



BENEFIT PACKAGE

Explanation of the benefit package for the National Scheme

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1. BACKGROUND

The majority of Kenyans cannot access quality health care services due to high cost of the services. It has become apparent that, although health is a basic human right as enshrined in the 2010 Kenya constitution, only the financially able individuals can access good health care.

It is important to note that for whatever reasons, ignoring health problems of any nation can lead to needless suffering economically, socially and physically. The net effect of this neglect would be devastating complications an individual's well being with financial and social costs that significantly reduce quality of life. Consequently this phenomenon produces an economically weak nation.

The National Hospital Insurance Fund (NHIF) is the primary provider of health insurance in Kenya, with a mandate to enable all Kenyans to access quality and affordable health services

NHIF is positioning itself as a key player in the attainment of universal healthcare in the country. Kenya Health Sector Strategic and Investment Plan (KHSSP) for July 2014-June 2017 defined the scope of health and related services that the sector intends to focus on and thereby ensure universal coverage.

SITUATION ANALYSIS

The National Health Insurance Fund cover has historically attracted some scepticism from both our partners in service delivery, the health care providers and our members. This has been due to lack of understanding of the Benefit Package which is a critical and key component in the implementation of the Universal Health Cover.

The main challenge has been to define the benefit package in such a manner that staff can understand what they are selling; our members can understand what they are entitled to & the healthcare providers can understand what services they are to offer to our members.

Historically, the Fund's provider payments have been based on rebates. With enhanced cover for outpatient and subsequent introduction of Capitation payment methodology for outpatient services, a need has arisen for the development of a benefit package(s). The benefit package should be developed in a manner that allows the client to access healthcare in the most seamless manner.

NHIF is the vehicle that the government will use in rolling out universal healthcare in the country. This benefit package presented below borrows heavily from the proposed for

the NSHIF in 2004. It includes key aspects of the Kenya Essential health Package as stated in the Kenya Health Sector Strategic and Investment Plan (KHSSP) for July 2014-June 2017.

DEFINITION

Benefits package is the total of health services that a member is entitled to for the premium paid to the Fund. In a national social health insurance scheme, the package must satisfy three important conditions.

- i. The services provided under the package must be of professionally acceptable standards that can promote and sustain good health.
- ii. The cost of the package must enable services to be available to all enrolled members, without making the Fund financially unsustainable.
- iii. It is envisaged the package will be delivered in a culturally acceptable manner to enrolled Kenyans and other residents.

To recognize the diversity of NHIF membership, it is likely that members with high incomes may require services that are more expensive than those covered by this benefits package. The structure of the package shall allow such members to supplement this package by either private insurance or direct co-payment.

The NHIF benefit package is modelled along the Kenya Essential healthcare Package. An Essential Package of Health Services (EPHS) can be defined as the package of services that the Government is providing or is aspiring to provide to its citizens in an equitable manner. Kenya has therefore developed a set of services to be provided to its citizens. The Fund provides key financial coverage aspect for the essential package to its members throughout the network of accredited facilities.

COMPONENTS OF THE PACKAGE

It is proposed that the benefit package bears both curative and preventive elements, and includes both outpatient and inpatient services comprising of: -

- i. Consultation
- ii. Laboratory investigations
- iii. Drugs administration and dispensing
- iv. Dental Healthcare Services
- v. Radiological Examinations
- vi. Nursing and Midwifery Services

- vii. Surgical Services
- viii. Radiotherapy
- ix. Physiotherapy Services

These services shall translate to the following benefits under the prescribed level of the facility:-

- i. Medical consultation with a Doctor, Clinical Officer or Nurse
- ii. Specialist care in hospitals and similar institutions for in-patient and out- patient (ambulatory) care;
- iii. Drugs and essential medical supplies;
- iv. Hospitalization (in-patient care) when needed;
- v. Dental care;
- vi. Referral where necessary;
- vii. Any other benefits as may be reviewed and approved by the NHIF Board

Tertiary care such as specialized surgery, chronic diseases management intensive care, and cancer therapy may be covered once a program for the same is put in place.

2. PROTOCOLS AND STANDARDS OF CARE

Basis of care

The NHIF will endeavour is to provide affordable quality healthcare to all members. The benefit package described herein takes this into great consideration. However, to reinforce this and to ensure uniform application and utilization of these services, it is important for all the providers to adopt and implement national treatment protocols including availing the necessary drugs as per the *Kenya Essential Drug List of 2010*, standards, and *Clinical Guidelines for Management and Referral of Common Illnesses Level 2-6 (2009)* and pathways based on sound scientific principles and use of local data. This approach is critical in guiding providers to provide and sustain quality care.

The Fund will continue to engage accredited facilities on quality management issues.

Care Delivery

It is essential to note that this list of benefits package will be subject to periodic review and updates. At present it is proposed that the content be reviewed every three years to provide the opportunity to include new ideas, experiences, and technical development.

The Fund will try to enforce preventive care which will be important in discharge plans and continuity of care outside the hospital. Such services are not only critical in reducing length of hospital stay, availing bed spaces for other needy persons, and contributing to reduction of waiting time, but also in cost- containment. Although challenging this must be undertaken to facilitate success of the entire healthcare delivery process.

