

## CHAPTER – 1 Social Pharmacy

### Topic: National health mission (NHM)

#### 1.1

#### INTRODUCTION

National health mission (NHM) was launched by the government of India in 2013 subsuming the National Rural Health Mission and National Urban Health Mission. It was further extended in March 2018, to continue till March 2020.

Due to the poor knowledge and sources (mainly rural) some people are not able to take the government facilities. For releasing this problem government introduce the new programs (NHM one of them) to full fill the requirement and improve the health of the needy person.

#### 1.2

#### NHM Components

NHM components include the –

- Maternal health
- Neonatal-child health
- Reproductive health
- Adolescence health and against any disease (Tuberculosis, cardio etc.)

NHM facilities are reached to the people by advertisement, posters, radio, socials media and by newspaper etc.

#### 1.3

#### Aim of NHM

- ❖ Prevention against disease.
- ❖ Improve the health conditions of the people.
- ❖ Improve hygienic condition.
- ❖ Awareness about Adolescence and bad habits.
- ❖ Maintenance of population growth.
- ❖ Aware about the natural sources.
- ❖ Provide the all facilities to required persons
- ❖ On the basis of development NHM are divided into two parts—
- ❖ National Rural Health Mission.
- ❖ National Urban Health Mission.

## 1.4

**National Rural Health Mission (NRHM)**

The National Rural Health Mission (NRHM) was launched on 12th April 2005, to provide accessible, affordable and quality health care to the rural population, especially the vulnerable groups.

NRHM seeks to provide equitable, affordable and quality health care to the rural population, especially the vulnerable groups.

Under the NRHM, the Empowered Action Group (EAG) States as well as North Eastern States, Jammu and Kashmir and Himachal Pradesh have been given special focus. The thrust of the mission is on establishing a fully functional, community owned, decentralized health delivery system with inter-sectoral convergence at all levels, to ensure simultaneous action on a wide range of determinants of health such as water, sanitation, education, nutrition, social and gender equality.

NRHM focuses on Reproductive, Maternal, Newborn, Child Health and Adolescent (RMNCH+A) Services. The emphasis here is on strategies for improving maternal and child health through a continuum of care and the life cycle approach.

It recognizes the inextricable linkages between adolescent health, family planning, maternal health and child survival. Moreover, the linking of community and facility-based care and strengthening referrals between various levels of health care system to create a continuous care pathway is also to be focussed.

## 1.5

**National Urban Health Mission (NUHM)**

The NUHM was launched in May 2013 and was subsumed with NRHM as a sub-mission of the overarching National Health Mission.

The NUHM scheme aims at solving the overall health concerns and expense issues among the urban population, particularly for poverty-stricken people. However, it can be an extensive and comprehensive process. Some of the immediate objectives of NUHM are as follows.

- Reduction in Infant Mortality Rate in the urban areas to 20 in 1000
- Decrease in Maternal Mortality Rate to 1 in 1000 in the urban areas
- Universal access to healthcare in urban areas, with 100% institutional delivery
- Achieving Total Fertility Rate of 2.1
- Meeting the targets of Disease Control Programmes