

# RISE and Swasthya Pahal

## Activity Report

21/11/2019

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: 21<sup>th</sup> November 2019**

**Date:** 21<sup>th</sup> November 2019

**Venue:** Police Station, Geeta Colony

**Start time:** 11:00 AM

**End time:** 2:45 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:** 11, 1

**Total participants and female participants in RISE:** 8, 1

**Team Members:** Harpreet, Kamalpreet, Ashok, Nidhi

## 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= 11)

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	8	0	8
Diabetes	2	0	2
Overweight /obese	8	0	8
Regular physical activity	2	0	2
Alcohol consumption	4	0	4
Smoking cigarette or <i>bidhi</i>	2	0	2

a - total females = 1; b- total males = 10

### Conclusion

A total of 11 beneficiaries (1 female) attended the Swasthya Pahal camp organised on 21<sup>th</sup> November 2019 at Geeta Colony, Police Station. Most of the beneficiaries (n=8) had hypertension (i.e. blood pressure >120mm/Hg) while two beneficiaries had high random blood sugar (> 140mg/dL). Similarly most of the beneficiaries (n=8) were overweight/obese (i.e. Body Mass Index > 24.9 kg/m<sup>2</sup>) while very few of them (n=2) were engaged in regular physical activity (i.e. at least 4 times in a week). Four beneficiaries consumed alcohol though the frequency and quantity of alcohol consumed varied widely and two beneficiaries smoked *bidhi* or cigarette. Lack of time due to long and irregular working hours was the main barrier reported by the beneficiaries to adopt a healthy lifestyle.

After PHIK and nutrition counselling, three of the beneficiaries seemed highly motivated to make a change in their lifestyle (including diet and physical activity) in order to improve their health status. However, many of them still considered lack of time as a barrier to be able to modify their lifestyle.

**Details of RISE products sold during the camp:** Eight participants (1 female) viewed RISE products on the camp day. They largely viewed earrings and t-shirts. Details of RISE products sold during the camp day are mentioned in the table below.

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

Product	Description of the product (Size)	No. of units sold
Earring	Medium	1
T-shirt	Large	2

### Photo gallery



Registration of the beneficiary at the camp



Measurement of height of the beneficiary



Blood pressure measurement of the beneficiary



Distribution of certificate of participation to the beneficiary