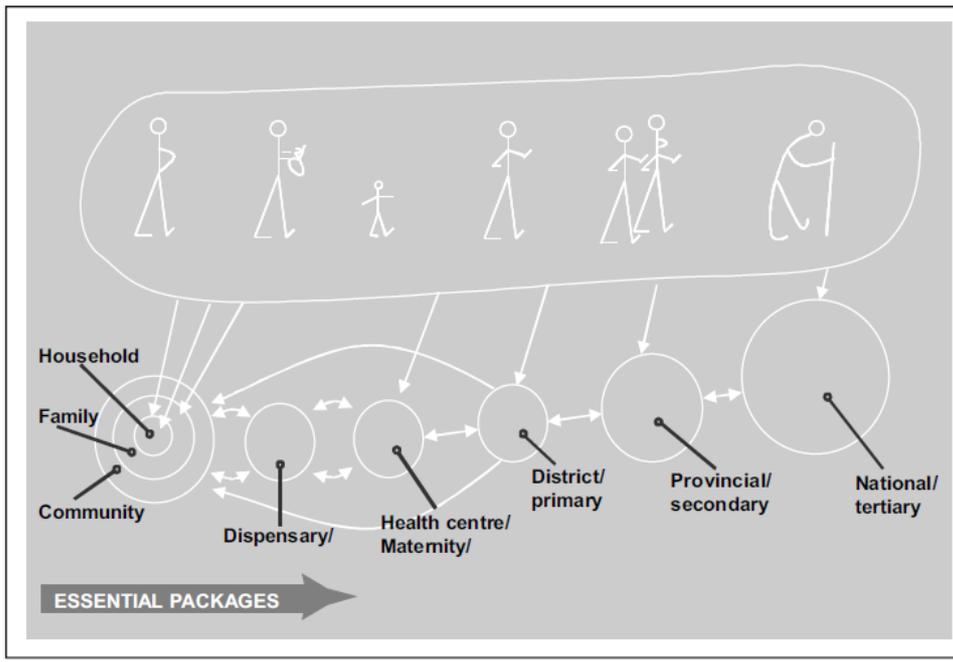
ACCESS OF CARE

This package will be purchased by NHIF for its members from any health provider institution at a pre-determined cost, so long as the institution is registered and appropriately classified, regardless of the ownership of the institution.

Since the proposed NHIF benefit package is to be accessed uniformly by all members, it follows that it must be available to members everywhere within the republic as accredited by NHIF.

The Ministry of Health in Kenya has laid out a clear vision for delivery of the KEPH through the Kenya Health Policy, in which health and related services will be available to all Kenyans through four tiers of care: Community, Primary Care, County Services, and National Services as modelled in the diagram below.

Figure B: The KEPH system



It is intended that the costing of the benefit package will encourage utilization of health facilities for provision of services without heavy deterring co-payment or supplementary private insurance cover. However, it is expected that the NHIF benefit package will enable accredited health facilities to improve the level of care that is acceptable to members of the Fund and develop the capacity to compete freely. This competition will be critical to the success of the Fund in as far as it will provide the members with the opportunity to choose providers.

The critical problem is that providing primary care at high level hospitals represents a waste of resources. The treatment cost per illness is much higher than it could have been at a health center, with some estimates that hospital treatment is 10 to 25 times higher.

REFERRAL GUIDELINES

A referral system is defined as a mechanism to enable a members' health needs be comprehensively managed using resources beyond those available where they access care. It is based on the premise that while capacity for health service delivery has to be rationalized around different levels of care, the services received by clients should not be determined only by the services available where they access care, but rather by the full scope of the benefit package.

Every facility will be contracted for a certain level of benefits. Any condition not covered under whichever level should be referred to where it can be provided without unnecessarily keeping the patient.

MONITORING AND EVALUATION

Benefit utilisation review will be important in surmounting any upcoming challenges and should be done on a continuous basis.

It will be important to carry out Customer/patient satisfaction indices and level of awareness with the aim of closing the monitoring and evaluation loop by communicating back to the members and other stakeholders

3. ANNEX I- BASIC CARE STANDARD BENEFIT PACKAGE (OUTPATIENT)

This is the minimal services that may be provided to a member that may seek services at any of the NHIF accredited and contracted facility. A paid up member will receive this services on their visit.

Consultation

- General outpatient consultation will be provided for by the staff below
 - i. Medical Officer
 - ii. Dental Officer
 - iii. Nurse/Midwife
 - iv. Clinical Officer
 - v. Community Oral Health Officer

Laboratory Tests and investigations

- i. Haematology (*Hb, RBC/WBC counts, hematocrit, peripheral film*)
- ii. Differential white cell count
- iii. Peripheral Blood Film
- iv. Sickle Cell Test
- v. ABO & Rh Grouping
- vi. Syphilis Screening
- vii. Gram Stain
- viii. Ziel Nielsen Stain
- ix. Potassium Hydroxide Preps
- x. Wet preparation
- xi. Urinalysis
- xii. HIV Test
- xiii. Pregnancy Test
- xiv. Widal Test
- xv. Stool for o/c
- xvi. Blood Slide/ thick film for Malaria Parasite
- xvii. Cervical Smears -cytology

- xviii. Urine Microscopy (deposit)
- xix. Blood Glucose
- xx. Blood Transfusion Collection, Screening and Storage Compatibility Test and Blood Unit
- xxi. Bleeding and coagulation time
- xxii. Parasitological (RDT)

1. DRUGS ADMINISTRATION AND DISPENSING

This will be provided as per the needed care during the visit inpatient or outpatient visit as per the accreditation status of the facility. The drugs at minimum will be the ones stipulated under the *Kenya Essential Drug List of 2010* and also referenced to the *19th WHO Model List of Essential Medicines (April 2015)*

At Minimum it includes the following:-

3. ANAESTHETICS

3.1 General anaesthetics and oxygen

3.1.1 Inhalational medicines

- Oxygen Inhalation (medicinal gas).
- Halothane Inhalation.
- isoflurane Inhalation.
- Nitrous oxide Inhalation.

3.1.2 Injectable medicines

- ketamine Injection: 50 mg (as hydrochloride)/ mL in 10- mL vial.

3.2 Local anaesthetics

- Bupivacaine Injection: 0.25%; 0.5% (hydrochloride) in vial. Injection for spinal anaesthesia: 0.5% (hydrochloride) in 4- mL ampoule to be mixed with 7.5% glucose solution.
- Lidocaine Injection: 1%; 2% (hydrochloride) in vial. Injection for spinal anaesthesia: 5% (hydrochloride) in 2- mL ampoule to be mixed with 7.5% glucose solution. Topical forms: 2% to 4% (hydrochloride).
- lidocaine + epinephrine (adrenaline) Dental cartridge: 2% (hydrochloride) + epinephrine 1:80 000. Injection: 1%; 2% (hydrochloride or sulfate) + epinephrine 1:200 000 in vial.

3.3 Preoperative medication and sedation for short-term procedures

- Atropine Injection: 1 mg (sulfate) in 1- ml ampoule.
- Midazolam Injection: 1 mg/ ml. Oral liquid: 2 mg/ ml Tablet: 7.5 mg; 15 mg.
- Morphine Injection: 10 mg (sulfate or hydrochloride) in 1- ml ampoule.

