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Foundation of Healthcare Technologies Society

SWASTHYA PAHAL REPORT

2023

Date: 06/01/2023

Place: Block-20, Kalyanpuri, New Delhi

Time: 11:00 am to 03:30 pm

Number of total beneficiaries: 30

Number of total female beneficiaries: 27

SWASTHYA PAHAL (Health for all)

Swasthya Pahal (Health for all) is an interactive, innovative, technology-enabled, SMAART (Sustainable, Multi-Sectoral, Accessible, Affordable, Reimbursable and Tailored) initiative. It utilizes a touch screen, computer-enabled, SMAART Portable Health Information Kiosk (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, urban slums, and rural/tribal settings in India.

Objectives

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

Details

Date: 6th January 2023

Venue: Block-20, Kalyanpuri, New Delhi

Start time: 11:00 AM

End time: 03:30 PM

Number of beneficiaries: 30

Team Members: Dr. Heemanshu, Dr. Almas, Mamta Kushwaha and Sushmi Wilson

Table 1: Implementation of Swasthya Pahal

Components of the camp	Details	Material and methods used
Registration	<ul style="list-style-type: none"> Collection of information from the participants such as name, age, phone number and address. 	Receipt booklet
Measurement of height and weight	<ul style="list-style-type: none"> Height and weight were measured using standard procedures and protocols. 	Digital weighing machine, stadiometer
Measurement of blood pressure and sugar	<ul style="list-style-type: none"> Blood pressure and blood sugar were measured using standard procedures and protocols. 	Digital machines for measuring blood pressure and blood sugar, lancet, strips, cotton swabs, spirit
Portable Health Information Kiosk (PHIK)	<ul style="list-style-type: none"> Collection of data from the participants 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)
Nutrition counselling	<ul style="list-style-type: none"> 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. They were counselled about healthy dietary habits, healthy snacking options, good dietary behaviours, meal patterns and importance of physical activity. 	Personalised nutrition and lifestyle counselling
Photographs	<ul style="list-style-type: none"> Clicking pictures of the event. 	Camera

Table 2: Health status of beneficiaries screened (n=30)

Health conditions screened	Number of participants with the condition (n)
Prehypertension/ Hypertension (blood pressure $\geq 120/80$ mmHg)	25
High Random Blood Sugar (≥ 140 mg/dL)	13
Overweight/obese (Body Mass Index ≥ 25 kg/m ²)	19
Regular physical activity (>4 times/week)	6

Observations

A total of 30 beneficiaries (3 males and 27 females) attended the Swasthya Pahal camp organised on 6th January 2023 at Block-20, Kalyanpuri, New Delhi. Out of these thirty beneficiaries, majority of them (n=25) had higher blood pressure than normal. Nearly half of the beneficiaries (n=13) had high random sugar. Two-third of them were found to be overweight/obese (n=19), and nearly one-fourth of them (n=6) were engaged in regular physical activity.

Additional Comments

- Many beneficiaries got themselves tested for the first time.
- Beneficiaries found the counselling session to be very informative and useful, and many of them got to know about more about their health condition.
- All the beneficiaries found the Swasthya Pahal initiative to be very helpful.

Number of beneficiaries enrolled in follow up counselling program: Majority of the beneficiaries (n=27) expressed their interest to receive informative messages for diet and lifestyle management. Out of these twenty-seven beneficiaries, almost all of them (n=26) opted to receive messages on a weekly basis and only one of them opted to receive messages on a daily basis.

Photo Gallery



Picture 1: Anthropometric measurement of beneficiary



Picture 2: Measurement of Blood Pressure



Picture 3: Measurement of Blood Sugar



Picture 4: Diet counselling being given to the beneficiary

List of Abbreviations

S. No.	Abbreviation	
1.	ICT	Information Communication Technology
2.	MetS	Metabolic Syndrome
3.	NCD	Non-Communicable Diseases
4.	PHIK	Portable Health Information Kiosk
5.	SMAART	Sustainable Multisectoral Accessible Affordable Reimbursable Tailored

Annexure I

Blood Pressure	
<120/80 mmHg	Normal
≥120/80 mmHg	Prehypertension
≥140/90 mmHg	Hypertension
Blood Glucose	
<140 mg/dl	Normal
≥140 mg/dl	High Blood Glucose
BMI	
<18.5	Underweight
18.5 to 24.9	Normal
25 to 29.9	Overweight
≥30	Obese