjhunu/ Kota/ Pratapgarh/ Rajsamand	Dept of Medical & Health Sciences/ UNICEF
3.	Dec. 12-13	Training on Vaccine & Cold Chain Maintenance for PHN	-do-	PHN/ NT/ MN II/ NG II/ NS/ LT/ HE/ SI - 30	Banswara/ Barmer/ Bikaner/ Bharatpur/ Churu/ Dausa/ Dholpur/	Dept of Medical & Health Sciences/ UNICEF

					Dungarpur/ Hanumangarh/ Jaisalmer/ Jodhpur/ Jalore/ Nagaur/ Pali/ Sirohi/ Sriganganagar
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**(2.) Workshops/Meetings/Conferences:**

S. No.	Date	Title	Cadre/Total Participants	For
1.	Dec. 12	Meeting of Consultants on Positive Discipline	RCEE/ DIET/ SIERT/ UNICEF/ Plan India - 39	UNICEF
2.	Dec. 14	Orientation workshop on Medical Methods of Abortion	Specialists/ 19	IPAS
3.	Dec. 20	District Level capacity building on infant & young child feeding	DPM/ HM/ DMCH/DPHM/38	NIPI
4.	Dec. 20	Workshop on strengthening the role of NGOs under NRHM		VHAI & RVHA

**(3.) Monitoring/Field Visits:**

- VHSC-
  - Dec. 09-10 - Chittorgarh blocks (Begu; Bhadesar; Kapasan)
  - Dec. 13-14 – Pratapgarh blocks (Dhariyawad; Pratapgarh)
  - Dec. 16-17 – Nagaur blocks (Merta City; Rianbadi)
- RCH-
  - Dec. 9-10 – Sirohi for BEmOC trainings
  - Dec. 22 – Bharatpur for CAC trainings



### Other activities

- Dec. 17-18 – Conduction of final assessment of LSAS training at Zenana Hospital, Jaipur

### SIHFW Publications/ Printing:

- Printing for NIPI - “ASHA Sahyogini evam swasthya karyakartaon ki jankari hetu pustika – Teekakaran”

## *Planned Training/Workshop/Meeting*

1. Third professional Development Course for middle level managers
2. Training on PCTS/PCTS plus/ HMIS software and Eligible Couple Survey 2012-13 for DM&HS
3. Training on result based Management for UNDP
4. Refresher Training for district level staff on web based software for RSACS

## *Visitor to the Institution*

- 15<sup>th</sup> Batch of PDC in Management, Public Health and Health Sector Reforms from NIHFW (Dec. 3-9, 2011- 15 students + 2 faculty)
- Final Year MD (CHA)/ DHA students (Dec. 9-16, 2011 – 5 students + 2 faculty)
- Participants of Training course on M&E of RCH program (Dec. 15-17, 2011 – 12 participants + 2 faculty)



## *We have set standards:*

- Dr Sudhir Gandhi, Director-SIHFW Gujarat and his team visited on November 2011, to study SIHFW Rajasthan for replication at Gandhinagar, Gujarat.
- Mr.Swapnil Dubey and Dr.R.P.Singh Rtd.Joint Director-SIHFW Lucknow visited SIHFW Rajasthan for adopting our functioning at SIHFW Uttarakhand

## *Capacity Building of Staff*

- RCH Consultants (3) attended one day Orientation Workshop on monitoring of child health facilities at NIHFW, New Delhi on Dec. 02, 2011
- Faculty (1), SRO (1) and RO (1) attended half-day Advocacy workshop for integration of HIV and Maternal Health programs and policies organized by CEDPA, New Delhi at Hotel Ramada on December 07, 2011.

## *Other Highlights*

- Celebration-
  - Birthday parties
  - New year party



## *The Guest reactions*

- **I liked the environment of the campus, the cleanliness of the rooms and food** – Dr. Rajesh Ranjan- Final Year MD (CHA)/ DHA students visiting SIHFW.
- **Peaceful and hygienic environment** – Mr. Govindram Teli- participant of Training on Vaccine & Cold Chain Maintenance for PHN.
- **It would have been better if internet facility and computer facility were available round the clock**- Dr. Sujad Hussain Shuja - participant of 15<sup>th</sup> Batch of PDC in Management, Public Health and Health Sector Reforms from NIHFW

## *Health in news*

### **Global**

#### **World Health Day 2012: Ageing and health**

#### **Brazil to become world's largest smoke-free country**

The Government of Brazil enacted a new law that protects the health of its more than 190 million inhabitants by prohibiting smoking in all enclosed collective-use spaces – both public and private. The law also prohibits tobacco advertising at the point of sale, raises taxes on tobacco products, and increases the required size of health warnings that must be included on both sides of cigarette packages . **Source:** <http://www.who.int/en/>

### **India**

#### **Music Therapy**

Fortis Hospitals in Noida have launched the city's first music therapy center with acclaimed Sufi singer, Zila Khan heading the initiative.

The Fortis Zila Khan Music Therapy Centre will be open on Saturdays with patients being made to listen to songs sung by Zila Khan and other singers.

**Source** <http://www.medindia.net/news/Sufi-Singer-Leads-Music-Therapy-Initiative-94828>

### **Nurses get a makeover**

Nurses in India are getting an Image makeover. To do away with their quintessential image of being stern and snappy, hospitals across the nation are making them go through grooming courses.

Columbia Asia ,a chain of hospitals has hired a professional etiquette consultants associated with Miss India pageants to teach their nurses “empathy, etiquette and Style”.

(Times of India ,Jaipur Tuesday Jan 02,2012)

### **Adding medical seats**

The standing committee on health for the 12<sup>th</sup> FYP has proposed adding 18,000 additional undergraduate seats and nearly 11,000 PG seats between 2012 and 2017. (Times of India, Jan 02, 2012)

### **Rajasthan**

**Hepatitis B Vaccine included in the national vaccination program** implemented in the state from December 15, 2011.

- The vaccine of 0.5 ml dosage will be administered to infants and children four times-
- Birth Dose- within 24 hours of Birth; others on 6, 10 and 14 weeks along with DPT.

**Doctors' on strike ended** after 11 days with amicable solution.

**Measles catch- up** round in Bharatpur zone starts from January 09, 2012.

**Pravashi Bhartiya Divas** in Rajasthan from January 07 to 09 ,2012

*We solicit your feedback:*

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