4. MEDICINES FOR PAIN

4.1 Non-opioids and non-steroidal anti-inflammatory medicines (NSAIDs)

- acetylsalicylic acid Suppository: 50 mg to 150 mg. Tablet: 100 mg to 500 mg.
- ibuprofen Oral liquid: 200 mg/5 mL. Tablet: 200 mg; 400 mg; 600 mg.

- Paracetamol **Oral liquid:** 125 mg/5 mL. **Suppository:** 100 mg. **Tablet:** 100 mg to 500 mg.

4.2 Opioid analgesics

- codeine **Tablet:** 30 mg (phosphate).
- Morphine **Granules (slow-release; to mix with water):** 20 mg -200 mg (morphine sulfate). **Injection:** 10 mg (morphine hydrochloride or morphine sulfate) in 1- mL ampoule. **Oral liquid:** 10 mg (morphine hydrochloride or morphine sulfate)/5 mL. **Tablet (slow release):** 10 mg-200mg (morphine hydrochloride or morphine sulfate). **Tablet (immediate release):** 10 mg (morphine sulfate).

5 ANTIBACTERIAL

- Amoxicillin Powder for **Oral liquid:** 125 mg (as trihydrate)/5ml; 250 mg (as trihydrate)/5 ml **Solid oral dosage form:** 250 mg; 500 mg (as trihydrate).
- Amoxicillin + clavulanic acid, **Oral liquid:** 125 mg amoxicillin + 31.25 mg clavulanic acid/5 ml AND 250 mg amoxicillin + **Tablet:** 500 mg (as trihydrate) + 125 mg (as potassium salt).
- Ampicillin **Powder for Injection:** 500 mg; 1 g (as sodium salt) in vial.
- Benzylpenicillin **Powder for Injection:** 600 mg (= 1 million IU); 3 g (= 5 million IU) (sodium or potassium salt) in vial.
- Benzathine benzylpenicillin **Powder for Injection:** 900 mg
- Benzylpenicillin (= 1.2 million IU) in 5- ml vial ; 1.44 g
- Benzylpenicillin (= 2.4 million IU) in 5- ml vial.
- Ceftriaxone a **Powder for Injection:** 250 mg; 1 g (as sodium salt) in vial.
- Cefixime **Capsule:**400 mg (as trihydrate).
- Chloramphenicol **Capsule:**250 mg. Oily suspension for **Injection:** 0.5 g (as sodium succinate)/ ml in 2- ml ampoule. **Oral liquid:** 150 mg (as palmitate)/5 ml. **Powder for Injection:** 1 g (sodium succinate) in vial.
- Ciprofloxacin **Oral liquid:** 250 mg/5 ml (anhydrous). Solution for IV infusion: 2 mg/ml (as hyclate) . **Tablet:** 250 mg (as hydrochloride).
- Doxycycline a **Oral liquid:** 25 mg/5 ml ; 50 mg/5 ml (anhydrous) . **Solid oral dosage form:** 50 mg ; 100 mg (as hyclate).
- Erythromycin **Powder for Injection:** 500 mg (as lactobionate) in vial. Powder for **Oral liquid:** 125 mg/5 ml (as stearate or estolate or ethyl succinate). **Solid oral dosage form:** 250 mg (as stearate or estolate or ethyl succinate).
- Gentamicin **Injection:** 10 mg; 40 mg (as sulfate)/ ml in 2- ml vial.
- Nitrofurantoin **Oral liquid:** 25 mg/5 ml . **Tablet:** 100 mg.

6 ANTIALLERGICS AND MEDICINES USED IN ANAPHYLAXIS

- Dexamethasone, **Injection:** 4 mg/ mL in 1- mL ampoule (as disodium phosphate salt).
- epinephrine (adrenaline) **Injection:** 1 mg (as hydrochloride or hydrogen tartrate) in 1- mL ampoule.
- Hydrocortisone **Powder for Injection:** 100 mg (as sodium succinate) in vial.
- loratadine **Oral liquid:** 1 mg/ mL. **Tablet:** 10 mg.
- Prednisolone **Oral liquid:** 5 mg/ mL . **Tablet:** 5 mg; 25 mg.
- Salbutamol Respirator solution for nebuliser use 5mg/ml (as sulphate)

7 . ANTIDOTES AND OTHER SUBSTANCES USED IN POISONINGS

Non-specific ,

- charcoal, activated Powder.

Specific

- Ethanol, 40% (Vodka)
- Acetylcysteine **Injection:** 200 mg/ mL in 10- mL ampoule. **Oral liquid:** 10% ; 20% .
- atropine **Injection:** 1 mg (sulfate) in 1- mL ampoule.
- calcium gluconate **Injection:** 100 mg/ mL in 10- mL ampoule.
- naloxone **Injection:** 400 micrograms (hydrochloride) in 1- mL ampoule.
- dimercaprol **Injection** in oil: 50 mg/ mL in 2- mL ampoule.
- deferoxamine **Powder for Injection:** 500 mg (mesilate) in vial.
- sodium calcium edetate **Injection:** 200 mg/ mL in 5- mL ampoule.
- succimer **Solid oral dosage** form: 100 mg.
- penicillamine **Solid oral dosage** form: 250 mg.

8 ANTICONVULSANTS/ANTIPILEPTICS

- carbamazepine **Oral liquid:** 100 mg/5 mL. **Tablet** (chewable): 100 mg; 200 mg. **Tablet** (scored): 100 mg; 200 mg.
- diazepam Gel or rectal solution: 5 mg/ mL in 0.5 mL; 2- mL; 4-mL tubes.
- lorazepam Parenteral formulation: 2 mg/ mL in 1- mL ampoule; 4 mg/ mL in 1- mL ampoule.
- magnesium sulphate **Injection:** 0.5g/ mL in 2- mL ampoule (equivalent to 1 g in 2 mL; 50% weight/volume); 0.5g/ mL in 10- mL ampoule (equivalent to 5 g in 10 mL; 50% weight/volume).
- Phenobarbital **Injection:** 200 mg/ mL (sodium). **Oral liquid:** 15 mg/5 mL. **Tablet:** 15 mg to 100 mg.
- Phenytoin **Injection:** 50 mg/ mL in 5- mL vial (sodium salt). **Oral liquid:** 25 mg to 30 mg/5 mL. **Solid oral dosage** form: 25 mg; 50 mg; 100 mg (sodium salt). **Tablet** (chewable): 50 mg.
- valproic acid (sodium valproate) **Oral liquid:** 200 mg/5 mL. **Tablet** (crushable): 100 mg. **Tablet** (enteric-coated): 200 mg; 500 mg (sodium valproate). **Ethosuximide Capsule:** 250 mg. **Oral liquid:** 250 mg/5 mL.

