

# Delta State Contributory Health Scheme (DSCHS)



HEALTH FOR ALL DELTANS

## OPERATIONAL GUIDELINES

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## **Introduction**

Universal Health Coverage (UHC) is central to the attainment of the United Nation Sustainable Development Goals especially SDG 3 on Good Health and Wellbeing for all.

It involves the provision of access to quality health services while protecting citizens from financial impoverishments due to costs of ill health.

In pursuit of this goal, the Delta State Contributory Health Commission (DSCHC) was established by Law to improve both physical and financial access to quality health care services for all residents of Delta State.

## **Goal**

To ensure that every resident of Delta State has equitable access to quality and affordable healthcare service when the need arises

## **Objectives**

The Commission shall:

- Implement, supervise and regulate the effective administration of the Delta State Contributory Health Scheme.
- Ensure that every resident of Delta State has access to equitable health care services.
- Ensure that all residents of Delta State have financial protection and physical access to quality and affordable health care services.
- Protect families from the financial hardship of huge medical bills.
- Limit the rise in the cost of healthcare services.
- Ensure equitable distribution of health care costs across different income groups.
- Maintain high standard of health care delivery services within the Health Scheme.
- Ensure efficiency in health care service delivery.
- Improve and harness private sector participation in the provision of health care services.
- Ensure adequate distribution of health facilities within the State.
- Ensure appropriate patronage at all levels of the health care delivery system.
- Ensure the availability of alternative sources of funding to the health sector for improved services.
- In cases where residents do not have available medical and other health services, to take such measures as are necessary to plan, organize and develop medical and other health services commensurate with the needs of the residents.
- Any other action necessary to facilitate access to quality and affordable healthcare services for all residents of Delta State.

**The Benefit Package under the DSCHC program shall include:**

**SN Primary Level Care**

1 General consultation with prescribed drug from accredited Primary level Health Care provider.

**2 Health Promotion and Education.**

- i. Family planning excluding provision of commodities.
- ii. HIV/AIDS.
- iii. Immunization.
- iv. Vitamin A supplementation.
- v. Promotion of essential nutrients for children and pregnant women.
- vi. Promotion of personal, domestic and environmental hygiene.

**3 Surgery**

- i. Minor Surgical Procedures: incision & drainage, suturing of lacerations, minor burns, simple abrasions.
- ii. Minor wound debridement
- iii. Circumcision of male infants
- iv. Evacuation of impacted faeces
- v. Corrections of cases of simple polydactyl
- vi. Relief of urinary retention

**4 Eye care**

- i. Conjunctivitis
- ii. Allergic ailments
- iii. Conjunctival Abrasions.
- iv. Simple Contusions
- v. Parasitic ailments

**5 Child health care**

- i. Child Welfare Services: Growth monitoring, routine immunization as defined by the NPHCDA, Vitamin A supplementation, Nutritional advice and health education.
- ii. Management of uncomplicated malnutrition
- iii. Treatment of Helminthiasis
- iv. Treatment of common childhood illnesses such as malaria, diarrheal disease, schistosomiasis, Measles, acute respiratory infections, (upper respiratory tract infections, uncomplicated pneumonia), Urinary Tract Infections, Acute otitis media, pharyngitis, childhood exanthemas, Mumps. v. Treatment of anaemia not requiring blood transfusion
- vi. Other febrile illnesses as may be listed from time to time by the DSCHC.

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**6 Treatment of minor ailments(Adults)**

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**A. Management of simple infections/infestations**

- i. Malaria
- ii. Respiratory tract infections
- iii. Urinary Tract Infections
- iv. Gastroenteritis
- v. Ear, Nose and Throat infections
- vi. Diarrheal diseases
- vii. Enteritis/ typhoid fever
- viii. Schistosomiasis
- ix. Helminthiasis
- x. Skin infections/infestations: Chicken pox, scabies, lice/tick infestation, Acne, cutaneous larva migrans, Tinea vesicolor, (Malassezia furfur), Tinea Capitis, Measles.
- xi. Emergency Management of Bites and Stings e.g Snakes, Scorpions, Bees, Spiders excluding provision of anti-venom

**B. Management of mild anaemia (not requiring blood transfusion)****C. Screening, referral and follow up care for Diabetes Mellitus, Hypertension.****D. Screening and referral for Eye conditions,****E. Treatment of simple arthritis and other minor musculoskeletal diseases****F. Routine management of sickle cell disease**

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**7 HIV/AIDS/Sexually Transmitted Diseases/Infections****i. Voluntary Counseling and Referral****ii. Treatment of STD's**

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**8 Community Mental health counseling and referral**

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**i. Anxiety neurosis****ii. Psychosomatic illnesses****iii. Insomnia****iv. Other illnesses as may be listed from time to time by the DSCHC**

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**9 Dental care:****Oral Hygiene and education**

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**10 Maternal And New Born Health Care Services**

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**A. Antenatal care****i. Routine Antenatal Clinic.****ii. Routine drugs to cover duration of pregnancy****iii. Routine urine( Urinalysis) and blood tests(PCV, Blood Group and HIV Screening )****iv. Routine Ultrasound scan (not exceeding twice throughout the duration of the pregnancy)****v. Referral services for complicated cases of pregnancy****B. Delivery Services (Fee for service)****i. Spontaneous Vaginal Delivery by skilled attendant including repair of birth injuries and episiotomy****ii. Essential drugs for Emergency Obstetric care.****C. Postnatal Services****i. All eligible livebirths up to 6 weeks from date of birth. (Cord care, Eye care, Management of minor neonatal infections)**

