

CHAPTER 16

HEALTH

Health, as defined by the World Health Organization (WHO), is “a state of complete physical, mental and social well-being and not merely the absence of diseases or infirmity”. Good health is an essential requirement for the enjoyment of every aspect of life. The organized provision of services like prevention, treatment and management of illness and preservation of mental and physical well-being may constitute a health care system.

Health is one of the important goals of sustainable development and it is to ensure healthy lives and promote wellbeing for all the ages. Thus to solve the issues in the health sector of Kerala, the state government has initiated many projects under the scheme “Ardram”, which is a part of “Nava Kerala Mission”.

This chapter analyses the existing status of health sector in Kannur Corporation area including common diseases and health care infrastructure. The chapter further discusses the agencies involved, existing potentials and problems and puts forward the inference as development suggestions.

16.1 ANALYSIS OF EXISTING SCENARIO

The total population of the Corporation area is 2,32,486 and among this, 1,07,016 are men and 1,25,470 are women. As per Vikasana Report 2017-2022, the total number of child death during 2017-2018 is 12 and that of maternal death is 66. The neonatal death during the same period is 7.

Within the Corporation area, five primary health centres, one urban primary health centre, five government ayurveda dispensaries, five government homeo dispensaries are there. District Ayurveda hospital at Thana and District Homeo hospital at South Bazar are within the Corporation area boundary. Also, twenty one private hospitals as well as sixty five private clinics are there.

Urban PHC Maidanappally, PHC Chelora, PHC Edakkad, PHC Elayavoor, PHC Pallikunnu and PHC Puzhathi are the primary health centres in the planning area.

Govt. Homeo Dispensary Thayyil, NHM Ayush PHC Kappad, Govt. Homeo Dispensary Edakkad, Govt.

Homeo Dispensary Elayavor and Govt. Homeo Dispensary Pallikkunnu are the five homeo dispensaries in the Municipal Corporation area.

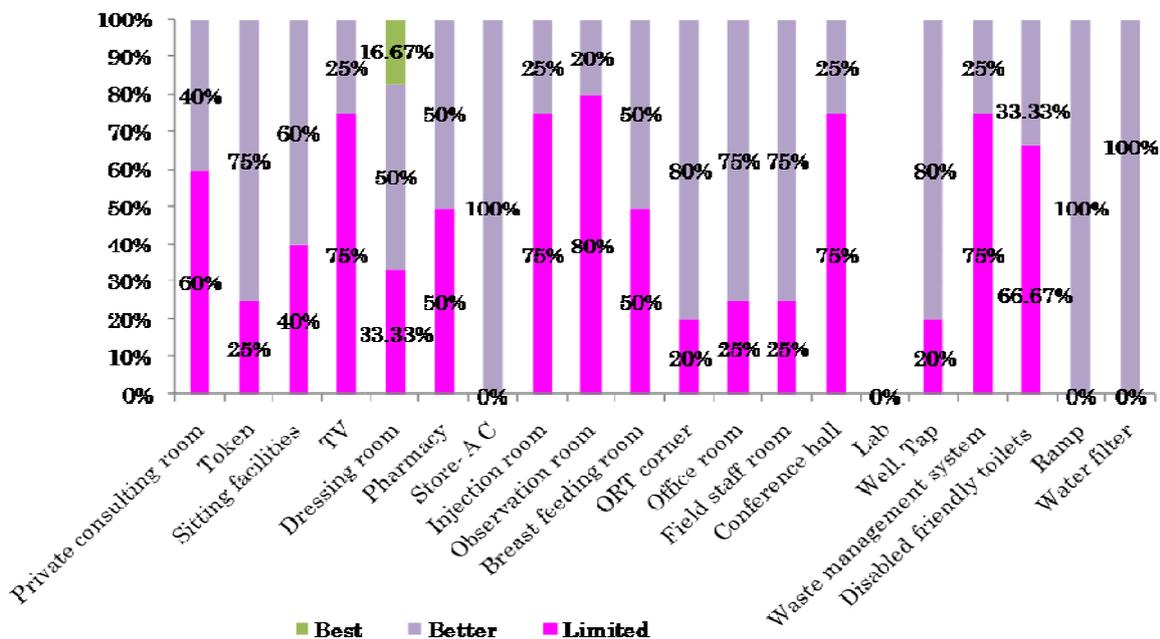
Analysis of existing scenario in health sector of Kannur Corporation includes the spatial distribution of various hospitals, the basic infrastructural facilities, primary health centres and private medical institutions.

