

Rise and Swasthya Pahal

Activity Report

30/09/2019

Foundation of Healthcare Technologies Society (FHTS)

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SWASTHYA PAHAL (Health for all)

Swasthya Pahal (Health for all) is an interactive, innovative, technology enabled, Sustainable, Multi-Sectoral, Accessible, Affordable, Reimbursable and Tailored (SMAART) initiative. It utilizes touch screen, computer enabled, SMAART Portable Health Information Kiosks (PHIK) to enhance self-management of non-communicable diseases among individuals at risk of metabolic syndrome (including diabetes, hypertension, high cholesterol and obesity). SMAART PHIK is implemented through a series of health care camps held across urban slums and rural/tribal settings in India.

Objectives

- To integrate clinical and non-clinical data sources by combining principles of ICTs to enhance population health outcomes across diverse geographic settings.
- To utilise the PHIK as a tool to assess the burden of chronic disease and associated risk factors in diverse settings such as urban slums and rural/tribal settings in India.

Camp Day: 30th September 2019

Date: 30th September 2019

Venue: Bhanjanpura Police Station, New Delhi

Start time: 11:00 AM

End time: 3:30 PM

Objective: To impart health and nutrition education to the beneficiaries and measure their height, weight, blood pressure and blood sugar besides seeking other health related information.

Total number of beneficiaries: 19

Number of female beneficiaries of total beneficiaries: 3

Team Members: Alka, Nidhi, Srishti, Ashok

Agenda of the camp

Components of the camp	Details	Material and methods used
1. Registration	<ul style="list-style-type: none"> Collection of information from the beneficiaries such as name, age, phone number and address. 	Receipt booklet
2. Measurement of height and weight	<ul style="list-style-type: none"> Height and weight was measured using standard procedures and protocols. 	Digital weighing machine, Stadiometer
3. Measurement of blood pressure and sugar	<ul style="list-style-type: none"> Blood pressure and blood sugar was measured using standard procedures and protocols. 	Digital machines for measuring blood pressure and blood sugar, lancet, strips, cotton swabs, spirit
4. PHIK	<ul style="list-style-type: none"> Collection of data from the beneficiaries pertaining to their socio-demographic profile, medical history, physical activity and alcohol and smoking consumption pattern Assessment of risk factors based on the information collected 	Laptop (touchscreen)
5. Nutrition counselling	<ul style="list-style-type: none"> Based on the assessment report generated by PHIK, beneficiaries were provided individualized diet and nutrition counselling to prevent and manage non-communicable diseases including hypertension, diabetes and overweight and obesity. They were counselled about healthy dietary habits, healthy snacking options, good dietary behaviours, meal patterns and importance of physical activity. 	Verbal counselling
6. Rise	<ul style="list-style-type: none"> Introduction to RISE initiative, its purpose and objectives Showcasing of rise products 	Rise products
7. Photographs	<ul style="list-style-type: none"> Clicking pictures of the event 	Camera

Observations during the camp

Health card of the beneficiaries

Condition	Number of beneficiaries
Hypertension	2
Diabetes	0
Overweight /obese	11
Regular physical activity	3
Alcohol consumption	6
Smoking cigarette or <i>bidhi</i>	6

Conclusion

More than 60% of the beneficiaries were overweight or obese. This could be due to less physical activity, irregular mealtimes, and unhealthy eating habits. Prevalence of hypertension and diabetes was very less. The two beneficiaries with hypertension were not taking any medication to treat it.

Many of them were consuming alcohol or smoking cigarettes or *bidhis* regularly. As reported by the beneficiaries, lack of time due to long duty hours was their main barrier towards exercising regularly and consuming regular and healthy meals.

Details of RISE products sold during the camp: Several RISE products were sold during the camp day. Most of the beneficiaries showed lack of interest towards the displayed RISE products. None of them inquired about the initiative on their own. Only four beneficiaries (all males) bought RISE products. Most popular products were *diyas* and T-shirts. Details of the RISE products sold are mentioned in the table below.

Table: Details of the RISE products sold during the camp

Product	Description of the product (Size)	No. of units sold
<i>Diyas</i>	Small	6
<i>Diyas</i>	Large	1
T-shirt	Extra Large	2

Photo gallery



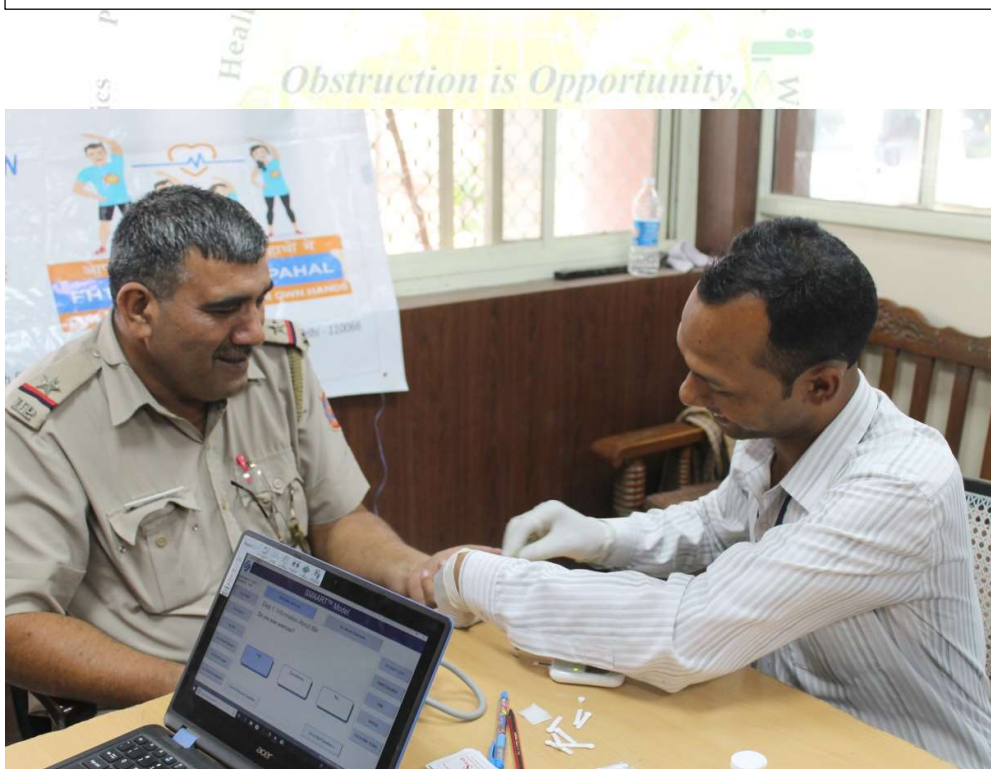
PHIK and Nutrition Counselling



Display of RISE products



Distribution of certificate of participation



Measurement of blood pressure and blood sugar



Measurement of height

