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Editorial

I hnathawhah i tui em? Nangmahah khan takna a awm em? I tun dinhmunah khan i lungawi em? tiin han in zawt ta theuh ila, kan chhan dan chu a dang viau hlawm thei awm e. I piang thar tawh em? tiin han in zawt leh ta theuh bawk ila, a tam ber chuan piangthar tawh e kan ti ngei bawkin a rinawm.

Khawvel chu nitin darkar tin chawl lovin a vir ngai rengin a vir a, chutiang bawkin a tam zawk hi chu kan nihphung leh awmdan teah ngaiawh kan ni deuh ber awm e. Mi thenkhat chu battery down kan tih ang mai a, ral raih raih te pawh kan awm mek ta ve in a rinawm. Thenkhat erawhchu hmasawn zel duhin mahni hrehawm pawh pawisalo in a hma a lawmman awm chu chang ngei turin a bei talh talh a, hniam deuh dawna a inhriat chuan chak leh zual turin a in tuai thar zung zung ve thung a.

Hetiang ang dinhmun in anglo nuai karah hian kan nitin eizawna leh hnathawhna hmunah hmasawn tum zawnga kal a va hun em! Hnathawh tur zawnga theih tawp chhuah hnuah hmu ta cheng a, mahni hna hlamchhiah leh si te, Sakeibaknei vun sin a, midang kaltir ta mai mai lah bo lo. Hlawkna tur awmah Keipui meuh pawhin em ema a tih tur khawp a bengchheng leh thei viau si te kan tam viau ta ve in a rinawm.

Kan ram hian hmangaihtu a mamawh reng, a tlachham ta e tihna erawh a ni lo. Kan ramah hriselna tluan tling alo awm theih nan mahni inphat a, kei tih aiah nang tih rilru pu a kawng tha leh zual zawk zawha kal kan va mamawh em. Dikna, rinawmna, taimakna leh tumruhna nen, mi thil tha tih te sawi maia duhtawk lovin, kei hian kan ti ve ang e tih rilru pu chung a hna kan thawh a hun takzet zet a ni. He ram hi kan ram a ni a, nang leh kei hi a chung a cheng, a pengte kan ni. Hmasawna rah duhawm chhuah turin Kawikawm thin ang thap a tan kan lak tlan a hun hle mai. ■

Lipid profile

*Dr. Isaack Lalrawngbawla
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“Lipid profile” hi hriselna enkawlna kawnga tehkhawng lar tak a ni a, hei hian kan thisena thau awm zat te, eng ang thau nge tam tih te, thau tha nge thau chhia tih te a sawiin, hei hian kan hriselzia a sawi tam hle. Kan ramah hian mi za zela sawmli dawn chu an thisenah thau (lipid) a tam a, hei hian lungphu chawl (heart attack) leh thluaka thisen zam chat (stroke) neih theihna a tisang hle a ni.

Kum engzat kan nih atangin nge thisena thau a san duh tih a sawi theih loh. Chhungkhata puitling lipid profile sang leh lungphu chawl (heart attack) nei hma tak awmnaah chuan naupang kum hnih mi lek lipid profile sang a awm theih a, mahse hei hi ei leh in, taksa sawizawi tam leh eng ang tluka thau (obesity) nge a nih azirin a awmin a awm lo thei. Hetianga chhungkhata lipid profile sang an awm loh chuan, kum 20 tlin veleh en tur a ni a, duhthusam a nih chuan kum 5 hnuah ennawn leh a tawk a ni. Kum upa lam, mipa kum 45 chunglam leh hmeichhia kum 55 chunglam, tan chuan kum tin en tur a ni.

Lipid profile en dawn hian thisen lak tur a ni a, hei hi darkar 9 chhung tuisik tih loh chu engmah ei loh tur a ni a, khawsik leh natna hrik (infection) lam chi reng reng a awm tur a ni lo a, a vung tur a ni lo a, hmeichhe tan rai lai a ni lo tur a ni.

Mi zawng zawng hian kan vun hnuaiyah thau kan nei vek a, hei hian sik leh sa lakah min veng a ni. Cholesterol hi kan thin (liver) atanga siam, kan taksa tana thau pawimawh tak a ni a, thisenah a ral ve thei lo a, kan taksaah hian LDL (low density lipoprotein), HDL (high density lipoprotein) leh VLDL (very low density lipoprotein) te'n an pu kual. HDL hi thau 'tha'

tia sawi thin a ni a, a chhan chu kan taksa peng hrang hrang atanga cholesterol chuang bang paih chhuak tura thina pu lettu a ni a, LDL leh VLDL te chuan thin atangin taksaah cholesterol a sem ve thung. Kan thisena cholesterol awm zat a pangngai (normal) chung chuan thisen tha takin a luang thei a, a tam erawh chuan thisen zam a tizim a, thau khar (plaques) a siam a, chu chuan BP sang, lungphu chawl (heart attack) leh thluaka thisen zam chat (stroke) te a siam thei a ni.

TGL (triglyceride) hi thau chi dang leh a ni a, kan mamawh aia tam kan eiin a insiam a, cholesterol nen inbelhbawmin thisen zamah a bet thin. Lipid nei tamah chuan vun hnuai ah hmuh theiin cholesterol a awm khawm thin a, hei hi mit vun velah chhun han eng (yellow spots) angin a hmuh theih. An bengtil (earlobes) pawh a chuar thei a ni.

Lipoma an tih hi a awm leh a, hei hi kan taksa khawi laia pawh vun hnuai ah baw (lump) angin a awm thei a, a na lo a,

khawih zawngin a che relh relh thei. Heng hi tam tak a awm khawm chuan 'lipomatosis' tih a ni a, hei hi inthlahchhawn theih a ni. Heng thau baw (lump) hi thisena thau tam nen inkungkaihna an nei lo a, lipid tih hniamna damdawi ei pawhin an bo lo. Cancer a ni lo a, mahse a nalh loh avangin zai thlak mai thin a ni.

Thisena thau tam – lipid profile sang hi nunphung leh ei leh in tihdanglamin a tihhniam theih thin a; mei zu mi tan zuk loh hmak a, zu in mi tan in tlem tur a nih rualin, in loh hmak erawh a tha ber. Zu hian thau a paih theih avanga a thatna an sawi uar ang ai hian kan taksa thalo a thlen theih a tam zawk.

Taksa rihna tihhniam a, BMI (body mass index) 23 a hnuhnhiam tum tur a ni, hei hi ei insum (diet) leh taksa sawizawi (exercise) tang kawpin a tih theih. Hmawm-sawm leh kamram thil ei loh a, thlai leh thei lam ei tam a tha; walnut, almond leh sangha te hian thau tha (protective fats) kan tih mai omega-3 fatty acids

leh PUFA (poly unsaturated fatty acids) te an pai a, tel ei zat pawh chhutin thla khatah mi pakhatin 300ml aia tam ei loh tur. Duhtusam chuan olive oil hi a tha ber a, mahse a to avanga mi tin tan a harsat theih avangin refined oil emaw hman a tha.

Taksa insawizawina atan walking (a kal chi), running (a tlan chi), jogging (muangchanga tlan theuh theuh) te hi ni khatah minit 60 chhung tih a tha; hei hi vawi leh khata darkar khat chhung tih kher a ngai lo a, minit 10 zelin hahdam takin vawi ruk te pawh a tih theih a ni.

Heng damdawi tel lo a in enkawl hnu thla 3-6 ah pawh thisena thau (lipid) a tam tlat chuan daktawr rawn a, damdawi hmanga in enkawl mai tur a ni. 'Statin' tih hming pu damdawi ho hi a tha hle a, damdawi chi dang 'ezetimibe' (cholesterol lakluh tittlemtu) emaw niacin emaw fibrates emaw nena tang kawpin a hman theih a. Nghapui thau kan tih ang chi te pawh hian a pui thei hle. Thisena thau tih niam thei damdawi te hi an thawk chak a, ngeihloh pawh a awm meuh lo a ni.

LIPID PROFILE

	DESIRABLE	BORDERLINE	HIGH RISK
Cholesterol	<200 mg/dl	200-239 mg/dl	240 mg/dl
Triglycerides	<150 mg/dl	150-199 mg/dl	200-499 mg/dl
HDL cholesterol	60 mg/dl	35-45 mg/dl	<35 mg/dl
LDL cholesterol	60-130 mg/dl	130-159 mg/dl	160-189 mg/dl
Cholesterol/ HDL ratio	4.0	5.0	6.0

Damlo hmun danga refer chungchanga hriattur pawimawh te

*H. Zothankhuma
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MINECO, Khatla, Aizawl*

e hringnun zin kawngah hian hlim chang te, lungngaih changte, hlawhtlin changte, harsatna tawh changte a awm thin, harsatna te hian mihringte hi a hnuchhawn reng bik si lo, chung ang harsatna lo thleng thut theiah chuan Mizoram chhunga kan tih thei piah lam te, rinlawk awm lova kan zin vei vahnaah te harsatna tawh theih a ni a, chumi kan damlohna inenkawlna senso kan bill leh theih dan hrang hrangte a tlangpui kan hriat tlan atan lo tarlang dawn ila.

A hmasa berin Medical Board a inlan tur chuan Civil Hospital, Aizawl, Lunglei, SRHF-ZMC, Falkawn leh Mizoram State Cancer Training Institute (MSCI), Zemabawk a thawk Screening committee ten phai lama refer ngai a nih leh nih loh an lo endik hmasak phawt hnuah Screening Certificate an pechuaka, chumi hnuah chuan Medical Board hmaah inlan leh tur a ni. Private Hospital leh heng kan tarlan tak te zinga mi ni lo, Sawrkar damdawi in hmun dang atanga Screening tihna pawm a ni lo baw. Civil Hospital, Aizawl a Medical

Board chu Thawhtanni, Nilaini leh Zirtawpni-ah te an thu thin a, Chawhma dar 11 atanga chawhnu dar 1 chung a inlan hman ngei tur a ni. Civil Hospital, Lunglei chu Nilaitawhtanni apiangin chawhnu dar 1:30PM atangin Medical Board an thu tan thin baw. Damlo kalpui tu, Screening Committee in a remtih bak aia tam kalpuitu an awm a nih chuan a belhchhahtu senso chu bill tel theih a ni lo. Medical Board hma a inlan tur ten hengte hi ken ngei tur a ni. Health Care Scheme hnuai a bill tur te chuan Enrolment tihna

lehkha ken tur a ni a, AB-PMJAY hnuai bill tur te erawh chuan Golden card ken tur a ni. Sawrkar hnathawkah chuan a bill tu tur Hming leh nihna, hnathawhna department te ziaka ken tur a ni bawk. Medical Board fee Rs.50/- ken bawk tur a ni. Damlo te, eng natnaah pawh kal nawn leh dawnin a hma ang tho in Screening tih leh hmasak ngei tur a ni.