It is estimated that more than 1.5 lakh people depend on the PHC's in the Corporation area every year. But the physical infrastructure of these PHCs is not up to the required limit and the details of their physical

infrastructure are shown in Figure.16.1. There is no Laboratory facility and the available facilities are just limited.

16.1.1 MAJOR HOSPITALS IN KANNUR CORPORATION AREA

The total number of health care institutions in the Municipal Corporation area is 131. Among these, 78 are allopathic and 29 are Ayurvedic. The numbers of homeo and siddha hospitals are 23 and 1 respectively. Kannur District Hospital is located in the Cantonment area. Kannur District Ayurveda Hospital is at Thana.



Source: Vikasana Report, 2017-2022

Figure.16.1 Details of Physical Infrastructure of PHC's in the Corporation area

There are many private medical institutions in the Corporation area. Some like AKG memorial co-operative hospital, Koyli Hospital, Dhanalaxmi Hospital, Speciality Hospital, Ashirvad Hospital, etc. are in the core of the Corporation. Aster MIMS and BMH

Gimcare are corporate hospitals in the Corporation area. There are several eye hospitals also in the Corporation area.

The spatial distribution of major hospitals in the Corporation area is shown in Figure.16.2.

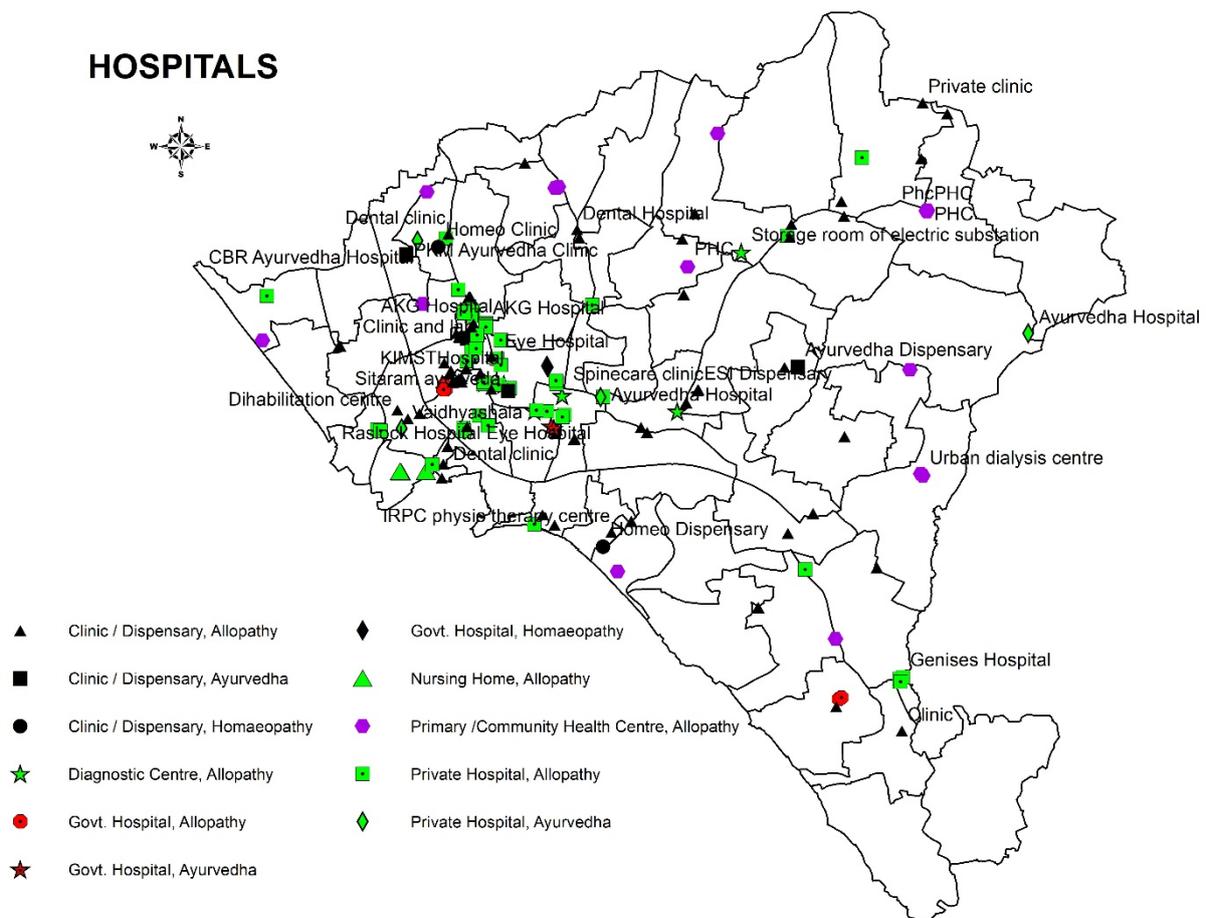


Figure.16.2 Details of Physical Infrastructure of PHC's in the Corporation area

Government Hospitals in the Corporation area

• District Hospital, Kannur

Kannur district hospital is located in the Cantonment area. Experienced doctors as well as good facilities

and modern medical equipments has transformed it into a super speciality hospital. There are 416 beds functioning and 616 are sanctioned to be opened. The number of doctors working there are 64. General

