

# RISE and Swasthya Pahal

## Activity Report

31/10/2019

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: 31<sup>st</sup> October 2019**

**Date:** 31<sup>st</sup> October 2019

**Venue:** Bhikaji Cama Place, New Delhi

**Start time:** 12:30 PM

**End time:** 3:30 PM

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

**Total beneficiaries and female beneficiaries in Swasthya Pahal:** 30, 6

**Total participants and female participants in RISE:** 4, 3

**Team Members:** Mansi Rai, Srishti /Harpreet/Kamalpreet/Bhawani, Nisha, Ashok/ Mahima

### 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 participants 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 participants 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, participants 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

**Table 1:** Health card of the beneficiaries (n= 30)

Condition	Number of participants with the condition n (%)	Females with the condition n (%) <sup>a</sup>	Males with the condition n (%) <sup>b</sup>
Hypertension	16 (53.3)	2 (33.3)	14 (58.3)
Diabetes	7 (23.3)	0 (0)	7 (29.1)
Overweight /obese	14 (46.6)	3 (50)	11 (45.8)
Regular physical activity	7 (23.3)	1 (16.6)	6 (25)
Alcohol consumption	6 (20)	0 (0)	6 (25)
Smoking cigarette or <i>bidhi</i>	2 (6.6)	0 (0)	2 (8.3)

a - total females = 6; b- total males = 24

### Conclusion

A total of 30 beneficiaries (6 females) attended the Swasthya Pahal organised on 31<sup>st</sup> October 2019 at Bhikaji Cama Place Complex, New Delhi. Nearly half of the beneficiaries (53.3%) had hypertension (i.e. blood pressure >120mm/Hg) while nearly one fourth of the beneficiaries (23.3%) had random high blood sugar (> 140mg/dL). Nearly half of the beneficiaries (46.6%) were overweight/obese (i.e. Body Mass Index > 24.9 kg/m<sup>2</sup>) and only less than one fourth of the beneficiaries (23.3%) were engaged in regular physical activity (i.e. at least 4 times in a week). Prevalence of hypertension and diabetes was higher in males (58.3%, 29.1% respectively) as compared to females (33.3% and 0% respectively) while prevalence of overweight/obesity was higher in females (50%) as compared to males (45.8%). Overall, high prevalence of overweight and obesity, diabetes and hypertension could be due to faulty dietary habits and low physical activity. Beneficiaries reported lack of time as their barrier for not being able to engage in regular physical activity. Consumption of alcohol and smoking of cigarettes and *bidhis* was less as compared to other cam sites being 20% and 6.6% respectively.

**Details of RISE products sold during the camp:** Only four participants viewed RISE products (3 females). Most popular RISE products viewed by male beneficiaries were *diyās* while females viewed *diyās*, earrings and pouches. Details of the products sold during the RISE exhibition are mentioned below in the table.

**Table 2:** Details of the RISE products sold during the camp

Product	Description of the product (Size)	No. of units sold
Pouch	Small	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.

On 31<sup>st</sup> October, 2019, the poster was displayed at the camp site. None of the beneficiary inquired about breast cancer or its symptoms.

## Photo gallery



Blood sugar measurement of the beneficiary and PHIK



RISE products on display