E Learning Platform
for Training of Medical Officers on Adolescent Friendly Health Services

GET STARTED

Facilitator's Guide
For Training of Medical officers on Adolescent Friendly Health Services

E-Learning Platform

Training of Medical Officers
Adolescent Friendly Health Services in Himachal Pradesh

Rashtriya Kishor Swasthya Karyakram

Rashtriya Kishor Swasthya Karyakram (RKSK) was initiated in India in 2014 with the aim of reaching adolescents to address their health needs. In 2020, under the Ayushman Bharat scheme, the School Health and Wellness Programme (SHWP) was put in place across the state. The RKSK strategy has three broad approaches viz. Facility based, School based and Community based. The strategy offers quality treatment and counselling for health conditions through the Adolescent Friendly Health Clinics (AFHCs) that provide clinical and counselling services.

The Medical Officers positioned at the Adolescent Friendly Health Clinics (*Nayi Disha Kendras* - 109) provide quality health services to 12,79,685 adolescents in Himachal Pradesh, with around 90% of this population residing in rural and hard to reach areas (Census 2011).

It is critical that the Medical Officers are regularly trained and updated on information about management of adolescent health issues like nutrition and anaemia, prevention of non-communicable diseases, mental health, sexual and reproductive health, prevention and management of substance misuse, prevention and redressal of injuries and violence, promotion of safe use of internet, gadgets and social media and health and climate change.

About E-Learning platform

The e-learning training platform has been developed by the National Health Mission, Himachal Pradesh in collaboration with Mamta-HIMC and Pathfinder International. The initiative has been implemented under the Technical Assistance Mechanism supported by the HRP department of the World Health Organization, Geneva. The COVID-19 pandemic and and the growing access to virtual communication strengthened proposals to develop this digital platform training initiative. Furthermore, some of the emerging topics such as climate change and adolescent health have been incorporated. The platform aims to increase the Medical Officers' knowledge of adolescent-friendly practices and services and enhance their skills through this on-job training portal.

The training platform has been designed by using cutting-edge technology to provide learning content that is adaptive and user-friendly within digital learning environment. The duration of the course is for maximum three months, followed by certification of the Medical Officers. They have been pivotal contributors in this initiative. Their expertise & experience has been leveraged to design and fine-tune this training platform.

Pedagogy

This training portal is self-paced and based on adult learning principles. The Medical Officers Training Module of Government of India has been adapted into videos and other interactive features through quizzes and pols, case studies, etc. The participants are required to watch the videos and participate in activities for the modules to proceed further. Participants can interact with mentors through an inbuilt feature of "Ask a mentor". Discussion through 'meeting scheduler' can be organized for cross-learning and resolving any

A significant portion of the approved Adolescent Health budget is allocated for trainings under NHM

32.4% (Rs 188.8 lakhs) in FY 2024-'25

40.2% (Rs 274.5 lakhs) in FY 2025-'26

Source: https://nhm.gov.in/New-Update-2024-26/ROP-2024-26/HP-ROP-2024-26.zip

issues that may challenge the implementers of RKSK in any district.

E-Learning user dashboard

The users are provided with the facility to view their progress and performance on the user dashboard.

The administration dashboard has been developed and designed to monitor the progress at state level and organize notifications to engage with the participants and enhance their progress on the training portal.

Assessment and certification

The system provides for a continuous assessment through pre-post scores attached to all ten modules in the course. A minimum of 60 percent achievement in the post-tests is required for successful completion of the course.

A "Quick Check" questionnaire will need to be completed by the Medical Officers in order to generate the certification, which is awarded by the Government of Himachal Pradesh.

Data privacy and security

Servers for supporting the data are hosted in the secure cloud and have redundancy with virtualization according to Digital Personal Data Protection Act, 2023.

Hosted network is protected behind firewalls and protected by gateway antivirus and is regularly monitored. Server data is backed up regularly, to avoid any data loss.

Course Modules

1. Rashtriya Kishor Swasthya Karyakram
2. Adolescent Friendly Health Approach: Qualities and Skills
3. Nutrition and Anaemia in Adolescents
4. Promoting Healthy Lifestyles - Prevention of Non-Communicable Diseases (NCDs) amongst Adolescents
5. Adolescent mental health
6. Sexual and Reproductive Health during Adolescence
7. Prevention and Management of Substance Misuse
8. Prevention and Redressal of Injuries and Violence amongst Adolescents
9. Promotion of Safe Use of Internet, Gadgets, and social media
10. Adolescent health and climate change

Journey of E-Learning platform

Phase 1: Conceptualization and architecture development

Phase I of the e-learning platform development commenced in December 2022 with a strong emphasis on collaborative design. A co-design workshop brought together key stakeholders from the state government and partner organizations. This collaborative setting facilitated decisions regarding the platform's scope, architecture, and design approach. The overarching goal was to create an interactive and immersive learning experience tailored to the specific needs of the target audience. To ensure user-centricity, a pilot version of the platform, comprising 20% of the planned

"The rationale of the E-Learning platform is to engage Medical Officers in continuous learning and keep-up with evolving guidelines, especially in those operating in hard-to-reach areas."

Dr. Anjali Chauhan
State Programme Officer, National Health Mission, Himachal Pradesh

content, was developed and subsequently reviewed by Medical Officers (nominated by state government). This feedback allowed for valuable insights into user engagement and overall user experience, informing necessary refinements and ensuring the platform's alignment with real-world user needs.

Phase 2: Development of Alpha version

Phase II of the e-learning platform was launched in October 2023. This phase focused on the full-scale development of the platform, incorporating the invaluable feedback gathered from Medical Officers during the initial pilot phase. An Alpha version, encompassing the platform's complete functionality and content, was developed and subsequently shared with a new cohort of Medical Officers for rigorous testing and validation. Their insights proved instrumental in finalizing the user experience, paving the way for its finalization and rollout.

Phase 3: Development of Beta version and orientation of Medical Officers

Based on the Phase I and Phase II iterations, the final version of the platform was approved by the state government in April 2024 and taken into implementation. Orientation of Medical Officers to demonstrate the platform functionality and features have been rolled-out in different districts in Himachal Pradesh. These trainings equipped Medical Officers to effectively navigate the platform's features, access its rich learning content, and cascade their knowledge to other healthcare workers within their respective districts.

Number of medical officers oriented on e-Learning platform across Himachal Pradesh

Phase 4: Proposed expansion and scale-out

A crucial aspect of Phase 4 will be an evaluation to assess the e-learning platform's impact on both individual learners' knowledge and competencies and overall service delivery. The findings will lead to further iterations. In addition, Mamta-HIMC will continue to work towards integrating the platform into state government's broader technology ecosystem.

Scan the QR code to visit e-learning portal

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