medicine, Surgery, Gynaecology, Paediatrics, Ophthalmology, PMR, Anaesthesia, ENT, Ortho Paediatrics, Dermatology, Psychology, Forensic, Radio diagnosis, Chest diseases, Blood bank facilities are there in the hospital. Recently a separate block for male patients has been inaugurated.



Kannur District Hospital

• **District Ayurveda Hospital, Thana**

The District Ayurveda hospital,

Thana is working with 6 doctors and 33 supporting staffs. There are 16 pay wards providing 100 beds. Facilities for all Ayurvedic treatments are there in the hospital.

• **District Homeo Hospital, South Bazar**

Government Homeo Hospital in South Bazar Road, Kannur is known for offering excellent patient care. The clinic is located centrally in South Bazar Road, a prominent locality in the city. There is no dearth of public modes of transport to reach the clinic from all major areas of the city. The hospital is having 3 doctors with 6 supporting staffs providing 25 beds.

• **Private Hospitals in Corporation**

The details of some important hospitals in Kannur Corporation are shown in Table.16.1.

Table.16.1 Details of various hospitals in Kannur Corporation area

| Sl. No. | Name of Hospital | Facilities | No. of doctors | No. of beds |
|------------------------------------|---------------------|---|----------------|-------------|
| <i>Allopathic Hospitals</i> | | | | |
| 1 | AKG Hospital | Hospitals with advanced diagnostic facilities like CT scan, EEG | 46 | 450 |
| 2 | Koyli Hospital | Hospitals with advanced diagnostic facilities like CT scan, EEG | 46 | 350 |
| 3 | Fathima Hospital | Hospital with single OT | 5 | 28 |
| 4 | Speciality Hospital | Hospitals with advanced diagnostic facilities like CT scan, EEG | 31 | 100 |

