

RISE and Swasthya Pahal

Activity Report

16/10/2019

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: 16th October 2019

Date: 16th October 2019

Venue: Fire Station, Moti Nagar, Karampura, New Delhi

Start time: 8:15 AM

End time: 2:00 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: 44

Number of female beneficiaries of total beneficiaries: 6

Team Members: Nidhi, Kanishk, Ashok, Mansi Rai, Gaurav

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 (n= 44)

Condition	Number of beneficiaries with the condition n (%)	Females with the condition n (%) ^a	Males with the condition n (%) ^b
Hypertension	23 (52.2)	1 (16.6)	22 (57.8)
Diabetes	7 (15.9)	0 (0)	6 (15.7)
Overweight /obese	23 (52.2)	5 (83.3)	18 (47.3)
Regular physical activity	11 (25)	2 (33.3)	9 (23.6)
Alcohol consumption	9 (20.4)	0 (0)	9 (23.6)
Smoking cigarette or <i>bidhi</i>	12 (27.2)	0 (0)	12 (31.5)

a - total females = 6; b- total males = 38

Conclusion

A total of 44 beneficiaries (6 females) attended the Swasthya Pahal organised on 16th October 2019 at Fire Station, Karampura. More than half of the beneficiaries (52.2%) had hypertension (i.e. blood pressure >120mm/Hg) while more than one tenth of the beneficiaries (15.9%) had random high blood sugar (> 140mg/dL). More than half of the beneficiaries (52.2%) were overweight/obese (i.e. Body Mass Index > 24.9 kg/m²) and only one fourth of the beneficiaries (25%) were engaged in regular physical activity (i.e. at least 4 times in a week). Prevalence of hypertension and diabetes was higher in males (57.8% and 15.7% respectively) as compared to females (16.6% and 0% respectively) while prevalence of overweight/obesity was higher among females (83.3%) as compared to males (47.3%). 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. One fifth of the beneficiaries consumed alcohol (20.4%) and nearly one third of the beneficiaries (27.2%) smoked cigarette or *bidhi*.

Details of RISE products sold during the camp: A total of ten participants viewed and bought RISE products, of which 8 were males and 2 were females. Most popular RISE products viewed by male participants were t-shirts, diyas, earrings and tiffin bag while *diyas* and t-shirts were more popular among females. Details of the products sold during the RISE exhibition are mentioned below in the table.

Table: Details of the RISE products sold during the camp

Product	Description of the product (Size)	No. of units sold
Diyas	Small	26
Diyas	Big	5
Tiffin bag	Large	1
Earring	Large	1
T-shirt	Extra large	4

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.

On 16th October, 2019, the poster was displayed at the camp site. No beneficiary inquired about breast cancer or its symptoms.

Photo gallery



Registration and measurement of height of the beneficiary



Measurement of blood pressure of the beneficiary



PHIK and nutrition counselling



Display of RISE products and distribution of participation certificate