9 ANTI-INFECTIVE MEDICINES

7.1 Anthelmintics

7.1.1 Intestinal anthelmintics

- albendazole **Tablet** (chewable): 400 mg.
- niclosamide **Tablet** (chewable): 500 mg.
- praziquantel **Tablet:** 150 mg; 600 mg.

7.1.2 Antifilarials

- ivermectin **Tablet** (scored): 3 mg.

7.1.3 Antischistosomal and other antitremitode medicines

- praziquantel **Tablet:** 600 mg

7.1.4 Antileprosy medicines

- clofazimine **Capsule:**50 mg; 100 mg.
- dapsone **Tablet:** 25 mg; 50 mg; 100 mg.
- rifampicin **Solid oral dosage form:** 150 mg; 300 mg.

7.1.5 Antituberculosis medicines

- Ethambutol **Oral liquid:** 25 mg/ mL .**Tablet:** 100 mg to 400 mg (hydrochloride).
- ethambutol + isoniazid **Tablet:** 400 mg + 150 mg.
- ethambutol + isoniazid + pyrazinamide +rifampicin **Tablet:** 275 mg + 75 mg + 400 mg + 150 mg.
- ethambutol + isoniazid + rifampicin **Tablet:** 275 mg + 75 mg + 150 mg.
- Isoniazid **Oral liquid:** 50 mg/5 mL .**Tablet:** 100 mg to 300 mg.**Tablet (scored):** 50 mg. isoniazid + pyrazinamide + rifampicin **Tablet:**75 mg + 400 mg + 150 mg. 150 mg + 500 mg + 150 mg
- pyrazinamide**Oral liquid:** 30 mg/ mL .**Tablet:** 400 mg.**Tablet (dispersible):** 150 mg.**Tablet (scored):** 150 mg.
- rifampicin**Oral liquid:** 20 mg/ mL .**Solid oral dosage form:** 150 mg; 300 mg.
- Streptomycin **Powder for Injection:** 1 g (as sulfate) in vial.

7.1.6 Antifungal

- amphotericin B **Powder for Injection:** 50 mg in vial (as sodium deoxycholate or liposomal complex).
- Clotrimazole Vaginal cream: 1%; 10%.Vaginal **Tablet:** 100 mg; 500 mg.
- Fluconazole **Capsule:**50/200 mg.**Injection:** 2 mg/ mL in vial.**Oral liquid:** 50 mg/5 mL.
- Flucytosine **Capsule:**250 mg. Infusion: 2.5 g in 250 mL.
- Griseofulvin **Oral liquid:** 125 mg/5 mL .**Solid oral dosage form:** 125 mg; 250 mg.
- Nystatin Lozenge: 100 000 IU.**Oral liquid:** 50 mg/5 mL ; 100 000 IU/ mL , Pessary: 100 000 IU.**Tablet:** 100 000 IU; 500 00 IU.
- Terbinafine, **Tablet** 250mg

7.2 Antiviral medicines

7.2.1 Antiherpes medicines

- Acyclovir **Oral liquid:** 200 mg/5 mL . **Powder for Injection:** 250 mg (as sodium salt) in vial.**Tablet:** 200 mg.

7.2.2 Nucleoside/Nucleotide reverse transcriptase inhibitors

- abacavir (ABC) **Oral liquid:** 100 mg (as sulfate)/5 mL.**Tablet:** 300 mg (as sulfate).
- lamivudine (3TC)**Oral liquid:** 50 mg/5 mL.**Tablet:** 150 mg.
- stavudine (d4T) **Capsule:**15 mg; 20 mg; 30 mg. Powder for **Oral liquid:** 5 mg/5 mL.
- tenofovir disoproxil fumarate (TDF)**Tablet:** 300 mg (tenofovir disoproxil fumarate equivalent to 245 mg tenofovir disoproxil).
- zidovudine (ZDV or AZT) **Capsule:**100 mg; 250 mg. **Oral liquid:** 50 mg/5 mL. Solution for IV infusion **Injection:** 10 mg/ mL in 20- mL vial. **Tablet:** 300 mg.

7.2.3 Non-nucleoside reverse transcriptase inhibitors

- efavirenz (EFV or EFZ) a **Capsule:**50 mg; 100 mg; 200 mg.**Tablet:** 200 mg (scored); 600 mg.
- nevirapine (NVP) **Oral liquid:** 50 mg/5 mL. **Tablet:** 50 mg (dispersible); 200 mg.

7.2.4 Protease inhibitors

- atazanavir a **Solid oral dosage** form: 100 mg; 150 mg; 300 mg (as sulfate).
- darunavir **Tablet:** 75 mg; 400 mg; 600 mg; 800 mg
- lopinavir + ritonavir (LPV/r) **Oral liquid:** 400 mg + 100 mg/5 mL. **Tablet** (heat stable): 100 mg + 25 mg;200 mg + 50 mg.
- Ritonavir **Oral liquid:** 400 mg/5 mL. **Tablet** (heat stable): 25 mg; 100 mg.
- saquinavir (SQV) a **Solid oral dosage** form: 200 mg; 500 mg (as mesilate).

7.2.5 FIXED-DOSE COMBINATIONS

- abacavir + lamivudine **Tablet** (dispersible, scored): 60 mg (as sulfate) + 30 mg
- efavirenz + emtricitabine + tenofovir **Tablet:** 600 mg + 200 mg + 300 mg (disoproxil fumarate equivalent to 245 mg tenofovir disoproxil).
- emtricitabine + tenofovir **Tablet:** 200 mg + 300 mg (disoproxil fumarate equivalent to 245 mg tenofovir disoproxil).
- lamivudine + nevirapine + stavudine **Tablet:** 150 mg + 200 mg + 30 mg.**Tablet** (dispersible): 30 mg + 50 mg + 6 mg .
- lamivudine + nevirapine + zidovudine **Tablet:** 30 mg + 50 mg + 60 mg ; 150 mg + 200 mg + 300 mg.
- lamivudine + zidovudine **Tablet:** 30 mg + 60 mg ; 150 mg + 300 mg.