| | | | | |
|----|---------------------------------|---|----|-----|
| 5 | Dhanalakshmi Hospital | Hospitals with advanced diagnostic facilities like CT scan, EEG | 41 | 150 |
| 6 | KIMST Hospital | Hospital with single OT | 7 | 45 |
| 7 | Ashoka Hospital | Hospitals with more than one OT | 19 | 50 |
| 8 | JJS Kannur Medical Centre | Hospital with single OT | 3 | 21 |
| 9 | Mother and Child Hospital | Hospital with single OT | 8 | 40 |
| 10 | MadhavaraoScindia | Hospital with single OT | 6 | 13 |
| 11 | Ashirvad Hospital | Hospitals with more than one OT | 16 | 50 |
| 12 | ESI Hospital | OT, Lab, X-Ray | 16 | 50 |
| 13 | MAKS Satellite Medical Centre | Hospitals with 24 hours service | 5 | 18 |
| 14 | Sree Chand Speciality Hospital | Hospitals with advanced diagnostic facilities like CT scan, EEG | 30 | 300 |
| 15 | GIMCARE Hospital | Super speciality Hospital | 24 | 500 |
| 16 | SM Hospital | Hospitals with 24 hours service | 6 | 0 |
| 17 | Chaithanya Hospital | Hospitals with 24 hours service | 1 | 0 |
| 18 | Raslock Hospital | Hospitals with 24 hours service | 1 | 0 |
| 19 | Alukal Nursing Home | Hospitals with 24 hours service | 1 | 10 |
| 20 | West Coast Nursing Home | Hospital with single OT | 2 | 24 |
| 21 | Varam hospital | Hospitals with 24 hours service | 1 | 8 |
| 22 | Al Noor Medicare | Hospitals with 24 hours service | 1 | 13 |
| 23 | Al - Salama Eye Hospital | Clinics only OP | 7 | 0 |
| 24 | Malabar Eye Clinic | Clinics only OP | 2 | 0 |
| 25 | Jyothis Eye Care Hospital | Clinics only OP | 14 | 0 |
| 26 | I Trust Eye Care | Clinics only OP | 3 | 0 |
| 27 | Vasan Eye Care Hospital | Clinics only OP | 3 | 0 |
| 28 | Vasan Dental Hospital | Clinics only OP | 5 | 0 |
| 29 | Dr.Shenoy's Dental Care | Clinics only OP | 14 | 0 |
| 30 | New Madhavi Dental Care | Clinics only OP | 3 | 0 |
| 31 | Kumars Dental Speciality Centre | Clinics only OP | 3 | 0 |
| 32 | Dente dental clinic | Clinics only OP | 4 | 0 |

| | | | | |
|----------------------------------|--|--|---|----|
| 33 | Katookkaren Dental Clinic | Clinics only OP | 3 | 0 |
| 34 | Dr. Naveen's Dental Care | Clinics only OP | 9 | 0 |
| 35 | Pearl Dent | Clinics only OP | 7 | 0 |
| 36 | Denta Care and Dental Speciality Centre | Clinics only OP | 3 | 0 |
| 37 | Royal Multy Speciality Dental Clinic | Clinics only OP | 3 | 0 |
| 38 | Oral Care | Clinics only OP | 4 | 0 |
| <i>Ayurveda Hospitals</i> | | | | |
| 1 | Amrutham Aryavidya Pharmacy | Panchakarma, Steam bath, Shirodhara unit, Dharapathi, ARC | 3 | 10 |
| 2 | Aphasree Ayurvedha Hospital | Marma, Panch Karma, Life Style Disease, Steam bath etc. | 2 | 12 |
| 3 | Vydhya's Ayurvedha Hospital | Pancha karma, Steam Bath, SthreeRoga, Vasthi etc. | 2 | 4 |
| 4 | P K Krishnan Vaidyar Ayurvedic Clinic | Ayurveda Treatment | 2 | 0 |
| 5 | Swastic Ayurvedic Dental Clinic | SthreeRoga, Life Style Disease, Marma, Sauna Bath, Panchakarma theatre, Steam bath apparatus, Sirodhara Unit, Dharapathi, Sitz Bath Unit, Ksheeradhooma apparatus, Vasthi etc. | 4 | 0 |
| 6 | Herbal Heritage Care | Infertility Treatment | 2 | 0 |
| 7 | KVM Ayurvedic Hospital | Marma, Panchakarma, sthreeRoga, life style disease, pharmacologist, panchakarma theatre, Stame bath apparatus, siroddhara unit, dharavathi, ksheeradoomam apparatus, Vasthi etc. | 3 | 0 |
| 8 | Sreedhareeyam | Salakya | 1 | 0 |
| 9 | Arogya Sahakarana Ayurveda Hospital | Panchakarma | 3 | 0 |
| 10 | Tapasya Ayurveda clinic | Panchakarma, Steam bath, Shirodhara unit, Dharapathi, Vasthi etc. | 2 | 0 |
| 11 | Smrithi Ayurvedha Hospital And Research Centre | Marma, Sthree Roga, Panchakarma etc. | 2 | 0 |

