

**Question Bank: Introduction to Health Systems and Ongoing National Health Programs in India**  
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## **1 Multiple Choice Questions (MCQs)**

1. **What is the primary objective of national health programs in India?**  
a) To increase pharmaceutical sales  
b) To improve health outcomes and reduce disease burden  
c) To promote private healthcare facilities  
d) To limit access to healthcare services

**Answer:** b) To improve health outcomes and reduce disease burden *Ref: web:0*

2. **Which national health program focuses on maternal and child health?**  
a) National Tuberculosis Elimination Programme  
b) Janani Shishu Suraksha Karyakram (JSSK)  
c) National Mental Health Programme  
d) National AIDS Control Programme

**Answer:** b) Janani Shishu Suraksha Karyakram (JSSK) *Ref: web:4*

3. **Which ministry is responsible for implementing national health programs in India?**  
a) Ministry of Education  
b) Ministry of Health and Family Welfare  
c) Ministry of Finance  
d) Ministry of Agriculture

**Answer:** b) Ministry of Health and Family Welfare *Ref: web:2*

4. **Which program aims to provide universal immunization to children in India?**  
a) Mission Indradhanush  
b) Rashtriya Bal Swasthya Karyakram (RBSK)  
c) National Leprosy Eradication Programme  
d) National Programme for Control of Blindness

**Answer:** a) Mission Indradhanush *Ref: web:2*

5. **What is the main goal of the National Mental Health Programme launched in 1982?**  
a) To control infectious diseases  
b) To improve mental health outcomes and accessibility of services  
c) To promote vaccination campaigns  
d) To provide free dialysis services

**Answer:** b) To improve mental health outcomes and accessibility of services *Ref: web:7*

6. **Which national health program addresses non-communicable diseases like cancer and diabetes?**  
a) National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS)

b) National Viral Hepatitis Control Program

c) Pulse Polio Programme

d) National Iodine Deficiency Disorders Control Programme

**Answer:** a) National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS) *Ref: web:4*

**7. Which health program provides free diagnostic services under the National Health Mission in Tamil Nadu?**

a) Universal Immunization Programme

b) Essential Diagnostic Services

c) National Rabies Control Programme

d) National Tobacco Control Programme

**Answer:** b) Essential Diagnostic Services *Ref: web:2*

**8. What is the focus of the Rashtriya Kishor Swasthya Karyakram (RKSK)?**

a) Elderly healthcare

b) Adolescent health

c) Tuberculosis control

d) Leprosy eradication

**Answer:** b) Adolescent health *Ref: web:4*

**9. Which program promotes safe motherhood through financial incentives for institutional deliveries?**

a) Janani Suraksha Yojana (JSY)

b) National Iron Plus Initiative

c) National Programme for Family Planning

d) MAA Programme

**Answer:** a) Janani Suraksha Yojana (JSY) *Ref: web:4*

**10. Which national health program focuses on controlling vector-borne diseases?**

a) National Centre for Vector-Borne Diseases Control

b) National Programme for Prevention and Control of Fluorosis

c) National Mental Health Programme

d) Integrated Child Development Services

**Answer:** a) National Centre for Vector-Borne Diseases Control *Ref: web:4*

## **2 Short-Answer Questions**

**1. Define a health system and its role in national health programs.**

**Answer:** A health system comprises organizations, institutions, resources, and people whose primary purpose is to promote, restore, and maintain health. It plays a critical role in implementing national health programs by providing infrastructure, trained personnel, and resources to deliver healthcare services, such as vaccinations, diagnostics, and treatment, ensuring accessibility and affordability. *Ref: web:0*

**2. What is the purpose of the National Health Mission (NHM) in Tamil Nadu?**

**Answer:** The National Health Mission (NHM) in Tamil Nadu aims to pro-

vide accessible, affordable, and quality healthcare to rural and urban populations, focusing on maternal and child health, communicable and non-communicable diseases, and health system strengthening through initiatives like RMNCH+A and Universal Health Coverage. *Ref: web:2*

**3. Name three national health programs focused on maternal and child health.**

*Answer:*

- Janani Shishu Suraksha Karyakram (JSSK)
- Janani Suraksha Yojana (JSY)
- Rashtriya Bal Swasthya Karyakram (RBSK)

*Ref: web:4*

**4. What is the role of pharmacists in national health programs in India?**

*Answer:* Pharmacists ensure the availability, storage, and dispensing of quality medicines, educate patients on proper drug use, monitor drug therapy outcomes, and support initiatives like immunization and disease control programs by providing essential pharmaceutical services. *Ref: web:6*

**5. Explain the objective of the Pulse Polio Programme.**

*Answer:* The Pulse Polio Programme aims to eradicate polio in India by vaccinating all children under five years of age with oral polio vaccine during nationwide immunization campaigns, ensuring high coverage to prevent poliovirus transmission. *Ref: web:4*

**6. What is the significance of the National Tuberculosis Elimination Programme?**

*Answer:* The National Tuberculosis Elimination Programme aims to eliminate tuberculosis in India by providing free diagnosis, treatment, and follow-up care, using strategies like DOTS (Directly Observed Treatment, Short-course) to reduce TB incidence and mortality. *Ref: web:4*

