



5 X 5 Matrix for High Impact RMNCH+A Interventions

To be Implemented with High Coverage and High Quality



Reproductive Health

- Focus on spacing methods, particularly PPIUCD at high case load facilities
- Focus on interval IUCD at all facilities including subcentres on fixed days
- Home delivery of Contraceptives (HDC) and Ensuring Spacing at Birth (ESB) through ASHAs
- Ensuring access to Pregnancy Testing Kits (PTK-"Nischay Kits") and strengthening comprehensive abortion care services.
- Maintaining quality sterilization services.

Maternal Health

- Use MCTS to ensure early registration of pregnancy and full ANC
- Detect high risk pregnancies and line list including severely anemic mothers and ensure appropriate management.
- Equip Delivery points with highly trained HR and ensure equitable access to EmOC services through FRUs; Add MCH wings as per need
- Review maternal, infant and child deaths for corrective actions
- Identify villages with high numbers of home deliveries and distribute Misoprostol to selected women in 8th month of pregnancy for consumption during 3rd stage of labour; Incentivize ANMs for home deliveries

Newborn Health

- Early initiation and exclusive breastfeeding
- Home based newborn care through ASHA
- Essential Newborn Care and resuscitation services at all delivery points
- Special Newborn Care Units with highly trained human resource and other infra structure
- Community level use of Gentamycin by ANM

Child Health

- Complementary feeding, IFA supplementation and focus on nutrition
- Diarrhoea management at community level using ORS and Zinc
- Management of pneumonia
- Full immunization coverage
- Rashtriya Bal Swasthya Karyakram (RBSK): screening of children for 4Ds' (birth defects, development delays, deficiencies and disease) and its management

Adolescent Health

- Address teenage pregnancy and increase contraceptive prevalence in adolescents
- Introduce Community based services through peer educators
- Strengthen ARSH clinics
- Roll out National Iron Plus initiative including weekly IFA supplementation
- Promote Menstrual Hygiene

Health Systems Strengthening

- Case load based deployment of HR at all levels
- Ambulances, drugs, diagnostics, reproductive health commodities
- Health Education, Demand Promotion & Behavior change communication
- Supportive supervision and use of data for monitoring and review, including scorecards based on HMIS
- Public grievances redressal mechanism; client satisfaction and patient safety through all round quality assurance

Cross Cutting Interventions

- Bring down out of pocket expenses by ensuring JSSK, RBSK and other free entitlements
- ANMs & Nurses to provide specialized and quality care to pregnant women and children
- Address social determinants of health through convergence
- Focus on un-served and underserved villages, urban slums and blocks
- Introduce difficult area and performance based incentives



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List of Minimum Essential Commodities

Reproductive Health

- FP commodities: Tubal Rings, IUCD 380-A, IUCD 375
- Oral Contraceptive Pills (OCPs) / (Mala-N), Condoms
- Emergency Contraceptive Pills (ECP) -(Levonorgestrel 1.5mg)
- Pregnancy Testing Kits (PTKs) - Nischay
- Tablet Mifepristone & Tab Misoprostol (Only at facilities conducting Safe Abortion Services)

Maternal Health

- Injection Oxytocin
- Tablet Misoprostol
- Inj. Magnesium Sulphate
- Inj. TT
- Tab. Methyldopa
- Tab. & Inj. Labetalol

Newborn Health

- Injection Vitamin K (1mg/ ml)
- Vaccines - BCG, Oral Polio (OPV), Hepatitis B
- Mucous extractor

Child Health

- Oral Rehydration Salt (ORS)
- Zinc Sulphate Dispersible Tablets (10 mg & 20 mg)
- Syrup Salbutamol & Salbutamol nebulising solution
- Vaccines - DPT, Measles, BCG, Hepatitis B, OPV, TT, JE (selected districts), Pentavalent vaccine (selected states)
- Syrup Vitamin A
- Syrup Albendazole

Adolescent Health

- Tablet Albendazole
- Tablet Dicyclomine
- RTI/ STI Kits

Cross cutting Commodities as per level of facility

- Iron & Folic Acid (IFA) Tablet, IFA small tablet, IFA syrup & Dispenser, Folic Acid (400 µg)
- Antibiotics: Ampicillin, Metronidazole, Amoxicillin, Trimethoprim & Sulphamethoxazole, Inj. Gentamicin, Inj. Ceftriaxone (Syr. / Cap. / Tab. / Inj. as applicable)
- Miscellaneous: Paracetamol, Chloroquin and Inj. Dexamethasone (Syr. / Tab. / Inj. as applicable)
- Clinical /Digital Thermometer, Weighing machine, BP apparatus, Stop watch, Cold box, Vaccine carrier, Oxygen, Bag & Mask & MUAC (Mid Upper Arm Circumference) Tape
- Testing equipments for Haemoglobin, Urine and Blood Sugar, Hub cutter, Colour coded bins