Medical Board paltlang hnuhian kal nghal mai theih ala ni lova, hengte hi buaipui leh phawt hnuah refer an nihna hmunah chuan kal theih a ni ang. A hmasa berin Sawrkar a bill tur te tan a bill tu turin a thawhna department-ah Director of Hospital and Medical Education address-ah hmangin Provisional Permission atan forwarding siam hmasak phawt tur a ni a, Provisional Permission chhuah hnuah refer an nihna hmunah kal tur a ni.

Credit facility a kal tur te erawh chuan mahni thawhna atangin Credit hmanga kal phalna order siam hmasak phawt tur a ni a, order ah hian

billing address Chiang taka ziahlan ngei tur a ni bawk. Credit Facility hmang thei te chu Organ transplant – Kidney, liver & Bone marrow, heart diseases requiring intervention i.e stenting, angiography, pace maker & Open heart surgery, Brain tumor, complicated head injury, Cancer, SLE with complications.

Mizoram State Health Care Scheme (AB-PMJAY te tiamin) hnuai bill tur te chuan MSHCS Office, Dinthar, Aizawl-ah Authorisation certificate lak leh hmasak phawt tur a ni bawk. Heng ngai leh tul te tih zawh hnuah kal theih a ni ang.

Tuchungah pawh hriat lawk loh harsatna avanga damdawi in a awm theih a ni a, eg. Heart attack, Accidents, Stroke etc, chutiang ang harsatna tawk te tan chuan Expost Facto hmangin haw lam leh kalna man senso tiam lovin an inenkawlna senso bill leh theih a ni a, chutiang ang vanduaina tawk, Mizoram State Health Care Scheme hnuai bill tur te chuan MSHCS Office, Dinthar, Aizawl-ah form siamsa

hmingin Medical Board-ah an documents neih ang ang te nen dilna an thehluh hnuah, phalna an hmuh chuan an bill leh thei ang.

Sawrkar hnathawk leh a chhungkaw member zinga Expost Facto bill thei te chuan hengte hi an neih tel a ngai a, chungte chu Sawrkar hnathawk in chawlh a lak lai emaw, Official duty-a phai lama awm te chuan an leave order emaw, Official duty anihna order emaw dilnaah a thil tel a ngai. Sawrkar hnathawk, phai lama awm te erawh chuan Residential Certificate an thil tel a ngai thung. Zirlai, phai lama lehkha zir, sawrkar hnathawk bill thei chhungkua a mi a nih chuan Student ID Card leh tul dangte thil tel tur a ni. Tissue Donors – Lung leh Kal petu te chuan a tihchianna lehkha pawimawh hrang hrangte an thil tel tur a ni bawk. Heng tul leh mamawh te bakah OPD Card/Discharge Card Xerox copy leh Original te thil telin mahni thawhna department-ah Director, Hospital & Medical Education address-in forwarding siam a

thehluh tur a ni a, Screening Committee in an lo remtih hnuah bill phalsak an ni ang.

Damlo te, Mizoram State Health Care Scheme leh Expost facto ni lo zawng te, provisional hmanga an kal zawh a, an inenkawl na senso te bill leh dawnin a bill tu tur te thawhna department in Final Permission atan forwarding letter, Director, Hospital & Medical Education, MINECO, Aizawl address –in thehluh leh tur a ni a, hemi rual hian Provisional copy, discharge card/OPD Card original leh Xerox copy thil tel tur a ni a, Final permission dilnaah hian bill zawng zawng thil tel nghal a ngai lo.

Health Care Scheme hnuaia bill thehluh turte chuan Damdawi leina Cash Memo, Original, Investigation tihna leh a result cash memo leh result original te, discharge summary/OPD Card original te, Case sheet leh treatment chart Xerox copy te, Health care hnuaia enrolment (inziahluhna) tihna leh a receipt Xerox copy, Health care tihna a hming lang, chhungkaw hotuber Voters ID

Xerox copy, Family Ration Card
 Xerox copy, Bank passbook
 account no lanna phek hmasa
 ber Xerox copy (MRB leh SBI
 account nei chuan hman hram
 ni se), phai lama refer an nih
 chuan Bus/Sumo/Thlawhna
 ticket, a man inziahna leh
 boarding pass original thehluh

tel tur a ni a, damlo te chauh a
 bill tel theih a, a kalpuitute a
 huam lo a ni. Bill hi damdawi
 in chhuah ni atanga ni 45 ral
 hma ngeia thehluh tur a ni a,
 damlo ten inentir lehna tur
 atana mamawh ang zawng
 zawng chu bill thehluh hma in
 Xerox vek tur a ni.

ZAN LAMA EI LOH TUR TE

Zanriah puar taka ei hnu pawha ei tur la dap ching i ni em? Lo lungngai bik lo phawt mai teh. A chhan chu hetiang mi hi tam tak an awm ve tho a nia! Thil chin tha tak erawh chu a ni hauh lo. Mi thiamte chuan zanriah puar taka ei hnu pawha thil la ei vak vak hi taksa tan a hriseh lo hle an ti. Mut a tibuai thei a, taksain mut a hmuh that loh chuan hriseh lohna hrang hrangin taksa a tlakbuak awlsam ta thin a ni. Mi thiamte'n zan lama ei miah loh tur an sawi te tawi tein i lo tarlang ang:-

1. Serthlum Tui: Serthlum hian thur a pai tel avangin pumpui hnun lawng neih a awlsam a, pumpui chak lo benvawn a siam thei a ni. Serthlum ai chuan zan lama apple ei hi a tha zawk a ni.

2. Ice Cream: Ice cream hian thau leh thlum a pai tam a, zan mutnaah taksa a lo hahdam bawk si avangin thau chhia leh thlum te a lo kangral zung zung ta si lova, taksaah thau chhia a lo tam ta thin a ni.

Zu : Zana zu in hian mut a tisukuk thei a, zan laiah thawh at a thlen awlsam em em bawk. Zing vartianah zun chhuakin mi a kaitho duh hle bawk.

Chips : Chemical chi khat Monosodium glutamate a pai tam avangin mut chhuak tur a veng hlauh thin.

Chocolate : Chocolate-ah hian chemical 'Caffeine' a tam avangin taksa a tiharhvang thin a, mut tam duh chuan zan lama ei hauh loh tur a ni. <http://jlremsanga.blogspot.com/2017/12/zan-lama-ei-loh-tur-te.html>

HAMUAT (EARLY CHILDHOOD CARIES)

*Dr. C. Zirsangliana
Dental Surgeon,
National Oral Health Programme, NHM
Lungdai PHC*

Nausen ka chhung hi a thianghlim em em a, an thaw rim pawh a tui chek thin, chu chuan an duhawmna a ti zual hle a, nu leh pa tan chuan han hnim deuh thet thet te hi a ti chakawm thin.

An ha mawi takin a rawn to a, thil te an rawn ei thei ve ta a, hmasawmna ropui tak a ni. Duattu tan pawh hmawmsawm chi hrang hrang han leisak te hi a nuam thin a, nu leh pa ai mahin an pi leh pu te hian an pe uar tlangpui thin a nih hi.

Rei vak lovah an ha hmaiah rawng danglam a rawn awm tan a. Ha karah thil ei te a tang ta fo mai a, tam tak chuan ha doctor bula kalpui nachang kan la hre chuang lo. A hnu deuhvah an zing tho hlim thawrim pawh a rawn chhe ta hak mai a, an duhawmna te hi a reh deuh rawih thei nia! A vanduai zualah phei chuan rei lote chhungin an ha zawng zawng deuhthaw a rawn muat ta mai thin a, a pawh hle. Enkawl vat a nih loh chuan ha thling thlengin a nget chhia a, hnai a la a, an biang te a vung bur thin. Na an ti em em a, thil an ei tha thei lo a, an lainatawm thei hle a ni.

Ha muat leh ha nget hi thil thuhmun reng a ni a, ha hlam nget hi ha muat tiin kan sawi deuh tlangpui thin. Ha nget lo awm chhan chu bacteria vang a ni a, mit lawng a hmuh theih loh rannung te tak te te an ni a. Chung zinga hluar ber chu streptococcus mutans a ni a. Ha nget lung awm thin anga sawi hi chu thu belhchian dawl lo a ni. Ha muat dan azir hian hming hrang hrang an vuah a, Rampant caries, Nursing bottle caries, Baby bottle syndrome etc tite in ansawi thin. Ha muat hi a dum vek lo a, a var chi te hlei hlei hi a nget chak zawk a, a hlauhawm zawk a ni.

Engtin nge kan inven ang?

1. **Vawn fai** - Ha hi a to hnu ni rei lote atangin a muat nghal thei a, chuvangin ha a to hma atangin fai taka an hahni lo hukfai sak thin te hi a pawimawh hle a ni. Arawn to chhuah hlim atanga ha hlam a tlak hun thleng hian uluk taka enkawl fai a pawimawh a ni. Hnute hne rei lutuk (kum hnih pelh thlenga hnute hne) leh bottle feed ho hian ha muat an nei nasa bik a, kum hnih an tlin tawh chuan hnute nghei tir a tha. Bottle a hnute kan hnektir hian muthilh pui lo hram se a tha. A buaithlak deuh chuan bottle pahnih nei tir a, pakhat zawkah chuan tui lum pip pep dah a, an muthilh dawn tep a thlak thleng te pawh a tha khawp mai. Uluk taka ha nawhfai bakah hian mouthwash te pawh hman tir thin a pawimawh hle.

2. **Diet control** - Sweet leh chocolate ei khap ringawt hi ha muat venna a ni ber lova, chaw tak ni lem lo, eiphung dang an ei nasat lutuk hi a pawimawh hle a ni. Biscuit ei nasa te pawh hian ha nget an nei duh khawp mai.

Hmawmsawm ei chintawh kan neihtir a pawimawh a, chu aimah a pawimawh chu an ei zawhah brush fai leh thin hi a ni. A bikin zan mut dawna ha nawh zawhah chuan thil ei tir tawh loh tur a ni.

3 **Fluoride application** - Ha muat venna pawimawh tak pakhat chu damdawi chikhat fluoride hnawih a ni a, mahnia lo tih ve mai chi a ni lo a, ha doctor in a kum bithliah teteah a tihdan bik diktakin an hnawih thin a ni.

Fimkhur taka kan inveng chung pawh hian vanduai palh chu a la awm thei cheu mai a, chung hunah chuan ha doctor pan vat a pawimawh hle. Annin a tul angin uluk takin an lo enkawl dawn a ni. Ha muat an lo enkawl dan tlangpui te chu :

1. **Siver Diamine Fluoride (SDF) Application** - Ha muat tirteah hnawih theih a ni a, ha muat kalzel tur venna tha tak a ni. Mahse a hnuhma hi a dum thin avangin thenkhat chuan an duhloh phah ve bawh thin.

2. **Ha hnawh** - Ha muat dum lai te chu verh faiin ha rawngin an hnawh thin.

3. **A thling enkawl (Pulpectomy)** - Ha muat chuan a thling a lo thlen tawh chuan hnawh pangngaiin a hnawh theih tawh lohva, a thling enkawl hmasa zetin an hnawh leh thin.

4. **Ha tuam (Crown)** - Ha thling enkawl tawh hnu leh a hek chhe nasa tawh te chu an tuam leh thin a, a tuamna hi chi hrang hrang a awm a. Stainless steel te, ceramic te leh zirconia te hi an hman tlangpui te a ni.