**7. Describe the focus of the National Mental Health Programme.**

*Answer:* Launched in 1982, the National Mental Health Programme focuses on improving mental health services, ensuring accessibility for all, especially vulnerable groups, and reducing disability and mortality due to mental illness through community-based care and awareness. *Ref: web:7*

**8. What is the goal of the National Programme for the Health Care for the Elderly (NPHCE)?**

*Answer:* The NPHCE aims to provide accessible, affordable, and comprehensive healthcare services to the elderly, addressing age-related diseases and promoting healthy aging through geriatric care units and community support. *Ref: web:4*

**9. What is the role of Mobile Medical Units under the NHM in Tamil Nadu?**

*Answer:* Mobile Medical Units under the NHM in Tamil Nadu provide healthcare services, including diagnostics and treatment, to remote and underserved areas, ensuring access to primary healthcare for rural and tribal

populations. *Ref: web:2*

10. **Name two national health programs addressing nutritional deficiencies.**

*Answer:*

- National Iron Plus Initiative for Anaemia Control
- National Iodine Deficiency Disorders Control Programme

*Ref: web:4*

### 3 Long-Answer Questions

1. **Discuss the structure and components of the health system in India and its role in implementing national health programs.**

*Answer:* The health system in India includes public and private sectors, with the public sector comprising primary (health sub-centers, PHCs), secondary (community health centers), and tertiary (hospitals) care levels. It involves the Ministry of Health and Family Welfare, state health departments, and local bodies. Key components include healthcare infrastructure, trained personnel, and resources like drugs and diagnostics. The system supports national health programs by providing facilities for immunization (e.g., Mission Indradhanush), disease control (e.g., National Tuberculosis Elimination Programme), and maternal and child health services (e.g., JSSK). Pharmacists ensure drug availability and patient education, while health workers deliver services in remote areas, ensuring accessibility and affordability. *Ref: web:0, web:2*

2. **Explain the objectives and key features of the National Health Mission (NHM) in India, with specific reference to Tamil Nadu.**

*Answer:* The National Health Mission (NHM) aims to provide accessible, affordable, and quality healthcare to all, particularly underserved populations. In Tamil Nadu, NHM focuses on:

- **RMNCH+A:** Reproductive, Maternal, Newborn, Child, and Adolescent Health services, including JSSK and JSY for maternal care.
- **Communicable and Non-Communicable Diseases:** Programs like NPCDCS and National Tuberculosis Elimination Programme.
- **Health Systems Strengthening:** Enhancing infrastructure, training, and diagnostics.
- **Universal Health Coverage (UHC):** Ensuring comprehensive care through initiatives like Essential Diagnostic Services and Mobile Medical Units.
- **Tribal Health:** Addressing healthcare needs in tribal areas.

Key features include community strengthening, AYUSH integration, and capacity building, ensuring holistic healthcare delivery. *Ref: web:2*

3. **Describe the key national health programs addressing maternal and child health in India and their significance for public health.**

*Answer:* Key programs include:

- **Janani Shishu Suraksha Karyakram (JSSK):** Provides free delivery, diagnostics, drugs, and transport for pregnant women and sick infants, reducing maternal and infant mortality.
- **Janani Suraksha Yojana (JSY):** Offers financial incentives for institutional deliveries, encouraging safe motherhood.
- **Rashtriya Bal Swasthya Karyakram (RBSK):** Focuses on early detection and management of childhood diseases and developmental delays.
- **Universal Immunization Programme (UIP) and Mission Indradhanush:** Ensure vaccination against diseases like polio, measles, and diphtheria.

These programs are significant for reducing maternal and child mortality, improving health outcomes, and ensuring equitable healthcare access. *Ref: web:4*

4. **Discuss the role of pharmacists in the implementation of national health programs in India.**

*Answer:* Pharmacists play a pivotal role in national health programs by:

- **Drug Supply Management:** Ensuring availability and proper storage of medicines, such as vaccines for UIP or anti-TB drugs for NTEP.
- **Patient Education:** Counseling patients on correct drug usage, side effects, and adherence, critical for programs like NPCDCS and NACP.
- **Monitoring and Reporting:** Tracking adverse drug reactions and ensuring compliance with treatment protocols.
- **Community Outreach:** Supporting health camps and awareness campaigns for programs like Mission Indradhanush and NTCP.

Their expertise ensures effective drug therapy and supports the success of health programs. *Ref: web:6*

5. **Explain the objectives and strategies of the National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS).**

*Answer:* The NPCDCS aims to prevent and control non-communicable diseases (NCDs) like cancer, diabetes, cardiovascular diseases, and stroke through:

- **Objectives:** Early diagnosis, management, and prevention of NCDs; reducing morbidity and mortality; promoting healthy lifestyles.
- **Strategies:**
  - Establishing NCD clinics for screening and treatment.
  - Health promotion through awareness campaigns on diet, exercise, and tobacco cessation.
  - Training healthcare workers and ensuring drug availability for NCD management.

- Integrating NCD care into primary healthcare systems.

This program addresses the rising NCD burden, improving quality of life and reducing healthcare costs. *Ref: web:4*