



## RAPID ASSESSMENT OF ADOLESCENT HEALTH CLINIC AT SUBDISTRICT HOSPITAL OF LEH

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### ABSTRACT

Adolescent constitute 21.4% of the population and forms a vulnerable section of the society. The present study is an attempt to assess the facility being provided at Adolescent Clinic at a Block level Hospital. Situation analyses revealed a fair picture of the services being rendered at the health centre. Single OPD room was set up for both males and females. In terms of manpower, two counsellor was available. On an average 10-15 adolescent client visited every day with less patient load during winter season on account of school closure during winter. The centre cater all the client within the vicinity and referral cases from peripheral sub centres under its jurisdiction with minimal assured services. There should be separate OPD room for boys and girls. Adequate supply of medicines and equipment and availability of manpower should be emphasized. Training of the staff, vaccination of the adolescent client and advocacy is recommended for providing quality of care and better coverage.

**KEYWORDS** : Adolescent, Clinic, manpower, coverage

### Introduction:

Adolescent term is applied to the lifespan usually between 10-19 years. It constitute 21.4% of the population and forms a vulnerable section of the society. It is during this period that the child undergoes rapid changes physically, Psychology and socially. They come across various issues like early child bearing, nutritional deficiencies, gender discrimination, mental health issues, sexual and reproductive health issues substance misuse, non communicable disease and lot more. To address these issues, under the flagship program of NHM, Rashtriya Kishore Swasthya Karyakaram (RKSK) was launched to enable the adolescent to realize their full potential by making informed decision and improve their overall health and well being.

Adolescent have numerous concerns and issues. Most of the problems have a significant public health impact. The RKSK guidelines focus is on setting up an adolescent friendly health care services (AFHC). It sets principles like Availability, Accessibility, Approachability, Acceptability, Appropriateness and Affordability to meet the services.<sup>1</sup>

### Methodology:

The present study is an attempt to assess the facility being provided at Adolescent Clinic at a Block level Hospital, Khalsi of Leh District, Jammu and Kashmir. There are three major blocks in Leh district namely Nyoma, Changthang and Khalsi block. Random selection by lottery method was done to select a single block for study purpose. Khalsi is located 76 kms towards west from Leh and is the block headquarter. It caters a population of 18,385 approximately with 30 sub centres, 2 Allopathic dispensary and one CHC. It was a rapid assessment done in March 2015. Interview was done with the staff dealing with adolescent client. Observation based RKSK guidelines checklist for Adolescent Friendly Health Clinic (AFHC) was used to assess the facility based service delivery component.

### Result and discussion.

The package of services to be provided at the facility and community level should be as per the RKSK guidelines. The strategy for providing Adolescent friendly health services include Health promotion, strengthening of clinical services, community based approach, strategic partnership, Provision of counsellor, behaviour change communication, intra and inter ministerial convergence.

Situation analyses revealed a fair picture of the services being rendered at the health centre. Single OPD room was set up for both males and females. In terms of manpower, two counsellor was available. On an average 10-15 adolescent client visited every day with less patient load during winter season on account of school

closure during winter. The timing was from 10am-4 pm on all working days. The centre cater all the client within the vicinity and referral cases from peripheral sub centres under its jurisdiction with minimal assured services. A study by Centre for operation research and training (CORT) in Gujarat reported lack of manpower and emphasize the need for training to the staff.<sup>2</sup>

The table shows the information provision, commodities and service availability at the facility level based on checklist.

Information		
IEC (Information, Education and communication) and IPC (interpersonal communication) done for		
1)	Nutrition	✓
2)	Sexual and reproductive health	✓
3)	Mental health	✓
4)	Non communicable disease	✓
5)	Gender based violence	
6)	Substance misuse	✓
Commodities		
	Iron folic acid (IFA)	✓
	Albendazole tablets	✓
	Sanitary napkin	—
	Contraceptives	✓
	Other medicines	✓
	Pregnancy testing kits	—
Services		
	Weight and height monitoring (BMI) Screening	✓
	RTI and STI monitoring	—
	ANC for pregnant adolescent	—
	Counselling on various aspect like healthy lifestyle, nutrition, puberty related concerns, contraception, substance abuse, stress, Depression, violence and sexual abuse	✓
	Management of menstrual problems	✓
	Screening for Diabetes mellitus and Hypertension	✓
	Management of Physical violence and sexual abuse	—
	Management of common adolescent health problems	✓

Besides the facility based services the centre is linked to the school for providing outreach services to those who are unable or unlikely to visit the health centres. Services like health education, TT booster vaccination, screening of disease and treatment of minor illness are being provided at community level along with RBSK (Rashtriya Bal Swasthya Karyakram) team.

### Recommendations:

For providing quality health care service and comprehensive health coverage of adolescent clients the recommendations are:

- 1) Separate OPD room for boys and girls to ensure privacy and confidentiality.
- 2) Adequate supply of medicines and equipment for providing basic services and required procedures.
- 3) Availability of manpower as per guidelines like doctor and Female multipurpose health workers.
- 4) Training of the staff to improve skills should be emphasized.
- 5) Provision of all Vaccination recommended for adolescent.
- 6) Advocacy through mass media like radio and magazines to increase awareness and better coverage.

**References:**

- 1) Rashtriya Kishor Swasthya Karyakaram(RKSK) guidelines, NHM, Ministry of health and family welfare, Government of India. Available on [nhm.gov.in](http://nhm.gov.in). Accessed on 2018-02-11.
- 2) Assessment of adolescent reproductive and sexual health(ARSH) Centres in Gujarat- A report. CORT, December 2008.