| <i>Homeopathic Hospitals</i> | | | | |
|------------------------------|---|--|---|---|
| 1 | Reinsi Homeo Clinic | Homoeo Treatment | 2 | 0 |
| 2 | Apple Homeopathy | Physiotherapy | 3 | 0 |
| 3 | Adithya Institute of Homoeopathic Medical Science | Homoeo Treatment | 4 | 0 |
| 4 | Madhava Homeo Clinic | Homoeo Treatment | 2 | 0 |
| <i>Siddha Hospitals</i> | | | | |
| 1 | Vaidhyasramam Panchakarma Chikitsalayam | Marma, Sthree Roga, Life Style Disease | 1 | 0 |

16.2 HEALTH ISSUES IN THE CORPORATION AREA

16.2.1 EPIDEMICS

Major epidemics in the Municipal Corporation area for the last five years are shown in Table.16.2. From the table, it is clear that the presence of waterborne diseases like Diarrhoea, Jaundice and Typhoid in the planning area shows the unavailability of safe drinking water in hotels as well as institutions. For drinking purpose, most of the people in the Corporation area depend on private wells and KWA pipe connections. There are so many families facing drinking water issues. So the provision of safe drinking water will be a solution to eradicate such waterborne diseases. Mosquito borne diseases like malaria and dengue fever are reported every year

which shows the lack of hygienic conditions in the planning area

Also, the presence of Leptospirosis reveals that the presence of rodents is increasing in the Corporation area due to the lack of proper waste management systems.

16.2.2 LIFE STYLE DISEASES

The details of life style diseases for the last five years in the Corporation area are shown in Table.16.3 which indicate that, the rampant modernisation and urbanisation, drastic lifestyle changes, alcohol and tobacco abuse, affinity for white-collar jobs, unhealthy eating patterns, low priority for physical exercise leading to obesity and high levels of stress, are mainly the reason for the rise of such diseases like cardiac diseases, hypertension, diabetes, cancer etc.

Table.16.2 Major Epidemics in the Corporation area for the last five years

| Disease Name | 2011 | 2012 | 2013 | 2014 | 2015 |
|---------------|------|------|------|------|------|
| Dengue fever | 18 | 36 | 60 | 31 | 55 |
| Chikungunya | 62 | 0 | 0 | 0 | 1 |
| Malaria | 8 | 15 | 21 | 20 | 9 |
| Jaundice | 10 | 37 | 100 | 10 | 14 |
| Typhoid | 4 | 10 | 7 | 28 | 4 |
| Diarrhoea | 297 | 319 | 339 | 418 | 386 |
| Measles | 2 | 1 | 3 | 10 | 29 |
| Chickenpox | 55 | 63 | 65 | 88 | 85 |
| Scabies | 62 | 55 | 50 | 59 | 60 |
| Mumps | 19 | 15 | 21 | 19 | 25 |
| Leptospirosis | 8 | 9 | 9 | 9 | 7 |

Source: Vikasana Report, 2017-2022

The increased number of cancer diseases is also seen in the planning area. Cancer can be reduced if the diagnose and treatment are done in time. At the primary stage the cost of treatments are comparatively less. Also, it is necessary to consider thyroid related issues which are also increasing in the Corporation area.

Life expectancy is the average number of years a person is expected to live. It varies across regions, time periods and age groups. If the number of people of age group 60 is increasing, the life expectancy is increasing proportionally.