5. **Ha phawi** - Enkawllak tawh ngang loh te chun phawi a ngai thin a, a phawina hnuah chuan ha tak rawn to chhuahna tur hmun zuah nan space maintainer vuah leh thlap hi duhthusam a ni.

Ha hlam mai mai chuti taka enkawl a ngai em ni? kan ti mai thei a, ha hlam hi a pawimawh em em a, chaw thial

nan mai bakah tawng ti fiahtu a ni a. Hmai ruh, khabe ruh leh tihrawl thanlennaah a pawimawh em em bawka. Ha a that loh chuan pum lam in a tuar thuai a, naupang than a ti thu thei bawka ni. Hei bakah hian ha hlam chu ha tak rawn to chhuahna tur hmun lo hauhtlat tu a ni a, a pawimawh em em a ni. Ha hlam muat chhia in an taksa a khawih pawitheih bakah hian rilru lam thlengin a khawih thei a, mahni inrintawknate an hloh thei a ni. Ha muat avanga buaina tam tak kan pumpel theih nan nuin nau a pai lai atangin eitur tha leh hrisel a ei that a pawimawh a. Naupang ka chung uluk taka vawnfai a, an ei leh in te bithliah sak a, ha doctor rawn thin te hi nu leh pa mawhphurhna pawimawh tak a ni tih i hre nawn leh ang u.

Zirtirtu : Vawinah chuan grammer kan zir ang, nang Jason eng nge grammer chu i hria em?

Jasona : Grammer chu vawiina kan zir tur hi a nia, ka la hre bik lo

Zirtirtu : Period hi eng nge a awmzia tiin a zawt nawn leh a

Jasona : Period chu ka hre lo, mahse ka rindan chuan period chu thil hlauhawm leh ninawm thei tak a nih ka ring.....

UITHAK (Scabies)

Dr. Israel Lalhmudika

MIZOTE'N 'uithak' tia kan sawi mai thin Scabies hi vun natna chikhat a ni a, Mizo zingah pawh natna hluar tak a nih avangin hriatchian a tha a, a lo awm chhan leh inenkawl dan tlem azawng kan lo tarlang ang e.

Scabies chu eng nge a nih?

Scabies chu hrik te reuh tein a thlen vun natna chikhat a ni a, a thak em em a, kut leh serh bawrvelah te a awm deuh ber thin. Vun leh vun insik atanga kai mai theih a nih avangin' inkaichhawn a awl em em a, chhungkaw pum pui leh hostel naupang pum pui te pawhin a vei theih thin a, fimkhur a tha hle a ni.

Natna tlanglawn tak a nih avangin khawvel hmun tinah he natna vei hi an awm vek a tih theih a, nausen atanga tar thlengin, hnam tin chi tinin an vei thei vek a ni.

Eng vangin nge a lo awm?

Scabies chu hrik chikhat, te reuh te, midang taksa chawa ringa nung chi, 'Sarcoptes scabiei'an tih maiin a thlen a ni a; he hrik hian vunah kua hreuhin bu a khuar

a, chutah chuan tui neiin a inthlah pung vak thin a ni.

A hrik hi tum khatah a rualin taksaah 10 aia tam an awm ngai meuh lo a, chawlhkar 2 hnu velah an thi tlangpui baw. An thih hnuah pawh hian an tui atanga a no lo keuin, hrik thar a lo chhuak leh zel a, damdawia enkawl a nih loh chuan he natna hi a kiang mai ngai lo ani.

A awm duhna hmunte:

- 1) Kutzungtang inkar velah bawl sen a rawn awm thin.
- 2) Banrek, kiu hnung lam, zakhnuai leh hnute hmur vel bawrah a awm thin baw.
- 3) Khup, kawng baw, laipawng vel baw, ke sirlam leh hnunglam vei, mawngtam leh serh bawrvelah te pawh a awm duh hle.
- 4) Nausen leh naupang lamah chuan lu, hmai,

nghawng, kutpah leh kephah velah te a awm duh hle a, tlema upa deuh zawk leh puitling lamah chuan hetiangah hian kan hmu vak ngai lo thung.

A lanchhuah dan:

A chungah kan sawi lan tak hmunah te khian bu an khuar thin avangin arngeng ang deuhin bawl sen a rawn insiam a, chu chu a thak em em thin a ni. A thak hi zan lamah a zual thin a, thla hnih khat hnuah phei chuan zual telh telhin, muthilh tiharsa khawp hial te a ni thei thin.

Inkaichhawn dan

A inkaichhawn dan ber chu vun leh vun insik atangin a ni a, amaherawhchu, inchibai satliah ringawt ang chi-ah te erawh hi chuan kai a hlauhawm em em lo a, chutih rualin theih loh erawh a ni lo tih hriat tur.

A vei nena khum khata riah ho te, mipat hmeichhiatna hman dun te hian kai a awl em em. Tin, inkuah ringawtah pawh hian a kai nghal theih a, nuin a fate a kuah mai mai angah te, thian

leh thian inkuah mai mai angah te thleng pawh hian inkaichhawn a awl em em ani.

Inenkawl dan:

1) An hman tlanglawn ber leh a ngeih ber chu a hrik thahna damdawi Permethrine hi a ni. I nghawng a chin hnuai lam zawngah khan he damdawi diak (lotion) hi kim takin hnawih chhuak vek la, zankhuain chiah la, a tukah inbual fai leh ang che. Hetiang hian ni 7 chhung tal chu zantintih tur a ni, hei hian i taksa a hrik awm kha a tihlum mai bakah a tui atanga a note lo keu leh thleng khan a tihlum vek dawn a ni. He damdawi hi a him em em a, naute thla 2 chin chung lamah chuan a hman theih vek a ni.

2) Damdawi hman theih dangte:

i) Lindane cream 30 mg -kaih te a thlen thei a, raipuar leh naupang kum 2 hnuai lam tan hman a him lo bawk; hei chu doctor thu lo chuan hman loh a tha.

ii) Ivermectin (Stromectol) - a ei a ei chi a nih avangin a awlsam a, chutih rualin side

effect a neih theih avangin Permethrine chu a la thlanawm zawk cheu a ni.

iii) Eurax, Crotan-Puitlingah chuan a hman theih a, naupangah erawh chuan hman phal a ni lo.

iv) Sulfo-Lac, Sulfo-Lo - Hei hi scabies enkawl nana damdawi hman hmasak pawl a ni a, amaherawhchu tunah chuan a hmaa mite khi hman theih a nih loh hnuah chauh hman a ni thin.

v) Antihistamines (diphenhydramine) - A thak zualpui tihreh nan an hmang thin.

3. Thawmhnaw hak lai leh mutbu zawng zawng tuisaa sukfai vek tur a ni. A hrik hi taksa pawnah chuan darkar 24-36 vel chauh an dam theih avangin thawmhnaw leh in chung bungrua zawng zawng tihfai erawh a tul kher lem lo a, a hrik a lo kai a nih pawhin ni 2 hnu velah chuan amahin a thi tho dawn ani.

4. A natna vei lai kan enkawl rualin a kaichhawn mai theih tur dang, a nupui pasal emaw, a kawppui/thian hnaivai deuh emaw te chu

enkawl na pek ve nghal hi a him ber a ni.

Inenkawl na dawn atanga chawlhkar hnih khatah chuan a thak te chu reh nghal deuh vek tura beisei a ni a, chutiang a nih loh chuan a natna chu scabies a ni ngei em tih endik leh tur ani.

Inven dan:

A veite nena inawm hnaih lutuk loh tur a ni a, inkuah/mut dun mai mai loh tur a ni. A veite kawppui (nupui/pasal) pawh, mipat hmeichhiatna atanga inkai a awlsam em avangin, ama taksaah engmah langchhuak ve hrih lo mah se a veite enkawl dan ang tho khian enkawl ve nghal tur a ni a, hei hian amaha a natna rawn langchhuak/ insiam tur a veng dawn a ni.

Scabies hi natna enkawl dam harsa lo tak a nih rualin ngaihthah a nih erawh chuan a zual tulh tulh thin a, inhih pilhna atang tein natna dang tha lo zawk te a kai theih a ni. Chuvang chuan he natna hi i lo kai ve palh a nih pawhin ngaihthah lo la, a hma thei ang berin a damdawi dik tak nen inenkawl nghal thuai ang che. ■

CIVIL HOSPITAL AIZAWL CITIZEN CHARTER

PATIENTS RESPONSIBILITY (Damlote mawhphurhna)

1. A natna/nat dan chungchang kimchang takin Doctor te a hriattir.
2. Enkawltute thu a zawm/awih tur a ni.
3. Damdawi in dan leh dun tha takin a zawm tur a ni.
4. A damlo puite hawihhawm takin a hmachhawn thin tur a ni.
5. A bungrua/thuamhnaw tha takin a veng/vawng tur a ni.
6. Damlote dikna/chanvo a tarlante hria in a zawtfiah thin tur a ni.
7. Mahni damdawi inchawh lovin Doctorte thurawn a ngaichang tur a ni.
8. Damdawi in enkawlna chungchang hriatchian a tum tur a ni.

C. OTHER FACILITIES :

1. Ambulance hi man chawia hman duh tan Casualty Medical Officer biak tur a ni.
2. Nau nei & Naupiang tan man chawilo a kalna siamsak an ni
3. Damdawi dawr hi Block A- in hnuai berah (gatepui luhna bul) ah nitin darkar 24 a in hawng,
4. Generic Drug (JanAushadi)
5. AB-PMJAY
6. Tui in tur hi OPD block C, Block H luhna bulah a awm
7. Canteen (Food & Snacks) damlo leh awmpuitute tan Basement of Block H (compound chung) ah a awm.
8. Cabin hi book theih a ni. Contact : Medical Superintendent
9. Chaw hi man chawilo in general ward-a damlo awmte tan pek an ni.
10. BPL Card neite tan in entir leh investigation a thlawna tih theih a ni. BPL card ngei ngei a ngai thung.
11. Damdawi Inah hian AB-PMJAY, JSY (Gol), State Health Care Scheme (GoM)-te a hman theih

D. SUPPORT SERVICES :

1. Radio Diagnostic & Imaging, X Ray, CT Scanning, Ultrasound Mammography, Emergency CT Block F, i/c HOD
2. Laboratory Services
Central Collective Centre Block C, 9-1 pm
Pathology

FNAC	Block B
Biopsy	Block B
Emergency Lab.	Block B
Microbiology / ICTC	Block B
Biochemistry	Block B
3. Blood Bank Block B
4. PMR / Physiotherapy Block B
5. MRD Block A
6. Dialysis Block C
7. AB-PMJAY Block G
8. ART Block C
9. OST Block C
10. Eye Bank Block C
11. JSY / JSSK Block J
12. Ambulance / NAS Block J