7.3 Antiprotozoal medicines

7.3.1 Antiamoebic and anti giardiasis medicines

- diloxanide a**Tablet:** 500 mg (furoate).
- Metronidazole **Injection:** 500 mg in 100- mL vial.**Oral liquid:** 200 mg (as benzoate)/5 mL.

Tablet: 200 mg to 500 mg.

- Tinidazole tab 500mg

7.3.2 Antileishmaniasis medicines

- amphotericin B **Powder for Injection:** 50 mg in vial (as sodium deoxycholate or liposomal complex).
- miltefosine **Solid oral dosage** form: 10 mg; 50 mg.

- paromomycin Solution for intramuscular **Injection:** 750 mg of
- paromomycin base (as the sulfate).
- sodium stibogluconate or meglumine antimoniate, **Injection:** 100 mg/ mL, 1 vial = 30 mL or 30%, equivalent to approximately 8.1% antimony (pentavalent) in 5- mL ampoule.

7.3.3 Antimalarial medicines

For curative treatment

- amodiaquine **Tablet:** 153 mg or 200 mg (as hydrochloride). To be used in combination with artesunate 50 mg. artemether Oily **Injection:** 80 mg/ mL in 1- mL ampoule. artemether + lumefantrine **Tablet:** 20 mg + 120 mg. **Tablet (dispersible):** 20 mg + 120 mg .
- artesunate **Injection:** ampoules, containing 60 mg anhydrous
- artesunic acid with a separate ampoule of 5% sodium bicarbonate solution. Rectal dosage form: 50 mg ; 200 mg capsules (for pre-referral treatment of severe malaria only; patients should be taken to an appropriate health facility for follow-up care) **Tablet:** 50 mg.
- artesunate + amodiaquine **Tablet:** 25 mg + 67.5 mg; 50 mg + 135 mg; 100 mg + 270 mg.
- artesunate + mefloquine **Tablet:** 25 mg + 55 mg; 100 mg + 220 mg
- . doxycycline **Capsule:** 100 mg (as hydrochloride or hyclate). **Tablet (dispersible):** 100 mg (as monohydrate).
- mefloquine **Tablet:** 250 mg (as hydrochloride).
- quinine **Injection:** 300 mg quinine hydrochloride/ mL in 2- mL ampoule. **Tablet:** 300 mg (quinine sulfate) or 300 mg (quinine bisulfate).

For prophylaxis

- chloroquine **Oral liquid:** 50 mg (as phosphate or sulfate)/5 mL. **Tablet:** 150 mg (as phosphate or sulfate).
- doxycycline a **Solid oral dosage** form: 100 mg (as hydrochloride or hyclate).
- mefloquine a **Tablet:** 250 mg (as hydrochloride).
- proguanil **Tablet:** 100 mg (as hydrochloride).

7.3.4 Antipneumocystosis and antitoxoplasmosis medicines

- pyrimethamine **Tablet:** 25 mg. sulfadiazine **Tablet:** 500 mg.
- sulfamethoxazole + trimethoprim **Injection:** 80 mg + 16 mg/ mL in 5- mL ampoule; 80 mg + 16 mg/ mL in 10- mL ampoule. **Oral liquid:** 200 mg + 40 mg/5 mL . **Tablet:** 100 mg + 20 mg; 400 mg + 80 mg .

10 ANTIMIGRAINE MEDICINES

8.1 For treatment of acute attack

- acetylsalicylic acid **Tablet:** 300 mg to 500 mg.
- ibuprofen **Tablet:** 200 mg; 400 mg.
- Paracetamol **Oral liquid:** 125 mg/5 mL .**Tablet:** 300 mg to 500 mg.

8.2 For prophylaxis

- propranolol **Tablet:** 20 mg; 40 mg (hydrochloride).

11 ANTIPARKINSONISM MEDICINES

- biperiden **Injection:** 5 mg (lactate) in 1- mL ampoule. **Tablet:** 2 mg (hydrochloride).
- levodopa + carbidopa **Tablet:** 100 mg + 10 mg; 100 mg + 25 mg; 250 mg +25 mg

12 MEDICINES AFFECTING THE BLOOD

- ferrous salt **Oral liquid:** equivalent to 25 mg iron (as sulfate)/mL. **Tablet:** equivalent to 60 mg iron.
- ferrous salt + folic acid **Tablet:** equivalent to 60 mg iron + 400 micrograms
- folic acid **Tablet:** 400 micrograms; 1 mg; 5 mg.
- Hydroxocobalamin **Injection:** 1 mg (as acetate, as hydrochloride or as sulfate) in 1- mL ampoule.

13 CARDIOVASCULAR MEDICINES

11.1 Antianginal medicines

- bisoprolol **Tablet:** 1.25 mg; 5 mg. includes metoprolol and carvedilol as alternatives.
- glyceryl trinitrate **Tablet** (sublingual): 500 micrograms.
- isosorbide dinitrate **Tablet** (sublingual): 5 mg.
- verapamil **Tablet:** 40 mg; 80 mg (hydrochloride).

11.2 Antiarrhythmic medicines

- bisoprolol **Tablet:** 1.25 mg; 5 mg.
- digoxin **Injection:** 250 micrograms/ mL in 2- mL ampoule. **Oral liquid:** 50 micrograms/ mL. **Tablet:** 62.5 micrograms; 250 micrograms.
- epinephrine (adrenaline) **Injection:** 100 micrograms/ mL (as acid tartrate or hydrochloride) in 10- mL ampoule.
- Lidocaine **Injection:** 20 mg (hydrochloride)/ mL in 5- mL ampoule.
- Verapamil **Injection:** 2.5 mg (hydrochloride)/ mL in 2- mL ampoule. **Tablet:** 40 mg; 80 mg (hydrochloride).