Table.16.3 Life style diseases for the last five years in the Corporation area

| Name of disease | 2011 | 2012 | 2013 | 2014 | 2015 |
|-----------------|------|------|------|------|------|
| Cardiac disease | 254 | 252 | 256 | 278 | 551 |
| Stroke | 167 | 167 | 186 | 272 | 161 |
| Cancer | 116 | 100 | 111 | 112 | 145 |
| COPD | 260 | 285 | 282 | 419 | 595 |
| Asthma | 308 | 332 | 306 | 325 | 335 |
| Hyper tension | 5142 | 5243 | 5627 | 5707 | 8566 |

| | | | | | |
|-----------------|------|------|-------|-------|-------|
| Diabetes | 4663 | 4610 | 4794 | 4915 | 7226 |
| Kidney failure | 38 | 35 | 36 | 37 | 40 |
| Liver cirrhosis | 9 | 9 | 14 | 10 | 14 |
| IDD | 22 | 26 | 31 | 24 | 21 |
| Mental disease | 10 | 14 | 12 | 15 | 16 |
| Others | 9854 | 9932 | 10370 | 10578 | 10687 |

Source: Vikasana Report, 2017-2022

In the Municipal Corporation area, about 16% of the total population are coming under this age group. Also, as the general trend, percentage of females in one age group of 50 and above is more than that of the male population.

In the Corporation area, about more than 2000 migrant labourers are there and most of them are working in hotels and factories. In most of the places, they are facing difficulties in basic needs. Malaria, filariasis, leprosy, tuberculosis etc. are commonly seen in these people and therefore the registration as well as the healthcare of these groups should be done regularly.

Patients, those registered under “SANTHVANA” scheme, require home care, physiotherapy etc. But there is a lack of sufficient number of physiotherapists.

16.2.3 COVID-19

During the first wave of COVID-19 infections, Kerala successfully managed to contain the pandemic. As a result, the Kerala model of

managing the COVID-19 pandemic was celebrated as a success story across the globe. But Kerala failed to control the spread during second wave of COVID-19 infections. While rest of India recovered from the second wave, Kerala struggled to bring the pandemic under control. The table 16.4 shows the number of COVID-19 cases and deaths that occurred under Kannur Corporation Area.

Table.16.4 COVID-19 Cases and Death in Kannur Corporation area

| | 2020 | 2021 | 2022 (till 31-05-2022) |
|----------------|------|-------|------------------------|
| Covid-19 cases | 3475 | 22850 | 10072 |
| Covid-19 death | 62 | 416 | 56 |

Source: DMO Kannur

16.3 POTENTIALS AND PROBLEMS

In the Municipal Corporation area, there are 131 health care institutions. Among these, 78 are allopathic and 29 Ayurvedic. The numbers of homeo and siddha hospitals are 23 and 1 respectively. Apart from these,

Kannur District Hospital has been upgraded to a super speciality hospital with specialist doctors, modern equipments and infrastructure. The Corporation area has five primary health centres, one urban primary health centre, five government ayurveda dispensaries, and five government homeo dispensaries.

There are schemes like Pradhana Manthri Mathru Vandana Yojana (PMMVY), ICDS (Integrated Child Development Services) etc. for improving nutritional and health status of children in the age group of 0-6 years and pregnant women and lactating mothers through Anganwadis. Apart from these, cash incentives are transferred to them. But as per Vikasana Report 2017-2022, the total number of child death during 2017-2018 is 12 and that of maternal death is 66. The neonatal death during the same period is 7. The statistics shows that some part of the Corporation area faces lack of sufficient healthcare facilities. Thus it should be ensured that the facilities are provided to all areas.

Healthcare industry in Kannur District stands for rapid changes in all respect so as to offer high calibre quality services with utmost dedication to the people. Even though there are several private hospitals, several reputed paramedical establishments like pathological laboratories, scanning centres etc. availability within or just outside the

Corporation limits; they are not affordable to the economically weaker section of the society.

The regular maintenance of the hospital buildings is another problem that requires attention. The existing HQ hospital can be developed by enhancing the health care amenities and the number of beds. Government dispensaries, PHC's are facing issues like lack of sufficient medicines, drinking water, laboratories, waste management systems, electric connections, compound walls, cold storage etc.