LIST OF STAKEHOLDERS / CLIENTS

2. District Commissioner, Aizawl District, Aizawl
3. Chief Medical Officer, Aizawl East District
4. Mission Director, National Health Mission, Aizawl, Mizoram
5. Aizawl Municipal Corporation (AMC)
6. President, YMA, Dawrpui
7. Chairman, Local Council, Dawrpui
8. Association for Voluntary Blood Donation

COMPLAINT AND GRIEVANCES:

Harsatna thlenna tur a hnuaia mihi a ni e:

Dy. Medical Superintendent-cum-Grievances and Redressal Officer

Civil Hospital, Aizawl Phone : 0389-2323281 (O) Intercom : 209

Meeting Hours : Office Hours, Everyday

GENERAL INFORMATION :

Year of establishment	:	1894
Ph. No : Medical Superintendent	:	0389-2323239 & 207 / Fax : 2310715
Dy. Medical Superintendent	:	0389-2323281 (O) & 209
Nursing Superintendent	:	0389-2318684 & 204
Emergency Department	:	0389-2322318 & 102 / 8731044158
Total Staff	:	559
Nos of doctors	:	88
Nos. of paramedical / technical	:	135
No. of Nurses	:	194
Group D Staff	:	93
Nos. of other staff	:	40
Total Beds	:	280

AVAILABLE SERVICES :

A. OUT-PATIENT SERVICE (OPD)	BLOCK	TIMING
I. Registration : OPD Card, etc.	OPD Block	9 am – 1 pm (Week day) 9 am – 11 am (Sat)
II. OPD Services (available on all working days except Sunday / Holidays)		
1. General Medicine (MOPD)	C (2 nd Floor)	9 am – 3 pm
2. General Surgery (SCOPD)	C (1 st Floor)	-do-
3. Orthopaedics	C (Ground Floor)	-do-

4.	Obstetric & Gynaecology	C (Ground Floor)	-do-
5.	Paediatric & Neonatology	C (2 nd Floor)	-do-
6.	Ear, Nose & Throat (ENT)	C (1 st Floor)	-do-
7.	Ophthalmology	C (1 st Floor)	-do-
8.	Dermatology & Venereology	C (2 nd Floor)	-do-
9.	Pre Anaes Check (PAC)	C (2 nd Floor)	-do-
10.	Cardiology	F (1 st Floor)	-do-
11.	Dentistry	C (Top Floor)	-do-
12.	Psychiatry	G (2 nd Floor)	-do-
13.	Endo, Bronchos & Lithotripsy	C (1 st Floor)	-do-
14.	AYUSH OPD	D (1 st & 2 nd Floor)	-do-
15.	PMR	B (Ground Floor)	-do-
16.	NCD clinic	C (Ground Floor)	-do-
17.	OST clinic	C (Basement)	-do-
18.	Dietician	C (2 nd Floor)	-do-
19.	Dressing & Injection Clinic	C (Ground Floor)	-do-
20.	Tobacco Cessation Clinic	C (2 nd Floor)	-do-

B. INPATIENT SERVICES (IPD)

I. Visiting hours :

II.	In Patient Service	Block	Floor
1.	Female Medical (FMW)	H	Ground Floor
2.	Orthopaedic Ward (Male & Female)	H	Ground Floor
3.	ENT Ward	H	Ground Floor
4.	Surgery (Male & Female)	H	1 st Floor
5.	Ophthalmology (Mit) ward	H	1 st Floor
6.	Operation Theatre Complex	H	1 st Floor
7.	Medicine male (MMW)	H	2 nd Floor
8.	Paediatric Ward	H	2 nd Floor

9. Doctors' Sick Room (IMA)	H	2 nd Floor
10. Cabin (Old Cabin)	E	Ground to 4 th Floor
11. Cardiac Care Unit	F	1 st Floor
12. Cabin (New Cabin)	F	2 nd Floor
13. Labour Room (Maternity)	J	Ground Floor
14. Gynea & Obstetric	J	1 st Floor

HRIATTIRNA

Hriselna Magazine min lo hlutsak thin tu te zawng zawng chungah lawmthu kan sawi e. Kum 2022-2023 atan renew alo hun leh ta, August 2022 hma a renew leh vek turin kan inhriattir e. Hemi hun chungah renew hman lo te chu pek chhunzawm theih a ni dawn lo.

Bank/Gpay kaltlanga renew duh tan:

Account No. 25055010453

Bank hming : Mizoram Rural bank

Branch : Dinthar Branch, Aizawl

IFSC No : SBINORRMIGB (SBIN dawt a mi hi **zero** a ni e)

or Bank transfer emaw gpay mobile no. hmanga pek theihna

Cir. Manager :

Pu M.S. Dawngkima Ralte, AE 9436199510

Asst. Cir. Mngrs. :

Pu K. Lalrinsiana, Proj. 9436198379

Pu Lalchanchhuaha, Proj. 8974304288

Kan pekna receipt chu a chungah number tarlanah te khian whatsapp emaw hmanga thawn leh tur a ni a, kan address bula Hriselna No awm eg. AZ-1, CM-2 kha thawn tel tur a ni bawk e.

FIRST AID

BITES & STINGS

Saphihrik seh : Taksaa saphihrik nghet taka bei i lak dawnin, a lu a bun loh nan fimkhur hle ang che. Chutilo chuan, a pun duh hle, tawngtaw pawh mai mai lovin hetiang hian ti ang che.

Meizial nungin hem rawh, emaw spirit thlawr ang che. Saphihrik te tak te taksaa a beh chuan uithak damdawi (benzyl benzoate) hnawih a tha. Tui vawtin dep ang che.

Khawmual kaikuang zuk: A tur hi rul tur aiin a hlauhawm zawk a. Amaherawhchu, taksaa a thun luh hi a tlem hrim hrim a ni. A sehna hmuamhma atangin a na tek chhuai chhuai a, a thak em em bawk. Lu na, luhai, luakchhuak, thlan tla nasa leh tihrawl nate a awmtir thei. Thenkhat chu nikhawhrela in an awm thei. Naupangah chuan chuap a lo vung a, thihna a thlen thei a ni.

Hetiang hian enkawl tur :

1. A zukna hmuamhma chungah hren khalh tur.
2. A zukna hmuamhma chu zai zau belh tur
3. A hmuamhma chu tui thianghlim emaw, tuisen (Po-tassium permanganate) tihdal emaw, Ammonia or Boraxiz-a sil tur.
4. A hmuamhma chu vur tui a deh tur, a tur a tai darh loh nan.
5. Damdawi thiamte rawn tur.

Khuai zuk: Khuai hian mi a zukin, a zang leh tur bawm a hnutchhiah thin a. A zukna lai chu a na hle a, a lo vungin a sen a, khawihin a na thin.

1. A zang chu pin emaw hriau tihthianghlima lak chhuah tur. Kut lawnga lak chhuah tum loh tur, a chhan chu a tur tam zawk kha tisaah tihluh a hlauhawm.
2. A zukna hmuamhma chu sahbawn leh tuiin sil tur.
3. Tincture Iodine, Washing Soda emaw Ammonia emaw hnawih tur.

Vangvatzuk: Vangvat hian thisen a dawt a, kut lawnga lak thlak mai a harsa deuh thin. Baibing hnah hmanga piai thlak a sam hle.

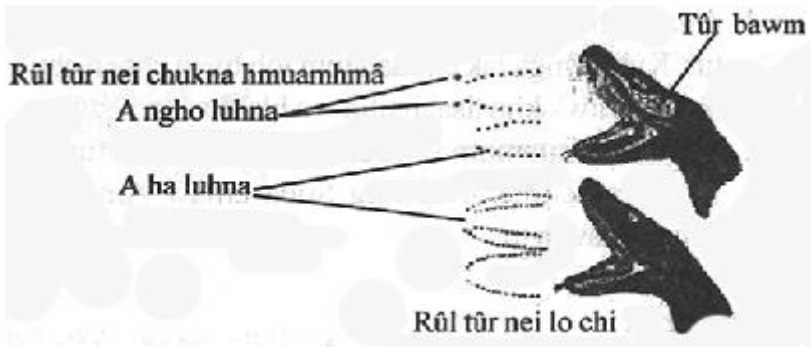
1. Meizial nunga dehlin a tla thei; tin, chi al-a nawrin a tla awlsam viau.
2. A zukna hmuamhma chu tui leh sahbawn-in sil tur.
3. Ammonia emaw Washing Soda-a zukna laiah chuan hnawih tur.
4. Tuisen (Potassium permanganate) - a zukna hmuamhmaa hnawih tur.

Rul chuk: Mi rulin a chuk chuan, a chuktu rul chu rul tur nei chi a nih leh nih loh hriat tum rawh. An chukna hmuamhma a danglam bik thin - hetiang hian:

Rul tur nei awm dan : A ngho hmuamhma chu hmun hnihah a lang thin. A chang chuan a ha hnuhma pawh a lang tel bawk.

Rul tur nei lo awm dan :

Rul tur nei lo chi chu thlur hnihin a hnuhma a lang. A ngho hnuhma a lang lo thung.



Rul chuk enkawl dan:

1. Rul chuk chu awm hle hle tir tur.
2. A chukna hmuamhma tihchet loh a tha, a chet nasat poh leh rul turin a taksa a fan chak.
3. A chukna hmuamhma chu a chungah tawn khalh la, darkar chanve zelah phelh dul tur.
4. Chemte hriam tak emaw blade emaw mei alhah hliau la, a hmuamhma chu 1cm.-a seiin ½ cm.-a thukin zai belh rawh. A dung zawng chauhvin zai tur.

5. Minute 15 chhungin a tur chu fawh chhuah tum la, a tur fawh chhuah chu lem lovin chhak zel ang che.
6. Primary Health Centre-ah hruai tur a ni.
7. Anti-venom a awm chuan - chu chuan chiu tur. A hman dan an ziah pawh chiang taka hriat tur.
8. Vur them funkhawm la, a chukna hmuamhmaah tuam hnan ang che.
9. Antibiotics damdawi-a pun loh nan ei tur. Rulin a chuk che chuan zu in reng reng suh, a hlauhawm a ni.

Ui seh :

Ui seh reng reng chu ui ha atanga bal leh natna hrikin a sehna hliam a tihbawlhhlawh avangin, ngaihthah suh.

A lan dan: Vun a pilh emaw a kak emaw a ni thin.

Enkaw! dan :

1. A hmuamhma chu tui leh sahbawn emaw, Dettol emaw, Savlon emaw a silfai tur. Ui, Zawhte etc., sehna hmuamhma reng reng chu a rang thei ang bera tuithianghlim leh Lifebouy-a sil ni se, thil dang (foreign particles) reng reng chu silfai vek a, a lo berah pawh minute 5 chhung sil ngei tur.
2. Betadine/Mercurochrome hnawiha bandage emaw pawn them faiin emaw a tuam tur
3. Antibiotic pek tur
4. Anti-tetanus serum-a chiu tur.

Enkaw! dan :

1. A sehtu ui chu hriat a nih chuan ni sawm (10) chhung enthlak tur.
2. Ui chu nunphung pangngaia - ui hri dannaa chiu a nih chuan a hlauhawm loah a ngaih theih.