11.3 Antihypertensive medicines

- amlodipine **Tablet:** 5 mg (as maleate, mesylate or besylate).
- bisoprolol **Tablet:** 1.25 mg; 5 mg. includes atenolol, metoprolol and carvedilol as alternatives.
- enalapril **Tablet:** 2.5 mg; 5 mg (as hydrogen maleate).
- hydralazine **Powder for Injection:** 20 mg (hydrochloride) in ampoule. **Tablet:** 25 mg; 50 mg (hydrochloride).
- Hydrochlorothiazide **Oral liquid:** 50 mg/5 mL. **Solid oral dosage form:** 12.5 mg; 25 mg.
- Methyldopa **Tablet:** 250 mg.

11.4 Medicines used in heart failure

- bisoprolol **Tablet:** 1.25 mg; 5 mg.
- Digoxin **Injection:** 250 micrograms/ mL in 2- mL ampoule. **Oral liquid:** 50 micrograms/ mL. **Tablet:** 62.5 micrograms; 250 micrograms.
- enalapril **Tablet:** 2.5 mg; 5 mg (as hydrogen maleate).
- Furosemide **Injection:** 10 mg/ mL in 2- mL ampoule. **Oral liquid:** 20 mg/5 mL, **Tablet:** 40 mg.
- Hydrochlorothiazide **Oral liquid:** 50 mg/5 mL. **Solid oral dosage form:** 25 mg.
- spironolactone **Tablet:** 25 mg.
- Dopamine, **Injection** 40mg/ml (HCl) in 5ml vial

11.5 Antithrombotic medicines

- acetylsalicylic acid **Tablet:** 100 mg.
- clopidogrel **Tablet:** 75 mg; 300 mg
- streptokinase **Powder for Injection:** 1.5 million IU in vial.

14 DERMATOLOGICAL MEDICINES (topical)

12.1 Antifungal medicines

- miconazole Cream or ointment: 2% (nitrate).
- selenium sulfide Detergent-based suspension: 2%.
- sodium thiosulfate Solution: 15%.
- terbinafine Cream: 1% or Ointment: 1% terbinafine hydrochloride.

12.2 Anti-infective medicines

- mupirocin Cream (as mupirocin calcium): 2%. Ointment: 2%.
- potassium permanganate Aqueous solution: 1:10 000.
- silver sulfadiazine Cream: 1%.

12.3 Anti-inflammatory and antipruritic medicines

- betamethasone Cream or ointment: 0.1% (as valerate).
- calamine Lotion.
- hydrocortisone Cream or ointment: 1% (acetate).

12.4 Medicines affecting skin differentiation and proliferation

- benzoyl peroxide Cream or lotion: 5%.
- coal tar Solution: 5%.
- fluorouracil Ointment: 5%.
- podophyllum resin Solution: 10% to 25%.
- salicylic acid Solution: 5%.

- urea Cream or ointment: 5%; 10%.

12.5 Scabicides and pediculicides

- benzyl benzoate Lotion: 25%.
- Permethrin Cream: 5%. Lotion: 1%.

15 DIAGNOSTIC AGENTS

13.1 Ophthalmic medicines

- fluorescein Eye drops: 1% (sodium salt).
- tropicamide Eye drops: 0.5%.

13.2 Radiocontrast media

- amidotrizoate **Injection:** 140 mg to 420 mg iodine (as sodium or meglumine salt)/ mL in 20- mL ampoule.
- barium sulfate Aqueous suspension.
- Iohexol **Injection:** 140 mg to 350 mg iodine/ mL in 5- mL; 10- mL; 20- mL ampoules.

16 DISINFECTANTS AND ANTISEPTICS

14.1 Antiseptics

- chlorhexidine Solution: 5% (digluconate).
- ethanol Solution: 70% (denatured).
- povidone iodine Solution: 10% (equivalent to 1% available iodine).

14.2 Disinfectants

- alcohol based hand rub ,Solution containing ethanol 80% volume /volume Solution containing isopropyl alcohol 75% volume/volume
- chlorine base compound Powder: (0.1% available chlorine) for solution.
- chloroxylenol Solution: 4.8%.
- glutaral Solution: 2%.

17 DIURETICS

- amiloride **Tablet:** 5 mg (hydrochloride).
- Furosemide ,**Injection:** 10 mg/ mL in 2- mL ampoule.**Oral liquid:** 20 mg/5 mL [c]. **Tablet:** 10 mg [c]; 20 mg [c]; 40 mg.
- hydrochlorothiazide **Solid oral dosage** form: 25 mg.
- mannitol **Injectable solution:** 10%; 20%.
- spironolactone **Tablet:** 25 mg.

18 GASTROINTESTINAL MEDICINES

16.1 Antiulcer medicines

- omeprazole **Powder for Injection:** 40 mg in vial,**Powder for Oral liquid:** 20 mg; 40 mg sachets. **Solid oral dosage** form: 10 mg; 20 mg; 40 mg.
- Ranitidine,**Injection:** 25 mg/ mL (as hydrochloride) in 2- mL ampoule. **Oral liquid:** 75 mg/5 mL (as hydrochloride). **Tablet:** 150 mg (as hydrochloride).

16.2 Antiemetic medicines

- Dexamethasone **Injection:** 4 mg/ mL in 1- mL ampoule (as disodium phosphate salt). **Oral liquid:** 0.5 mg/5 mL; 2 mg/5 mL., **Solid oral dosage form:** 0.5 mg; 0.75 mg; 1.5 mg; 4 mg.
- metoclopramide **Injection:** 5 mg (hydrochloride)/ mL in 2- mL ampoule., **Oral liquid:** 5 mg/5 mL , **Tablet:** 10 mg (hydrochloride).
- ondansetron **Injection:** 2 mg base/ mL in 2- mL ampoule (as hydrochloride). **Oral liquid:** 4 mg base/5 mL. **Solid oral dosage form:** Eq 4 mg base; Eq 8 mg base; Eq 24 mg base.
- Promethazine **Oral liquid** 5mg/5ml (HCl)

16.3 Anti-inflammatory medicines

- Sulfasalazine Retention enema. **Suppository:** 500 mg. **Tablet:** 500 mg.
- Hydrocortisone Retention enema. **Suppository:** 25 mg (acetate).

