

# RISE and Swasthya Pahal

## Activity Report

15/10/2019

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: 15<sup>th</sup> October 2019**

**Date:** 15<sup>th</sup> October 2019

**Venue:** Office of Superintending Engineer, PWD, Circle M15, Karampura

**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:** 28

**Number of female beneficiaries of total beneficiaries:** 5

**Team Members:** Kanishk, Srishti, Nisha, Anjali, Tuba, Sana

### Agenda of the camp

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

## Observations during the camp

### Health card of the beneficiaries (n= 28)

Condition	Number of beneficiaries with the condition n (%)	Females with the condition n (%) <sup>a</sup>	Males with the condition n (%) <sup>b</sup>
Hypertension	20 (71.4)	2 (40)	18 (78.2)
Diabetes	4 (14.2)	0 (0)	4 (17.3)
Overweight /obese	10 (35.7)	4 (80)	6 (26.0)
Regular physical activity	12 (42.8)	1 (20)	11 (47.8)
Alcohol consumption	5 (17.8)	0 (0)	5 (21.7)
Smoking cigarette or <i>bidhi</i>	4 (14.2)	0 (0)	4 (17.3)

a - total females = 5; b- total males = 23

### Conclusion

A total of 28 beneficiaries (5 females) attended the Swasthya Pahal organised on 15<sup>th</sup> October 2019 at Office of Superintending Engineer, PWD, Circle M15, Karampura. An alarming two third of the beneficiaries (71.4%) had hypertension (i.e. blood pressure >120mm/Hg) while more than one tenth of the beneficiaries (14.2%) had random high blood sugar (> 140mg/dL). More than one third of the beneficiaries (35.7%) were overweight/obese (i.e. Body Mass Index > 24.9 kg/m<sup>2</sup>) and less than half of the beneficiaries (42.8%) were engaged in regular physical activity (i.e. at least 4 times in a week). Prevalence of hypertension and diabetes was higher in males (78.2% and 17.3% respectively) as compared to females (40% and 0% respectively) while prevalence of overweight/obesity was higher among females (80%) as compared to males (26.0%). Overall, high prevalence of overweight and obesity, diabetes and hypertension could be due to faulty dietary habits and low physical activity. Lack of time was the main barrier reported by the beneficiaries for not being able to perform regular physical exercise. Nearly one fifth of the beneficiaries consumed alcohol (17.8%) or smoked cigarette or *bidhi* (14.2%).

In addition, three women reported that they had hypothyroidism and were taking medications for it. They have been trying to reduce weight since a lot of years but are not being successful due to their condition. Two of these women also had lactose intolerance.

**Details of RISE products sold during the camp:** A total of eleven participants viewed RISE products, of which 7 were males and 4 were females. Most popular RISE products viewed by male participants were t-shirts and *diyas* and earrings and pouches were more popular among females. Details of the products sold during the RISE exhibition are mentioned below in the table. One of the participants inquired if we sold pollution masks.

**Table: Details of the RISE products sold during the camp**

Product	Description of the product (Size)	No. of units sold
<i>Diyas</i>	Small	4
<i>Diyas</i>	Large	2
T-shirts	Large	2
Pouch	Medium	2
Tiffin bag	Large	1

### Celebration of Breast Cancer Awareness Month

Every year, Breast cancer awareness month is celebrated throughout the globe during the entire month of October. Breast cancer is one of the leading causes of cancer related deaths among women. Case fatality and deaths due to breast cancer can be reduced with timely diagnosis and appropriate treatment. However, ignorance and lack of awareness among masses lead to cancer diagnosis only in the later stages which reduces the effectiveness of treatment and decreases the chances of recovery.

In order to spread awareness about breast cancer, Foundation of Healthcare Technologies (FHTS) designed IEC material (poster) to spread awareness about its causes, symptoms and self-examination of breast. This IEC material is being used during all Swasthya Pahal Camps during the entire month of October.



Display breast cancer awareness poster

On 15<sup>th</sup> October, 2019, the poster was displayed at the camp site. Only one male inquired about breast cancer and its symptoms as her wife complaint about a small lump in her right breast. He was provided with all the relevant information pertaining to symptoms of breast cancer and was suggested to visit an oncologist.

## Photo gallery



Measurement of height of the beneficiary



PHIK and nutrition counselling of the beneficiary



Display of RISE products and distribution of participation certificate