Enthlak chhunga hetianga a awm chuan, Ui chu that rawh :

1. Engmah ei duh lo
2. Nunphung danglama a awmin eg. a bauh dan a pangngai lo
3. A khur a, a awm hle hle thei lo, a phi ruai thin
4. Chhum lo chat lo - tawp lovin a bauh

5. A kaih a, a chilthli a tla bawk
 6. Anti-rabies vaccine lak a ngai tih hriat tur.
- Ui - mihring sehtu hriat a nih loh chuan Damdawi In pan nghal a Anti-rabies Vaccine laktir tur
-

NAUPANG NATNA HLAUHAWM HRIAT THEIHNATE *Chunzawmna*

Dr. Lalhmuchhuaka, MD(Paed)

A hnuai hlahawm zual chhinchhiahna zinga pakhat chauh an neih pawhin natna hlahawm tak (very severe disease) emaw, awmna hlahawm tak (very severe pneumonia) emaw an nei tihna a ni.

- Hnute hne thei miah lo leh eng mah in thei lo.
- Ei leh in luak chhuak leh vek zel (vomit everything).
- Kaih (convulsion) emaw, meng reng chung a khua hmu lo (blank look).
- Chau ringawt emaw, zawi leh vai riai emaw, nikhua hre lo emaw a nih chuan.
- Thaw rang a neih chuan.

Khuh leh thawk harsatnate :

Hlahawm zual chhinchhiahna pakhat chauh pawh an neihin awmna hlahawm tihna:

- Thawk zawnga awm hnuai lam khuar (chest in drawing).
- Thawk luh zawnga ri feih feih (stridor).

Enkawlna :

- Injection Chloramphenicol emaw oral amoxycillin pek tur.
- Damdawi in panpui vat tur.

Kawthalo vei :

A hnuai tarlan zinga mi pahnih tal an neih chuan kawthalo hlahawm tihna a ni:

- Chau emaw, zawi leh vai riai emaw nikhaw hre lo a nih chuan.
- Mit khur thuk nasa.

- Eng mah in thei lo leh in tlem.
- Vun pawhsak rei tak chuar.
- Ni 14 aia rei kawthalo leh tui tlachham nei.

Enkawlna :

- IV Fluid R/L pek theih chuan a tha.
- Damdawi in pan pui vat tur.
- Kalkawngah ORS leh hnute pek chhunzawm tur.
- Naupang kum 2 chung lam tuihri vei chu Doxycycline pek theih a ni.

Khawsik natna :

Khawsik vanga damlo chu a hnuai mi pakhat chauh pawh an neih chuan hlauhawm tihna a ni.

- Hnute hne thei miah lo te, luak vek zel te, kaih te, chau leh zawi te, nikhaw-hre lo te, thaw-rang te,
- Nghawng khawng (stiff neck).
- Ludip pawng.

Enkawlna :

- Malaria tamna hmunah Quinine pek tel tur.
- Injection Chloramphenicol emaw oral amoxicillin emaw pek tur.
- Chini tui pek tur (low blood sugar veng turin).
- Nachhawkna paracetamol pek tur.
- Damdawi in pan pui vat tur.

Kan ram hi Sikserh natna tamna (Malaria endemic area) hmun a ni. Sikserh vei hriat theihna chu thisen endik a ni. Enlenna hmanga sikserh hrik hmuh ngei tluka chiang a awm lo. Tunlaia malaria enna rang chi te, a tha chi te, malaria hmuh ngei ngei-na nia an sawi hi hman tlak taka ngaih ni tho mahse result dik lo a awm theih avangin fimkhur erawh a tul hle.

Sentut vei : Sentut vei lain a hnuai mi an neih tel chuan hlauhawm tihna a ni:

Hlauhawm zual chhinchhiahna zinga mi hnute hne thei lo emaw, ei thei miah lo emaw, ei leh in luak vek zel emaw, kaih

emaw, chau leh zawi emaw, nikhaw-hre lo emaw, thawk- rang emaw te hi pakhat chauh pawh an neihin.

- Mit paw (clouding of cornea).
- Ka chhung pan nasa tak.

Enkawlna:

- Vitamin A pek tur.
- Injection Chloramphenicol emaw oral amoxycillin pek tur.
- Mit paw chu tetracycline eye ointment hnawih tur.
- Damdawi in panpui vat tur.

Beng na:

Beng hnai ringawt ni lo, a hnung ruh pawng na leh vung(mastoiditis) hi a hlauhawm a ni.

Enkawlna:

- Injection chloramphenicol emaw oral amoxycillin pek tur.
- Nachhawknä paracetamol pek tur.
- Damdawi in panpui vat tur.

Chawtha tlachham nasa (Severe malnutrition): Hmuh theih a cher te, sawng ban vek te, ke pahnih vung nasa te hi a hlauhawm a ni.

Enkawlna:

- Vitamin A pek tur.
- Chini tui pek tur (low blood sugar veng turin)
- Damdawi in panpui vat tur
- Kal tura insiam lai leh kalkawngah pawh tihlum that tur.

Dawldang(Anemia): Kutphah var hlang khawpa dawldang chu hlauhawm chhinchhiahna a ni. Nausen leh naupangah chuan kutphah hi dawldang enna tur ani.

Enkawlna : Damdawi in panpui vat tur ani.

Zirtirtu chuan a zirlai naupang pakhat hnenah "Engati nge ilo va han tlai em em ve?" a lo ti a.

Naupang chuan thaw hlawp hlawp chungin "Sir, ka rawn hmanhmawh lutuk a" a ti ringawt a!

ZU - ALCOHOL (C₂H₅OH)

Dr. Thangchungnunga, MS(Ortho)

Zu hi engti fakauva upa nge tuman an chhui chhuak zo lo. Siam tum lo mah ila grape, lamkhuang, fu tui leh balhlate hi han dah reiin han tum teh, dawidim ngai lovin zu-ah a chang mai thin. Pathian hian tul a ti a ni ang, kan tum loh pawhin a insiam tho!

Zu in chi pangngai hi chu sapin ethyl alcohol (C₂H₅OH) an ti a. Puma a luh hian kan thin (liver) hian rang takin a lo la hrang nghal hmak a, a siam danglam a, ruih theih, taksa tana pawl lem lo (ethanol) ah a siam chhuak a; thisenah a kal chak hle. Mit chungung tui tling (vitreous fluid) luang muang tak mai a thlen hian, a inchhek khawl tam ta bik a, chu chu zu-in ho an mit a phet hmasak ber zelna chhan chu a ni. In hnem lutuk chuan thihna hial a thlen thei. Amah ngawta thi khawpa in chu a har, an thih hmain engmah an hre lo phawt thin.

Ni tina in reng chuan zing zu in ngaiin zu ngawlvei an lo ni mai. A ngawl vei theih a nih vang hian zing atanga zu in ngai tawh, nilenga hna tibuai tham lem lova nam deuh rengho hi chu an in loh thut chuan withdrawal syndrome an nei thin.

Withdrawal syndrome kan thih hi a chiri te kan ti thin bawk. Kan hriatna panga: mit, beng, khawih, rim hriatna leh thil tui leh tui lo hriatna te hi zu tel lovin an buai ta thin a ni. No khat lek in in an pangngai leh mai.

ZUCHHIA (METHYL-ALCOHOL)

Zu chhe ina thi leh mittel kan nei fo mai, a bikin zu khap a nihin a awm duh bik thin. Methyl Alcohol (wood alcohol) tepawh an ti a, kan hriat lar dan chu varnish-a telh tur spirit hi a ni. Ethyl alcohol, zu pangngai kha chu mi a tirui a ni mai a. Methyl alcohol chuan thin a thleng muang em em a, thin a thlenin methanol-ah a lo siam danglam a, formaldehyde (formalin) tur hlauhawm takah a Siam chhuak ta daih a ni.

Kan hriat awlsam nan mitthi rim chhiat loh nana kan

chiuna, sangha chhiat loh nana an chiuna ang chi kha a ni. Zu pangngai ang thovin mit-ah a cham rei bik a, mit a del hmasa ber thin. Pum a na a, luak a chhuak a, rei vak lo hnua thi mai te, ni li lai hnua thite pawh an awm thei. Tun hma deuh khan Aizawlah pawh an thih chuah chuah kha, a then an mit a del a. A enkawl na awm chhun chu thina zu siam danglamna kha zu tha pangngai intira luahlantir vat vat tum tur a ni. Zu tha anga a kal chak loh vangin an luah khalh hman chawk bawk, an hman loh chuan thih a ni leh mai. Zun tamna leh dripte pawh pek a, an in hnu lawk a nih phei chuan pumpui thua fai tur, ryles tube hman a ngai in, damdawi inah lo chuan tih theih a ni lo.

ZU-IN TAKSA A TIHCHHIAT DAN

Zu hi thin a thlen hma chuan a ruih theih loh. A fira in chuan pumpui a tilawngin a pilh thei a. Thin a thlen veleh thil dang ethanol-ah a lo chantir a. Chu chu, kan thina timur (cells) leh a tawh apiang hian an natpui a. Thin a cells-ho chu an pilh a,

an silawng a, an thih mai loh nan an han insang mar lian phawt a, thinlian kan ti a, tha leh thei a la ni. A lo rei a, zing zu in ngai, ngawl vei tak tak an nih chinah chuan cells-ho khan an tuar ta ngang lo a, an sawng te a, thisen dawt thlengin an sawng te chhah zo ta a. Chu chu 'cirrhosis liver' (point of no return) thin sawng kan ti thin. Hmel a bawr loh leh a dum thual tawh a, pum a parin mawng a dep thin.

Thisen dawt leh cell-ho an lo sawna an khauh tak vek si-ah chuan thisen duh ang tawk nei tur chuan, lungin tha tawpin a pump a ngai a. A pan lai lai, chawdawt leh pum inzawmna, mawngkaw chung deuhah te, a nem lai, thisen chhia leh tha inzawmna laiah a rawn par chhuak ta thin.

Chumi par chu pumpui hnuna a awm chuan Varices, kan ti a, mawnga mi chu piles kan ti a. Pumpui hnuna mi hi a puak keh a nih chuan thia luakin an ek a dum bawka, thih mai a awlsam. Pumpui hrim hrim pawh kha a ei pilhin a thuk hret hretin a pawp ta a.

Kawchhung thisen putin an thi thin. A pan rei pheh chuan cancer a siam duh hle.

Ruih tawh chuan mahni nihna dik tak, an rawn lan chhuahpui fo thin. An ngaih a sam a, hmeichhiat mipat an pawlawh a, an tawng duh a, eng mah tih hreh an nei meuh lo. I hmu fo a, sawi thui lo mai ang. Taksa a lo cherin an hrisel lo a, min vengtu ber, Thin a chhiat tawh chuan natna an kai awlsam bik. Mahni thinchhe bawh, thin tak tak chhebawh an nih meuh chuan in chung a buaiin, tlakran leh in then a tamin thih phah an tam ta mai. Zu chi hrang hranga alcohol awm zat tlangpui:

1. Rum 50 to 60% alcohol
2. Whisky, Gin, Brandy..40 to 45% alcohol
3. Port, Sherry 20% alcohol
4. Wine 10 to 15% alcohol
5. Beer 4 to 8% alcohol

Khitiang khi zu pangngai tak dan indawt chu a ni, lo hre ve mai mai rawh. Kan thar grape wine kan siam ve hi a chak dan a inang lo nuai mai a. Tun hmaa nau sawngnawi pawhin an ngeih tak mai chu,

Mizo buh a sen deuh chi, zufang an siam thin kha a ni. Nu leh pa hnathawk haw, nula tlangval chenin in an thlen veleh fianin an hawp bawrh bawrh thin.