16.4 Laxatives

- senna **Tablet:** 7.5 mg (sennosides) (or traditional dosage forms).
- Bisacodyl **Tablet** 5mg

16.5 Medicines used in diarrhoea

- Oral Rehydration Solution (ORS) (low osmolality) Powder for dilution WHO formula (in sachet for 500ml)
- zinc sulphate, **Solid oral dosage form:** 20 mg.

19 HORMONES, OTHER ENDOCRINE MEDICINES AND CONTRACEPTIVES

17.1 Adrenal hormones and synthetic substitutes

- fludrocortisone **Tablet:** 100 micrograms (acetate).
- hydrocortisone **Tablet:** 5 mg; 10 mg; 20 mg.
- Prednisolone **Tablet** 5mg

17.1.1 Estrogens

17.2 Insulins and other medicines used for diabetes

- gliclazide* **Solid oral dosage form:** (controlled-release **Tablets**) 30 mg; 60 mg; 80 mg.
- glucagon **Injection:** 1 mg/ mL.
- insulin **injection** (soluble) **Injection:** 40 IU/ mL in 10- mL vial; 100 IU/ mL in 10- mL vial.
- intermediate-acting insulin **Injection:** 40 IU/ mL in 10- mL vial; 100 IU/ mL in 10- mL vial (as compound insulin zinc suspension or isophane insulin).
- metformin **Tablet:** 500 mg (hydrochloride).

17.3 Vaccines

- BCG Vaccine **Injection** Live attenuated, in 20-dose vial
- DPT + Hib + HepB Vaccine (Pentavalent) **Injection** 2-dose vial
- Measles vaccine **Injection** Live attenuated, freeze-dried, 10 x 0.5ml dose vial + diluents
- Meningococcal meningitis vaccine (sero-type specific) PF10.5 ml vial

- Pneumococcal vaccine (10-valent ads. conjugate) **Injection** 0.5 ml/dose in 2 dose vial
- Poliomyelitis vaccine, oral (OPV) Oral drops Live attenuated, in 20-dose vial (2 ml)
- Rabies vaccine (purified VERO cell) PFI Rabies antigen ≥ 2.5 IU/0.5 ml
- Tetanus toxoid vaccine **Injection** ≥ 40 IU/0.5 ml in 10-dose vial

20 OPHTHALMOLOGICALS

- Gentamicin Solution (eye/ear drops) 0.3% (sulphate)
- Tetracycline Eye ointment 1% (HCl)
- Prednisolone Solution (eye drops) 0.5%
- tetracaine a Solution (eye drops): 0.5% (hydrochloride).

21 OXYTOCICS & ANTIOXYTOCICS

- ergometrine **Injection**: 200 micrograms (hydrogen maleate) in 1-mL ampoule.
- Misoprostol **Tablet**: 200 micrograms. Vaginal **Tablet**: 25 micrograms.*
- oxytocin **Injection**: 10 IU in 1- mL.
- nifedipine Immediate-release **Capsule**: 10 mg.

22 PSYCHOTHERAPEUTICS

- chlorpromazine **Injection**: 25 mg (hydrochloride)/ mL in 2- mL ampoule.
- **Oral liquid**: 25 mg (hydrochloride)/5 mL. **Tablet**: 100 mg (hydrochloride).
- Fluphenazine **Injection**: 25 mg (decanoate or enantate) in 1- mL ampoule.
- Haloperidol **Injection**: 5 mg in 1- mL ampoule. **Tablet**: 2 mg; 5 mg.
- risperidone **Solid oral dosage** form: 0.25 mg to 6.0 mg.
- Amitriptyline **Tablet** 25mg (HCl)
- Fluoxetine **Tablet** 20mg
- carbamazepine **Tablet** (scored): 100 mg; 200 mg.
- lithium carbonate **Solid oral dosage** form: 300 mg.
- valproic acid (sodium valproate) **Tablet** (enteric-coated): 200 mg; 500 mg (sodium valproate).
- diazepam **Tablet** (scored): 2 mg; 5 mg.

23 MEDICINES ACTING ON THE RESPIRATORY TRACT

Antiasthmatic and medicines for chronic obstructive pulmonary disease

- beclometasone **Inhalation** (aerosol): 50 micrograms (dipropionate) per dose; 100 micrograms (dipropionate) per dose (as CFC free forms).
- budesonide [c] **Inhalation** (aerosol): 100 micrograms per dose; 200 micrograms per dose.
- epinephrine (adrenaline) **Injection**: 1 mg (as hydrochloride or hydrogentartrate) in 1- mL ampoule.
- ipratropium bromide **Inhalation** (aerosol): 20 micrograms/metered dose.
- salbutamol **Inhalation** (aerosol): 100 micrograms (as sulfate) per dose. **Injection**: 50 micrograms (as sulfate)/ mL in 5- mL ampoule. **Metered dose inhaler** (aerosol): 100 micrograms (as sulfate) per dose. **Respirator solution** for use in nebulizers: 5 mg (assulfate)/ mL.

24 SOLUTIONS CORRECTING WATER, ELECTROLYTE AND ACID-BAS DISTURBANCES

- oral rehydration salts
- potassium chloride Powder for solution.
- glucose **Injectable solution**: 5% (isotonic); 10% (hypertonic);50% (hypertonic).
- glucose with sodium chloride **Injectable solution**: 4% glucose, 0.18% sodium chloride (equivalent to Na⁺ 30 mmol/L, Cl⁻ 30 mmol/L). **Injectable solution**: 5% glucose, 0.9% sodium chloride (equivalent to Na⁺ 150 mmol/L and Cl⁻150 mmol/L); 5% glucose, 0.45% sodium chloride (equivalent to Na⁺ 75 mmol/L and Cl⁻ 75 mmol/L)

25 PHARMACEUTICAL DRESSINGS

- Sterile Medicated (Antimicrobial)
- Paraffin Gauze 10cmx10cm (pkt)
- Sterile Medicated (Antimicrobial)
- Paraffin Gauze 15cmx20cm (pkt)