There is only one super speciality hospital in the Corporation area, GIMCARE hospital at Chala. The Aster MIMS hospital at Chala which is located in Chembilode Panchayat is very close to the Corporation boundary. Apart from these two private super speciality hospitals which are within or just outside the planning area, are not easily accessible for low income groups. So the District Hospital should be further developed with all modern facilities. At present, the patients normally choose to go to super speciality hospitals in the nearby districts or Mangalore in Karnataka.

The two medical colleges in the district, one at Pariyaram and the other at Anjarakkandy, are located 30 to 20 km respectively away from the planning area. The presence of waterborne diseases like Diarrhoea,

Jaundice and Typhoid in the Corporation area shows the unavailability safe drinking water in hotels as well as institutions.

Longevity and changes in life style in the city have contributed to the growth of chronic and degenerative diseases also referred to as non-communicable diseases. These include diseases such as heart disease, stroke, high blood pressure, cancer and diabetes. Hyper tension is another major issue which leads to heart attacks, stroke and kidney failure. It is a lifelong disease and needs careful and sensible management throughout life. For that, open gyms can be proposed to develop a healthy future.

Alcohol related diseases are growing as ever. Domestic violence is also on the increase due to high alcohol consumption. Chronic alcohol use can lead to adverse immunological consequences resulting in poor response to medication and high mortality.

Kerala's surveillance and control measures against the diseases like NIPAH and COVID-19 at state level, district level and local self-government Institution level are achievements in health sector. In the upcoming years, the need for rehabilitation centres is very important for providing isolation facilities.

16.4 INFERENCE

The vision of Kerala health department is to develop the state with quality health care, affordable and acceptable to all and its mission is prevention, control and management of communicable, non-communicable and life style diseases, disaster management, healthy pollution free environment, nurturing a mind-set among the public to identify health needs and utilize health services by implementing various national health programmes. The strategy is by adopting primary health care approach based on the principles of equity, inter - sectoral co-ordination and community participation.

The basic infrastructure of the government dispensaries and PHCs are not up to the needs and they should be improved in the Corporation area. Kannur district hospital is located in the Cantonment area, which is very close to the planning area boundary. It can be developed by enhancing the health care amenities and the number of beds.

The insufficiency and inefficiency in health care available at government hospitals and clinics encourage the booming of private hospitals. As the people belonging to economically weaker section of the society cannot afford to have medical care from private hospitals, the infrastructural and service conditions of government hospitals have to be improved. The

only one super speciality hospital in the Corporation area is under private ownership. Hence it is necessary to develop the District Hospital with more infrastructures, Specialist doctors, so that good free medical care is given to the low income groups of the planning area.

The child death, maternal death and neonatal death during 2017-2018 show shows that some part of the Corporation area faces lack of sufficient healthcare facilities or lack of nutritious food. Thus it should be ensure that the facilities are provided to all categories of people.

The presence of waterborne diseases like Diarrhoea, Jaundice and Typhoid in the Corporation shows the unavailability safe drinking water in hotels as well as institutions. Since most of the people in the planning area depend on private wells and KWA pipe connections for drinking purpose, the provision of safe drinking water will be a solution to eradicate such waterborne diseases. The spreading of communicable diseases is the result of

lack of clean environment. Hence city sanitation is an important fact in enhancing the health sector of the town.

As life style diseases are increasing in the Corporation area, new interventions are required to create awareness in the people about the causes and prevention of life style diseases. Also, it is necessary to frame new schemes for providing facilities for physical exercise. Open gyms will cater to the needs of even common people .

Cancer is another major disease that affects all sections of human population. So apart from Govt. Medical College Kannur and Malabar Cancer Research Centre at Thalassery, there is a scope is necessary for a cancer research centre in the Corporation area.

Establishment of new rehabilitation centres will be more useful in the future to provide isolation facilities to fight against Pandemics like NIPAH, COVID-19 etc.