Tunah chuan zufang siam duh pawh an awm tawh lo a, a ruih theih leh thawk chak ringawt an zawng a ni ta ber mai. Hei tak hi eng damdawi dawi emaw gelatine te, silipar chhia te, Burma lama mi bi-ih te thlengin an telh a, tunah pheh chuan a tam viau ang, kan hriat sen loh thlengin an telh tak hi.

Ka tawn hriat

Lui kam, lei laih khuara an up, Tuirial kam thlam bulah ka hmu ve tawh a, a khuarah silpaulin an zu phah a, zu tur chaw chhum sa kg sawmnga vel an chung leh a, an tawn phui a; leiin an vur leh a. A um that hnuah an thlawr mai thin a, zu khuahkhirh nasat a nih veleh a siamtute'n zu chak si rang taka neih dan an zawn a ngai tlat. A pawina hre lem lova methyl alcohol lo pawlh an awm thin a. Hei ber hi tun hma State danga total prohibition an puan hnu lawka thleng ziah zu chhe ina thi an tam chhan a ni thin.

Kan ramah pawh zu leh drugs hi kan ti rem thei tak tak dawn chuang lo. A solution pakhat chu Meghalaya an Shillong khaw chungang an tih kan hmuh ve phak ang khuan khawlai leh kawnga zankhuuaa kal kual, police duty dah in, zu rui chu man zung zung mai se, kan zia deuh mahna. Tha ber tur chu veng tinah hian police leh excise duty-na hmun siam a,

mahni bial theuh uluk taka zankhua leh nilenga veng thei, tuna kan police battalion tam tak leh excise sipaite hi veng tinah sem darha duty na hmunah a then mut theihna tur siam bawk ila. Man theihna power pawh nei lo zawk YMA kutah kan ram hi a innghat a nih deuh ber tak hi maw. Ngaihtuahna thar neih a ngai.

ALLERGY

Dr. Joel Lairemsanga

Mi tam zawkin an huat loh, huat neih emaw, ei sual avanga taksa nihphunga danglamna rawn lang mai thin hi Allergy a ni ti ila kan hrethiam mai awm e. Kan taksa natna hrik lo lutte lo do let turin taksa ralveng sipai 'antibodies' kan nei a. Hengte hian natna hrik lo lutte chu an lo do let vat thin a. Nimahsela thil naran mai mai, natna hrik ni lem lo leh taksa tana hlauhawm lem loh hi kan taksa ralveng khawlpui (Immunological system) hian a chang chuan lo hre sualin natna hrik hlauhawm tak emaw tiin a lo do vak mai thin a. Hetiang hunah hian taksa ralveng sipai antibodies te chu vun te, hnar te, chuap te leh pumpui-a "Mast Cell" an tihah han betin Histamine an siam chhuak a, chu chuan thisenzam a tilian a, BP a tihniam a, pumpuia acid a ti tam a, marphu/lungphu a tichak thin a ni.

Taksa A Lanchhuah Dan :

- * Mit a thak a, mittui a tla a, mit a sen rum thin.
- * Hahchhiau a lo awm thin.

- * Thawhah leh thaw ri hrawih hrawih a siam.
- * Hrawk za a siam.
- * Hnarping emaw hnaptui tla reng.
- * Hritlang pangngai nen a inang hle a. A danglamna chu hnaptui fim a far a, khawsik leh taksa na a awm hran lo. Hritlang damdawi eiin a reh ve ngawt lem lova, awmhmun sawn erawhin a reh ve maithei thin bawk.

A Thlentu Lar Zualte Leh A Enkawl Dan :

1. Incheina : Lotion te, powder te, mit hnawihthe leh hmeichhe incheina chi reng reng hlui leh chhe tawh hman avangin a awm duh. Sam dye dawnin kan ngeih leh ngeih loh hriat hmasak thin tur a ni.
2. Khu/Vut : Maimawm ril leh bangkil ilo bal hian allergy a thlen thei. Chuvangin kan mutbu te, kan in kil zawng zawng pawh tihfai hram thin tur a ni. Tin, air conditioner kan hman chuan tihfai ve fo tur a ni bawk.

3. Ei leh in : Bawnghnute, bekang, pa, artui te leh thil dah rei theih chi-ah te hian allergy neih a awlsam bik tih hriat a tha. Kawthalo, pum na, luhai leh thawhah te, thak, vual te a thlen mai thei thin a; chuvangin kan ei leh inah kan fimkhur em em tur a ni ang.

4. Rannung seh/Khuai zuk : Rannung seh leh Khuai zukah chuan a hnuhma a lo vual tur thin a. A thenah chuan thawk a harsa a, luna leh luhai te hial a lo awm mai thin. A rang thei ang bera doctor pan vat tum tur a ni a. doctor a awm remchan loh chuan antihistaminic (avil, cetriz etc) ei tur a ni.

5. Pangpar chi (pollens) : Pangpar chi boruaka leng vel hi nipui thli thawt lai hian a tam duh a. Chuvangin hetih hun lai hian allergy nei awlsam tan chuan fimkhur zual tur a ni. Two wheeler a chuang thin tan pheh chuan hnar leh hmui khuh thin tur a ni.

6. Ranvulh : In lama kan ran vulh te atang pawhin a

kai theih a. Chuvangin kan ran vulhte chu an mutna bik siam tur a ni a, kar khatah vawikhat tal bualfai thin tur a ni a, pindan leh mutna room-ah te awmtir tur a ni lo.

7. Thelret : Thelret (Rubber) atanga thilsiam huat hi a awm thei bawk a, chu chuan chuap hnathawh a tibuai thei a ni. Doctor inentir a tha hle.

8. Hmuar : Mi thenkhatah chuan hmuar reng reng pawh hian allergy a thlen awlsam hle a. Chawhmeh hmuar emaw, khawi hmunah pawh hmuar lam chi reng reng awm lohna turin tan lak vat vat thin tur a ni.

9. Taksa leh rilru hah : Taksa leh rilru hah nei te, vei neih hluar lai tein a awm duh hle. Chuvangin rilru leh taksa lamah pawh chawlhahdam thiam em em tum tur a ni.

Damdawi Hmante :

- Vun thakah chuan Mycoderm te, Caladryl te hnawih a tha.
- Hnaptui far leh luhai nei tan Avil te, Benadryl te,

Cettrizet te, Alerid te ei a tha. Hei hi vual leh thak tan pawh a ei theih tho bawk a ni. Nimahsela heng damdawite hian side effect tha lo tak an thlen theih avangin doctor chawh ang chauha ei tur a ni.

Tualchher Damdawi :

- Neem hnah chhuma inbual hian thak a ziaawm duh.
- Rannung sehah chuan purunsen kawr leh vinegar hnawih a tha.
- Thak satliahah chuan powder hnawihin a ti ziaawm deuh.
- Vicks (Camphor oil/ Eucalyptus oil) tui lumah far hnih telh la, a hu hip tur a ni. Hei hian hnarping leh luna a ti reh.

Ei Leh In :

- Thei thur ei tam tur.
- Magnesium leh beta-carotene tamna chi ei a tha.
- Thlai hnah hring, Vitamin E tamna leh thei, Vitamin C tamna ei a tha.

Source : <http://jlremsanga.blogspot.com/2013/05/allergy.html>

World Blood Donor Day 2022 hlawhtling taka hman a ni

*Dr. Malsawmtluangi Ralte,
Member Secretary
State Blood Transfusion Council, Mizoram*

JUNE 14, 2022 khan Khawvel pum huapa a thlawna thisen petute pual ni bik, World Blood Donor Day chu hman a ni a. Mizorama hmanna lian ber Aijal Club Auditorium-ah he ni hi Health & Family Welfare Minister Dr R. Lalthangliana chuan hmanpuiin khuallian a ni a, Pu R. Lalramnghaka, Secretary, Health & Family Welfare in inkhawm hi a kaihruai a ni.

World Blood Donor Day hmanpuitu Dr. R. Lalthangliana chuan mihring dam chhung tawite-ah midangte tana inpekna tluka hlu leh ropui a awm lo, a ti a. Pathianin Mizote thinlungah mahni mihringpuite hmangaihna, mi dangte lainatna leh duhsakna a dah a, chumi lanchhuahna pawimawh ber tezinga mi chu mamawhtute tana a thlawna thisen pek voluntary blood donation hi a ni, a ti.

Health Minister chuan mahni tana hlawkna um lova damlo mangangte tana an din tlat avangin a thlawna thisen petute a fak a. Association for Voluntary Blood Donation (ABVD) te hmalakna ropui a tih thu sawiin a thlawna thisen pekin 100% a kai theih nan tan la chhonzawm zel turin a fuih a ni.

Chairman Pu R. Lalramnghaka chuan he ni kan hman chhoh dan hetiang hian sawiin "Khawvel a Scientist

ropui tak, Blood Group A,B,O hmuchhuaktu Karl Landsteiner-a 14th June 1868-a a pian champha puala hman thin a ni a, Kum 2004 atang khan India ramah hman tan a ni. World Blood Donor Day hi WHO a member 192 awmna May 2005 a 58th World Health Assembly chuan official in kumtin in Thisen pe thin tute hnena lawmthu sawina pual atan hman a lo rel thlu ta a ni. Mizoramah pawh hian kum

2007 atang khan kan hmang ve ta ziah a. MSACS leh Association for Voluntary Blood Donation (AVBD) te nena tangkawpin function lian tak leh ropui takin kan hmang ve thin a, Covid 19 avangin kum 2 chu mumal taka kan hman theih loh hnuin vawin ni-ah changtlung taka kan hmang leh thei ta hi a lawmawm hle a ni" a ti.

Hetiang hian Aizawl district Voluntary Blood Donation Award 2022 sem a ni a.