2. DENTAL SERVICES

- Tooth Extraction

3. RADIOLOGY SERVICES

- Hand and Finger - AP/LAT
- Wrist Joint - AP/LAT
- Forearm - AP/LAT
- Chest - PA
- Chest - PA & LAT
- Clavicle - PA/AXIAL
- Scapula - AP/LAT
- Sterno-Clavicular
- Foot and Toes - AP/LAT
- Ankle Joint - AP/LAT
- Leg - AP/LAT
- Knee Joint - AP/LAT
- Skull - AP/LAT
- Plain Abdominal x-ray
- Facial Bones - A.P.&LAT

4. NURSING AND MIDWIFERY SERVICES

6.1 Regular Nursing Care

- Drugs and Vaccines Administration
- Observations of vital signs
 - Temperature
 - Pulse
 - Respirations
 - Blood Pressure
- Personal Hygiene Care
 - Bed bath

- Skin Care
 - Treatment of pressure areas
- Tepid Sponging
- Specimen Collection
 - Blood
 - Sputum
 - Swabs (Pus, throat, etc)
 - Stool
 - Urine
 - Pap Smear
- Oxygen Administration and care per hr.
- Disinfection and Sterilization(pack)
- Suction
- Intravenous infusion care

6.2 Specific Nursing Procedures

- Ear syringing
- Giving Enema
- Giving suppository
- Last offices
- Eye swabbing/irrigation
- Tube feeding
- Surgical Dressing
 - Small wound
 - Medium wound
- Catheterization and Removal of urinary Catheter
- Washout/lavage
 - Stomach
- Suturing
 - Small wound
 - Medium wound
- Removal of suturing
- Vulval toilet

6.3 MIDWIFERY PROCEDURES

- Labour monitoring including parto-graphing and Normal delivery and Caesarean Section
- Incision and Drainage of Cyst/Abscess
- Manual Vacuum Aspiration (MVA)
- Pap Smear
- Ultrasound - (General)

6.4 FAMILY PLANNING PROCEDURES

6.1 Counselling clients for family Planning

6.2 Natural Family Planning Education and training

6.3 Contraceptives

6.3.1 Oral hormonal

- contraceptives ethinylestradiol + levonorgestrel **Tablet:** 30 micrograms + 150 micrograms.
- ethinylestradiol + norethisterone **Tablet:** 35 micrograms + 1 mg.
- levonorgestrel **Tablet:** 30 micrograms; 750 micrograms (pack of two); 1.5 mg.

6.3.2 Injectable hormonal contraceptives

- estradiol cypionate + medroxyprogesterone acetate **Injection:** 5 mg + 25 mg.
- medroxyprogesterone acetate Depot **Injection:** 150 mg/ mL in 1- mL vial.
- norethisterone enantate Oily solution: 200 mg/ mL in 1- mL ampoule.

6.3.3 Intrauterine devices

- copper-containing device
- levonorgestrel-releasing intrauterine system Intrauterine system with reservoir containing 52 mg of levonorelrel

6.3.4 Barrier methods

- male condoms
- diaphragms- female condoms

6.3.5 Implantable contraceptives

- etonogestrel-releasing implant Single-rod etonogestrel-releasing implant, containing 68 mg of etonogestrel.
- levonorgestrel-releasing implant Two-rod levonorgestrel-releasing implant, each rod containing 75 mg of levonorgestrel (150 mg total).

6.3.6 Intravaginal contraceptives

- progesterone vaginal ring; Progesterone-releasing vaginal ring containing 2.074 g of micronized progesterone.

7 SURGICAL SERVICES

7.1 General Surgery

- Minor Surgery
 - Incision and Drainage
 - Circumcision (except for therapeutic and not cultural indications)
 - Excision of lipoma
 - Excision of Ganglion
 - Excision of Sebaceous Cyst
 - Incision and Drainage
 - Excision of lipoma
 - Lymph Node Biopsy

7.2 Orthopaedic Surgery

- Minor Surgery

- Joint Aspiration
- POP Applications
- 7.3 Neurosurgery
 - Suture of scalp wounds (GA&LA)
- 7.4 Paediatric Surgery
 - Release of Tongue Tie

8 PHYSIOTHERAPY SERVICES

- Exercise therapy(per session)
 - general exercise
 - pre & post natal
 - pre & post operative
 - specialized exercise training
 - keep fit / group exercise
- manipulative therapy
 - reduction of joints, fractures and POP immobilization / splinting

4. ANNEX II - Inpatient

All the components of the benefit package are covered as generally outlined below.

- i. Consultation
- ii. Laboratory investigations
- iii. Drugs administration and dispensing
- iv. Dental Healthcare Services
- v. Radiological Examinations
- vi. Nursing and Midwifery Services

- vii. Surgical Services
- viii. Radiotherapy
- ix. Physiotherapy Services
- x. Dialysis

All the services will be provided as per the level of the accredited facility and in accordance *Clinical Guidelines for Management and Referral of Common Illnesses Level 2-6 (2009)*

The key services to be provided is as below :-

1. Consultation

This will be offered according to the level of accredited facility.

- Nurse/Midwife
- Clinical Officer Specialist
- Clinical Officer General
- Medical Officer
- Dental Officer
- Medical/Dental Specialist
- Other specialized services

2. Laboratory tests/investigations

This will be offered according to the level of care for the accredited facility and the care needed at that episode. It will be above the primary care (outpatient) level.

3. Drugs administration and dispensing

This will be provided as per the needed care during the admission as per the accreditation status of the facility. The drugs at minimum will be the ones stipulated under the

4. Radiology examination

This will include specialized ones as per the needed level of care.

5. Nursing and Midwifery Services

6. Psychiatric Procedures

7. Surgical Services

- 7.1 General Surgery
- 7.2 Orthopaedic Surgery
- 7.3 Neurosurgery
- 7.4 Cardiothoracic Surgery
- 7.5 Paediatric Surgery
- 7.6 Plastic Surgery
- 7.7 Endoscopy
- 7.8 Urology
- 7.9 Obstetrics and Gynaecology
- 7.10 Ophthalmology Surgery
- 7.11 Ear Nose Throat (E.N.T) Surgery
- 7.12 Oral and Maxillofacial surgery

8. Physiotherapy

9. Occupational Therapy Services

ANNEX III- OTHER SPECIALISED SERVICES

1.1 Renal Dialysis

This will be offered to the patient inpatient or outpatient.

1.2 Drug and Rehabilitation services

Members are entitled to treatment in accredited rehabilitation centre