- 11 EMERGENCY**
- The primary level emergency care (including First Aid treatment) before referral. These shall include:
- i. Establishing an intravenous line
  - ii. Management of convulsion/seizures, coma
  - iii. Control of bleeding
  - iv. Cardio-pulmonary resuscitation
  - v. Assisted respiration (e.g. Ambu bag, etc.)
  - vi. Immobilization of fractures (using splints, neck collars, etc)
  - vii. Aspiration of mucus plug to clear airways
  - viii. First aid management of Allergies and hypersensitivity conditions (Asthma).
- 12 Basic laboratory investigations**
- i. Malaria Parasite
  - ii. Widal Test
  - iii. Urinalysis
  - iv. Hemoglobin/PCV
  - v. Pregnancy Test
  - vi. Blood Sugar Test
  - vii. Full Blood Count
- 13** Other Services as may be listed by DSCHC from time to time
- S/N SECONDARY LEVEL CARE**
- 1** Consultation with prescribed drug for referred patients from Primary Healthcare providers: A. Pediatrics
- i. Management of neonatal infections-Neonatal sepsis,
  - ii. Neonatal conditions such as birth Asphyxia,
  - iii. Neonatal jaundice
  - iv. Severe Malaria
- 2** Emergency cases outside place of residence within the State in accredited DSCHC HCP
- 3** Admission for maximum of 7 days cumulative per year for medical admission, 10 Days cumulative per year for surgical admissions.
- 4** **Comprehensive Obstetric Care**
- A. Management of Postpartum Hemorrhage
  - B. Caesarian section
  - C. Management of Preterm/Pre-labour Rupture of Membrane (P/PROM)
  - D. Detection and management of hypertensive diseases in pregnancy
  - E. Management of bleeding in pregnancy
  - F. Pre-Eclampsia / Eclampsia
  - G. Operative Management for ectopic gestation
  - H. Cervical cerclage
  - I. Management of intra-uterine fetal death
  - J. Management of puerperal sepsis
  - K. Instrumental deliveries
  - L. High risk deliveries – 1st deliveries, and 5th deliveries, multiple deliveries, and other complications.

**5 Internal Medicine**

Treatment of Moderate to Severe Infections and Infestations:

- i. Management of Severe Malaria
- ii. Management of Severe Respiratory tract Infections
- iii. Management of Complicated Typhoid Fever
- iv. Management of Diabetes Mellitus and hypertension
- v. Management of Peptic Ulcer Disease

**6 Surgeries**

- i. Appendectomy
- ii. Hernia repair

**7 Dental care**

- i. Amalgam filling
- ii. Simple tooth extraction

**8 Laboratory investigations at secondary level of care**

- i. Urea/electrolyte/creatinine
- ii. Bilirubin (total and conjugated)
- iii. Microscopy/Culture/Sensitivity-(Urine, Blood, stool, Sputum, Aspirate, Cerebrospinal Fluid, Cervical Swab, High Vaginal Swab).
- iv. Liver function test

**9 Radiology**

- i. X-ray of chest, extremities
- ii. Abdominopelvic scan

**10** Other Services as may be listed by DSCHC from time to time.

**Extra Secondary Healthcare Services**

SN	HEALTHCARE SERVICES
1	<b>PEDIATRICS</b>
	<ul style="list-style-type: none"><li>• Treatment of Severe infections/infestations: Respiratory infections, Urinary Tract Infections, diarrheal disease with moderate to severe dehydration, enteric fever, complicated malaria, septicemia, meningitis, and complicated measles.</li><li>• Management of childhood non-communicable diseases such as Nephritis and Asthma</li><li>• Management of severe anaemia requiring blood transfusion (not exceeding two pints of blood).</li><li>• Management of neonatal infections-Neonatal sepsis, Neonatal Tetanus.</li><li>• Neonatal conditions such as birth Asphyxia, Neonatal jaundice.</li></ul>
2	<b>INTERNAL MEDICINE</b>
	Treatment of severe infections and infestations: <ul style="list-style-type: none"><li>• Management of meningitis, septicaemia</li></ul> Management of non-communicable diseases: <ul style="list-style-type: none"><li>• Management of Sickle cell disease</li><li>• Treatment of cardiovascular conditions (heart failure), renal diseases (Nephritis, Nephrotic syndrome), Liver diseases (Hepatitis), endocrine conditions (Diabetes Mellitus).</li><li>• Management of severe anaemia (not exceeding two pints of blood)</li></ul>

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**3 SECONDARY PSYCHIATRIC CARE**

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- Anxiety neurosis
- Psychosomatic illnesses
- Insomnia
- Schizophrenia
- Depression
- Bipolar Affective Disorder
- Other illnesses as may be listed from time to time by the DSCHC

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**4 GYNAECOLOGICAL INTERVENTION**

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- Bartholin cyst marsupialisation

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**5 SURGERIES**

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- Hydrocoelectomy
- Management of Testicular Torsion
- Management of Fractures excluding internal fixation

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**6 OPHTHALMOLOGY**

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- Eye problems, e.g. major trauma
- Removal of foreign bodies

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**7 PHYSIOTHERAPY**

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- Management of palsies within 15 days after initial treatment with a maximum of 3 sessions.

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**8 LABORATORY INVESTIGATIONS**

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- Genotype
- Cerebrospinal fluid biochemistry
- Occult blood in stool
- Blood grouping and Cross matching(not exceeding 2 pints of blood)
- Full Blood Count

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**9 RADIOLOGY**

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- X-ray of the Abdomen and Skull
- Dental X-rays