AIZAWL DISTRICT-A THISEN PE THATE

(April 2021 - March 2022)

RELIGIOUS CATEGORY

Nihna	Pawl hmang	Pek zat	Camp
1-na	Central KTP	3,229	82
2-na	TKP Coordination, Aizawl	510	16
3-na	PYD, North East India	459	9

YMA CATEGORY

1-na	Chanmari West Branch	171	1
2-na	Bethlehem Vengthlang Branch	106	1
3-na	Aibawk Branch	90	1

COLLEGE/UNIVERSITY

1-na	Pachhunga Univ. College NSS	651	9
2-na	Hrangbana College NSS	595	9
3-na	Govt. Aizawl College NSS	274	2

HIGHER SECONDARY SCHOOL

1-na	Synod HSS NSS 104	1	
2-na	Helen Lowry HSS NSS	88	2
3-na	Central HSS NSS	66	1

MISCELLANEOUS CATEGORY

1-na	Mizo National Youth Front	96	2
2-na	Mizo Chelsea Supporters Club	81	2
3-na	225 CRPF Zemabawk	76	1

MIZORAM PUMA PE THATE

Nihna	Pawl hming	Pek zat	Camp
1-na	Kristian Thalai Pawl (KTP)	3,968	112
2-na	National Service Scheme (NSS)	3,694	94
3-na	Young Mizo Association (YMA)	1,924	49

Mizoram chungah vawi 50 chuang thisen pe tawh mi 27 te hnenah chawimawina pek a ni. Thisen pe hnem ber te chu Pu C. Lalremruata Electric Veng leh Pu RC Rokhum Mission Veng te niin tum 83 ve ve an pe tawh a ni.

Kum 5 kalta chungah Thisen kan pek dan tlangpui chu hetiang hi a ni.

KUM	LAKZAT	VOLUNTARY	VOLUNTARY	CAMP ZAT
2017-18	26248	21880	83.36%	433
2018-19	27079	23434	86.54%	458
2019-20	30499	27727	90.91%	494
2020-21	26658	23911	89.66%	530
2021-22	28191	28396	90.08%	480

World Blood Donor Day 2022 Aijal Club-a hmannaah hian a thlawna thisen dawngtu mi pahnihin thisen an dawn avanga damchhuak an nih dan leh thisen petute hnena lawmthu an sawina testimony ngaihthlak a nih bakah zaithiam tak tak te nen programme changtlung leh hlawk tak hman a ni a. SBTC Member Secretary Dr. Malsawmtluangi Ralte chuan lawmthu sawiin hun hnung a khar a ni.

World Blood Donor Day lawmnaah hian Health Department lama mi pawimawh tak tak te an tel thei a, Dr. T. Lalhmangaihi Principal Director bakah Dr. Lalremmawii Joint Director, DHS, Dr. Thanchungnunga, Medical Superintendent, Civil Hospital Aizawl leh Blood Bank lama thawktu kan Doctor te bakah mi pawimawh tak takin he hun hi an hman thei a ni. Aizawla lawmna pui ber hman a nih bakah Mizoram District hrang hrangah World Blood Donor Day 2022 hi hman a ni. ■

Mizoram Health Systems Strengthening Project (MHSSP)

Mizoram Health Systems Strengthening Project (MHSSP) kaltlangin Mizoram sawrkar chuan Mizoram chhunga cheng mipui ten hriselna kawnga tun aia nasa lehzuala hma kan sawn theih nan nasa takin hma a la mekzela. MHSSP thiltum, a nihna leh a hnathawh turte chipchiar zawkin April 2021, Hriselna and Damna issue ah khan tarlan a lo ni tawh a. Tun tumah chuan MHSSP-in a thlen chin leh hmachhawp a neih mekte tarlan a ni dawn a ni.

Health & Family Welfare Dept. hotute'n theihtawp chhuaha hma an lakhnuin March ni 5, 2021 khan World Bank, Government of India leh Government of Mizoram te chuan thawhhona thuthlung an ziak fel a. Mizoram Sawrkar aiawhin Dr. Eric Zomawia, Project Director, Mizoram Health Systems Strengthening Project chuan he inremnaah hian a hming a ziak a ni. Thawhhona thuthlung ziah fel a nih hnuin Department chuan theih ang angin hma a la nghal a, MHSSP office din te, thawktu lak te leh thawhpui tur Consultancy Agency thlanna te a nei a. Kan hriat theuh angin khang hun lai khan COVID-19 Pandemic thawhnhihna Lockdown puan a

nih leh tak avangin project hawwna hun hman theih lawk a ni lo a. Hnaerawh theihang anga thawh chhoh a ni.

Project Hawwna:

September ni 3, 2021-ah Health & Family Welfare Minister Dr. R. Lalthangliana chuan Mizoram Health Systems Strengthening Project (MHSSP) chu Taxation Auditorium, MINECO-ah a hawng a. MHSSP hawwna inkhawmah hian Health Minister chuan "Mipuite hnena hriselna leh hlimna quality tha pek hi kan ngaih pawimawh ber pakhat a ni a, nunnachhanhim hi kan thupui ber pakhat a nih avangin Mizoram chhunga khawpui leh thingtlang khaw hrang hranga damdawi in kan neihte

tihchangtlun bakah hmanrua leh damdawi \ha zawka thuamte, thawktu chi hrang hrang daktawr, nurse leh healthcare worker te bakah staff dang kan mamawhte phuhru turin MHSSP kaltlang hian theihtawp kan chhuah dawn a ni," a ti a. MHSSP hlawhtlinna tur hian Washington DC leh New Delhi- a World Bank office te pawh amah ngeiin a dawr \hin thute sawiin, "midangte entawntlak leh zirchian tlakin hma kan la ang a, hna kan thawk dawn a ni" a ti.

Minister bakah hian Health Department- a hotute leh thawktuten thusawina hun an neih bakah World Bank lama hotute' n online- in thu an sawi a, MHSSP e-Newsletter " Damna Kawl Eng" tih chu Health Minister- in a tlangzarh nghal bawk a ni.

Project hnathawh tlangpui:

He Project- in a tumber chu Mizorama Health System kalphung tihchangtlun leh tihhmasawn a ni. Mizoram Health Systems Strengthening Project hian hnathawh tur hlawm hrang (component) pali a

nei a, Project- in hma a lak mekna te han tarlang ila.

| hen Khatna (Component 1): Strengthen management and accountability through Internal Performance Agreements (IPAs))

Component 1- in a tum ber chu State chung a health facility hrang hrangten hna anthawh \hat dan mil zela lawmman tangka fai pek a ni. Chu an lawmman dawn chu \angkai taka hmang in an facility chak lohna laitetchak tur leh a hma aia \ha zawk leh rintlak zawka an inthum \hatna atan te, inrelbawlna felfai leh zual an neih theihna tur atan tea ruahmanna siam a ni. Pawisa hman tur inpek tawp ang chi (input- based financing) ni loa, thawh \hat dan mil zela inpek ang chi (performance- based financing) hmanga health facility te tihchangtlun hi a tum ber a ni.

He component hi Internal Performance Agreement (IPA) hmanga kalpui tur niin, IPA hi District zawng zawngah kalpui \an a ni a, tunah hian IPA unit 75 kan nei mek a ni. IPA Unit atana thlante chu State level- ah

unit pahnih (2) a awm a, chungte chu: (1) Directorate of Health Services (DHS) leh Directorate of Health & Medical Education (DHME) inkawpin State Health Team siamin, unit khat angin an awm a, (2) Mizoram State Health Care Society (MSHCS) hi unit dang a ni bawk a ni. District Level-ah chuan Chief Medical Officers (CMO) te kaihhruaina hnuaiah District Health Team 9 a awm a. Heng bakah hian Mizoram chhunga damlo enkawl na hmun - District Hospital (DH) pakua (9), Sub-District Hospital (SDH) pahnih (2), Community Health Centre (CHC) pakua (9) leh Primary Health Centre (PHC) sawmli leh pali (44) te chu IPA hnuaia tel tura tehna paltlanga tel an ni bawk.

IPA Unit-te'n hmalakna an kalpui dan turte (Action Plan) Project Management Unit (PMU)-in a pawmpui hnuin hna an thawh tanna tursum hmahruai (One Time Quality Start-up Grant) pek vek an ni. IPA Unit-te'n hriselna leh damlo enkawl na kawnga hmasawna an thlen dante chu uluk taka zirin thla

thum dan zelah endik \hin an ni a. Endikna hi chhawng thuma kalin a hmasa berah IPA Unit te'n mahni inendikna (Self-Assessment) an nei ang a, a pahnihnaah Ex-Ante Verification Team te'n an endik leh ang a, a pathumna atan Third Party Verification Team te'n an endik leh dawn a ni. Kumnga chhungin endikna tehfung hrang hrang hman gin endik \hin an ni ang a, antih \hat dan ang zelin lawmman sum fai in an dawng \hin dawn a ni. A tumkhatna atan Kolasib leh Lawngtlai District-a IPA unit-ahte endikna (assessment) nei h tawh niin District dangah kalpui leh mek a ni.

Hlawm Hnihna (Component 2: Improve design and management of state health insurance programs)

Component 2-in a tum chu Mizoram State chhunga health insurance scheme awm te tihchangtluna, kan tihdan phung leh hman dante thum chak a ni ber. Central sawrkar scheme te nena inkawp rem leh zuala kalpui a nih theih nan te, awlsam leh zual zawka mipuiten Health Care Scheme an hman theih nan he

component hian hma a la a, IT infrastructure tih changtlunna lam pawh a huam tel bawka ni.

Tun dinhmuna Health Insurance leh natna inkaichhawn theih loh chi, NCD (Non-Communicable Disease) kan hriat dan, kan rilrusukthlek leh tihdan phungte zir chianna neih a ni a, hengte hi Formative Research leh Knowledge Attitude and Practice (KAP) Assessment tih an ni. Heng zir natehmang hian MHSSP-in a tumte tihlawhtling turin harsatna leh dinhmun enfi ah a ni a. Pilot district pahnih - Kolasib leh Lawngtlai a\anga khaw 30 thlan chhuahte a\angin Village Health Sanitation and Nutrition Committee (VHSNC) member 60, Self Help Group (SHG) member 13 leh khawtlang mipui aiawh mi 189 te nen sawihona (Focus Group Discussion) nei in thil pawimawh leh \angkai turte lakkhawm a ni.

Formative Research leh Knowledge, Aptitude and Practice (KAP) report buatsaih a ni a, he report hi VHSNC leh SHG-te training thupui tur leh

training inkaihraina buatsaihna tur atan leh Social Behavior Change Communication (SBCC) kalpui dan tur siamnan behchhana hman a ni dawn a ni.

Hlawm Thumna (Component 3: Enhance quality of health services and support innovations.)

Component 3-in a tum chu mipuite'n hriselna kawnga hman sawn theih nan leh damlo enkawl na kawnga kan hnathawh dante tih changtlun a ni. Tun aia \ha zawka mipui rawng kan bawl theihna tura ruahmanna siam bakah Quality Assurance system lamah te, damdawi in thli hlauhawm leh hnawm bawhlhlawh (bio-medical waste) sawngbawl na \ha zawk siam kawngah te, thawktute thiamna leh theihna (human resource) thuam \hat kawngahte he component kaltlang hian hian hma lak mek a ni.

Component 3 hnuai a hnathawh tlangpuite chu a hnuai a tarlante hi an ni:

a). Human Resources for Health (HRH) in Mizoram

HRH-in a thiltum chu Health Department kalphung,

dan leh dun, inrelbawl dan, a thawkte hna thawh dan, directorate/societyhrang hrang inrelbawl dan leh inkhaidiat dan te zirchian a, siam thatngai leh fel lo lai awm te siam\ha a hmasawwna thlen tir a ni a. He hna pawimawh tak kalpui tur hian MHSSP chuan Technical Agency atan IQVIA Consulting and Information Services, India Private Limited., New Delhi te ruai in hehna hi kalpui meka ni.

