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# Report of the Inauguration of Unani Lifestyle Clinic at District Hospital, Lakhimpur-Kheri under NPCDCS-AYUSH Integration Project

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16th November 2017

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Central Council for Research in Unani Medicine

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## Background

The Pilot Project on Integration of Unani Medicine in National Programme for prevention and control of Cancer, Diabetes, Cardiovascular diseases and Stroke (NPCDCS) was launched by Shri Shripad Yesso Naik, Hon'ble Minister of State (Independent Charge), Ministry of AYUSH, Government of India on 1<sup>st</sup> June 2016 and is being implemented through Unani Lifestyle Clinics in the 17 CHCs of District Lakhimpur-Kheri. Since then the Unani staff posted at lifestyle clinics in the CHCs have been working regularly and efficiently for the betterment of people of Lakhimpur-Kheri. They have not only strengthened the health facility at the CHCs but also played a significant role in creating health awareness, counselling and screening of patients through outreach activities. During the Central Monitoring Visits it was recommended that a Unani Lifestyle Clinic shall also be established in the District Hospital, Lakhimpur-Kheri. The District Health authorities also demanded for the same for proper coordination between the District and Centre.

The proposal for establishing a Unani Lifestyle Clinic in District Hospital, Lakhimpur-Kheri was approved in the SFC meeting and it was decided that the clinic must be established at earliest to ensure proper coordination between the District Health authorities and Central Research Institute of Unani Medicine, Lucknow [Monitoring Institute] and better implementation of the programme.

## Inauguration of the Unani Lifestyle Clinic

On 16<sup>th</sup> November 2017, the Unani Lifestyle Clinic at District Hospital, Lakhimpur-Kheri under NPCDCS-AYUSH (Unani) Integration Project was inaugurated by Dr. Javed Ahmad, Chief Medical Officer, Lakhimpur-Kheri at 11.00 AM, in the presence of Dr. Ravinder Sharma, Addl. CMO and District Nodal Officer, Lakhimpur-Kheri, Dr. Arun Kumar Gautam, Chief Medical Superintendent, District Hospital, Lakhimpur-Kheri, Dr. M.A. Khan, Deputy Director In-charge, CRIUM, Lucknow, Dr. Jamal Akhtar, Scientist-III and Nodal Officer (NPCDCS), CCRUM, New Delhi and other officers from Ministry of AYUSH and Government of Uttar Pradesh. Research Associates (Unani) and Yoga Instructors posted at different CHCs also attended the inauguration function. A huge crowd consisting around 100 people was present during the inaugural ceremony. The event was widely covered by the Print and Electronic media.



## Address by the Guests

Dr. Jamal Akhtar, Nodal Officer (NPCDCS), welcomed the guests and other officers from NPCDCS-AYUSH Project and briefly described the programme implementation and the importance of the newly established Unani Lifestyle Clinic at District Hospital.



Dr. Ravinder Sharma, ACOMO & DNO, during his address highlighted that the programme has been really going well and that there was a small lacuna in the coordination because of absence of a Unani unit at DH. He mentioned that he himself had demanded for a Unani Lifestyle Clinic at DH during the monitoring visits and now the starting of this unit will help in better coordination and implementation of the programme.



Dr. A.K. Gautam, CMS, during his address mentioned that there was a demand for Unani Physician also as they already had Ayurveda and Homoeopathy doctors at DH. He expressed his gratitude for the newly established unit as this will not only provide additional manpower to the hospital but also help in sharing the load of patients at DH. He ensured that he will try to establish a good referral system for the convenience and betterment of patients.



Dr. Javed Ahmad, CMO, acknowledged the efforts of all the officers in starting the Unani Lifestyle Clinic at DH. He mentioned that it was a felt need and the unit will definitely help in serving more people of the district. He agreed that sometimes allopathy has limitations and even some side effects due to which patients search for the treatment in other Indian systems of

medicine. He said that Unani system will not only provide individual treatment to patients but can also be used as a supportive and adjuvant treatment as there are no side-effects of this treatment. He congratulated the Unani staff posted at DH and assured them for full cooperation from District side.



Dr. M.A. Khan, DDI (CRIUM), presented the vote of thanks to all the guests and other officers attending the inauguration ceremony. He congratulated the Unani staff posted at DH and mentioned that the new unit will have a dual role to play i.e. along with the patient management and treatment the unit will also serve as a bridge between the Monitoring Institute [CRIUM, Lucknow] and District health authorities. This coordination will ultimately result in smooth and better implementation of the programme.

Dr. Nauman Saleem, RA (Dte. GHS), presented the NPCDCS IEC kit developed by CCRUM as a Memento to all the invited guests from the District.

The Inauguration ceremony was followed by high tea.

After that the Unani Lifestyle Clinic was set open for general patients for One hour [before meeting] and around 30 patients were registered in the OPD.

## Review Meeting

After the Inaugural Ceremony, a Review Meeting was held under the Chairmanship of Dr. M.A. Khan, Deputy Director In-charge, CRIUM, Lucknow on 16<sup>th</sup> November 2017 at 12.00PM to discuss the technical and administrative issues faced by the NPCDCS-AYUSH (Unani) staff.



The list of participants is annexed. [Annexure-II]

The meeting was attended by One Research Associate (Team Leader) and Yoga Instructors from each team posted at CHCs.

They were asked to present their technical issues and challenges faced in the field during implementation of programme and meaningful solutions for all the issues were sort by Dr. Jamal Akhtar (Nodal Officer) and Dr. Zia-ul-Haq Siddiqui (Monitoring Officer).



The administrative issues were addressed by Mr. Muhammad Javed, Administrative Officer, CRIUM, Lucknow.

Common recommendations and decisions made in the meeting were:

1. Complete Case Record Forms shall be compiled in MS Excel format and submitted to the Unani unit in District Hospital, Lakhimpur-Kheri. Initially, CRFs of Diabetes and Hypertension shall be compiled and submitted to the unit latest by 10<sup>th</sup> December 2017.
2. Revised Screening formats shall be made available at all the Unani lifestyle clinics in the district [CHC+DH].
3. In case, there are drop outs, the patients shall be approached for proper follow-up.
4. The list of other NCDs/diseases may be explored and accordingly the patients shall be registered.
5. Yoga Instructors may pen down the tentative case sheets for yoga and submit the same to CCRUM and accordingly case sheets for yoga can be designed.
6. Regular supply of medicines shall be ensured.
7. IEC related to yoga may be developed or the existing IEC material may be revised and yoga component be included along with Unani aspect in disease-specific IEC.