Human Resource for Health (HRH) thiltum tlangpui te han tarlang ila:

i) Health Department mai pia h lamah Mizoram Sawrkarin inkaihruaina, inrelbawlna dan leh kalphung a neihsate zirchiang a, siam\hatngai leh kalphung\ha zawk; India ram leh hnampui zawk te tihdan phung\ha zawk leh ngelnghet zawk te zirin kan rama kan lo zawm ve theih te an rawn duang chhuak dawn a ni.

ii) Health department-hnuai a hnathawkte an nihna (post chelh) leh hnathawh mekna hmun leh thawh tawhna hmun te, training an lo neih tawh te leh a\ul dang zawng zawngte lakhawmin zirchiannaneih a ni anga, hei hian

an thawhna hmuna hnathawh indaihlohna awm\hin tea hailan mai bakah Central Ministry lamin min beisei angin Ayushman Bharat Mission lam hawi zawngin hmalak tum zel a ni bawk.

iii) Health department-a directorate/societyhrang hrang {Directorate of Health Services (DHS), Directorate of Hospital and Medical Education (DHME), National Health Mission (NHM), Mizoram State Healthcare Society (MSHCS), Mizoram State Aids Control Society (MSACS) leh Zoram Medical College (ZMC)} te bakah Principal Director te hnathawh dan, kalphung leh inkhaidiat dan te zirchian a ni bawk ang.

iv) Mizoram College of Nursing (MCON), Falkawn-ah M.Sc. (Nursing) Course hawn belh tum meka ni a, hostel indaihlohna te leh roomsiambelh ngai leh siam\hatngaitesiam\hat tuma hmalak mek ni in, ANM School hrang hrang te leh GNM School hrang hrang te pawh tihchangtlun tuma hmalak meka ni bawk.

b) Civil Works

MHSSP hian mamawh ang zela damdawi in leh health office pawimawhte thuam \hat turin hma a la mek a. He hmalakna zingah hian District thar Hnahthial, Saitual leh Khawzawlah te CMO building \ha takdin tumin, office building sak hna a kalpui mek a ni. Project hian office sak mekte hi him leh tha kum rei tak chhawr \angkai theih tura sak zawh a nih theih nan hna kal mek hi uluk taka vilin a endik \hin ani. Heng hnathawh mek hi 2023 kum laihawlah zawh hman beisei a ni.

Heng bakah hian kan Damdawi in neihsa te zirchianna neih mek a ni a, District Hospital & Sub District Hospital (State Referral Hospital Falkawn & Kulikawn Sub-District Hospital tiam lovin) Mizoram College of Nursing (MCON), ANM School (Zemabawk, Lawngtlai, Kulikawn) & GNM School (Lunglei, Kolasib, Serchhip, Siaha & Champhai) zawh tawh a ni. Civil Hospital Aizawl, Champhai District Hospital, Kolasib District Hospital & Serchhip District Hospital-ah te

NDT (Non Destructive Test) neih tawh a ni bawk.

c) Bio Medical Waste Management.

Damlo enkawl na hmun a \angte hian hn ^wm leh natna thehdarh thei bawlhhlawh tam tak a chhuak \hin a. Kan hriat tlanglawnte chu mihring taksa themnawi, thisen leh a hrukfaina hmanrua, inzaina hmanrua thil hriam leh zumte, pem tuamna hnu puan leh damdawi thi tawhte leh a dang tam tak a awm thei awm e. Heng bawlhhlawhte hi \ha taka sawngbawl an nih loh chuan damlo enkawl na hmuna thawktute leh khawthlang mipuite nunna atana hlauhawm thei natna leh boruak \ha lo a thehdarh thei \hin ani. MHSSP hnu aia Bio-Medical Waste Management Plan hi heng bawlhhlawh mumal taka sawngbawl a nih theihna tura hmanraw pawimawh tak niin, kan chenna hmun leh a chhehvel ti chhe theitu venna a tana thil \ul tak, hriselna lam tihhmasawna tura he Project hnu aia hna kalpui mek pawimawh tak a ni. Project hian heng bawlhhlawh sawngbawl danah Mizoram in harsatna kan

thawhte kimchang leh huam zau taka chinfel a, Khawpui ber a\anga hmun kilkhawr bera damlo enkawl na hmun tinah tihdan \ha inzirtirna awm turin hmalak a tum a ni. Damlo enkawl na hmun 17 te kalphung zirchianna neih an ni a, report kimchang peih fel a ni tawh bawk. Heng report-te leh hmalakna turte sawihona pawh thawktu mi pawimawhten neih tum niin ruahmannakalpuimeka ni.

d). Clinical Vignettes: Clinical knowledge and skill improvement:-

Health Department hnuai a thawk Daktawr leh Nurse-te thiamna (Clinical Skill) tihhmasawna'n training leh test module te buatsaih tum a ni a, hmalak dantur duanmekani. Hemi hmalaknaa Technical support pe tur hian Tvasan Technologies Pvt Ltd te rawih an ni.

Hlawm Lina (Component 4: Contingent Emergency Response Component)

Component 4 hnuai ahian hriselna lama rikrum thil lo awm thei hrang hrang te emaw, hrileng nasa tak lo thleng thut emaw laka rang taka chet lak vat a nih

theihna turin ruahmannasiam a ni a. Pawisahman theih zat bituk a awm lo a, a \ul dan leh mamawh dan anga pawhkhawm theih tura ruahmannani.

Achunga kan sawi bakah hian MHSSP hnathawh zawng zawngah te hmasawna a awm leh awmluh zirchiang turin consultancy agency rawih an ni a. Anni hian baseline survey zo tawhin, midline leh endline survey an tih leh dawn bakah, IPA unit zawng zawngahte counter-verification an nei bawk dawn a ni. Heng bakah hian Project hnuai a hmalakna hrang hrang kalpui tawh te felfai taka record-in, document an buatsaih \hin bawng.

Mizoram Health Systems Strengthening Project hi hlawhtling taka kalpui a nih theih nan leh Zoram mipui zawng zawngten hriselna kawngah hmasawna rahbi thar kan kai vek theih nan chhiartu zawng zawngte \awi awmna leh thlawpna kan mamawh em em a, he Project hi min vi lpui a, hlawhtlinna kawng kan zawh theihna tura puiah kan ngaihna kawngahte thei tawp min chhuahpui turin kan sawm a che u. ■

KEIMAHNI

- June ni 1, 2022 khan Dr. T. Lalthmangaihi chuan Principal Director, Health & Family Welfare hna a zawm tan a, hemi rual vek hian Dr. K.K. Chhetri pawhin Director, Hospital & Medical Education hna a zawm bawk a ni.
- State Vector Borne Disease Control Programme (SVBDGP) te buatsaihin Mizoram pumah Anti-Malaria Month (Malaria Do Thla) June thla chung in hman a ni. Mizoramah pawh District tinah hman a ni a, khawtlang mipui leh Pawl hrang hrangte nen Awareness Campaign te neih a nih bakah, School level Anti-Malarial Campaign, Banner/Poster Display, mipui thosilen damdawia chiah sak te, Fever Survey (Khawsik zawmchhuah), Source Reduction Drive (Thosi pian theihna tui tling tihbo hnatlang) te neih a ni bawk. Mizoramah Jan- May, 2022 chungin Malaria natna vei mi 1881 awm tawhin, heng zingah hian mi 1339 te chu Malaria PF niin, mi 542 te chu Malaria PV an ni. Nikum 2021 Jan-Dec thla chungin Malaria natna vei mi 5637 awmin, mi 10 in nunna an chan a ni.
- June ni 20, 2022 khan Health Minister Dr R. Lalthangliana chuan Lungleiah Chief Medical Officer Building, Trauma Care Facilities leh Type III Quarter panga a hawng. Trauma Care Facilities hi cheng nuai 381 (State Govt - ` .300 lakhs, sawrkar laipui Ministry of H&FW - ` . 81 lakhs) senga sak niin emergency case te, accident avanga hliam tuar te lo enkawl vat theihna tur Centre a ni a. Excell Consultancy Services sak a ni. Ground floor, 1st floor leh 2nd floor awmin a zau zawng hi 997.92 square metres a ni a. Casualty, ICU with isolated rooms (khum paruk), ortho plaster room, pharmacy, Counseling room, Ultrasound room, Xray Room, UPS Room, male ward, female ward, laboratory etc te a keng tel a ni. Chief Medical Officer Office Building hi Chanmari, Lunglei-ah awmin state sawrkar sum cheng nuai 250.8 senga ruahman a ni a. ZAMZO Construction and Consultancy Services chu contractor niin 09/01/2020 ah thawk tanin 07/06/2022 ah zawh fel a ni a. Ground floor, 1st floor leh 2nd floor awmin a zavai Floor

area hi 513.4 square metres a ni. Type III Quarter panga (5 Units) te hi state sawrkar sum cheng nuai 178.65 senga Brilliant Consultancy te sak niin a zavaia floor area hi 463.42 square metres a ni.

– June 21, 2022 khan Health Minister Dr. R. Lalthangliana chuan District Hospital, Hnahthialah thisen dah thatna (Blood Storage Centre) leh nausen piang hlim damlo enkawlna (New Born Stabilization Unit) te a hawng. Hemi ni tho hian Health Minister Dr. R. Lalthangliana hian Pangzawl Primary Health Centre (PHC) a hawng bawk. Pangzawl PHC hi NABARD sum Rs. 258.943 lakhs senga RCC Building a sak niin a zau zawng hi 523 Square Metre a ni a. CB Engineering, Venghlu, Aizawl sak niin 23/09/2020 a hna tan chu 15/02/2022 ah zawhfel a ni a, ground floor leh 1st floor a awm a ni. He PHC hi changlung taka ruahman niin Male ward (5 beds) leh female ward (5 beds) bakah XRay Room, Laboratory Room, Casualty,

Pharmacy, OPD, Operation theatre, labour room, nursing station, Medical Officer Office leh toilet, changing room etc eng emaw zat a awm a ni.

– June ni 23, 2022 khan Reproductive & Child Health, National Health Mission buatsaihin Intensified Diarrhoea Control Fortnight (IDCF) 2022 hawna Cultural Center cum Auditorium, Vaivakawn, Aizawl-ah neih a ni a. He beihpui hapta hi Health Minister Dr. R. Lalthangliana'n a hawng a, he beihpuiin a tum ber chu 'Naupang nunna suattu kawthalo avanga thihna tih tawp' a ni. Kawthalo, naupangah a lo awm hian ni 14 chhung zinc pek tur a ni a, a dam hnuah pawh ni 14 thleng pek chhonzawm tur a ni. ORS leh Zinc tablet pek hi naupang kawthalo enkawlna him tak a ni a, an dam hma bik a ni. Chaw pangngai an ei reng tur a ni a, ei tir uar sauh zawk tur a ni bawk a, nau hnute hnelai pawh hnute pek zel tur a ni. Tui thianghlim in tur a ni a, kut silfai that a pawimawh em em bawk a ni. ■