



# Foundation of Healthcare Technologies Society

## SWASTHYA PAHAL REPORT

### 2023

**Date: 10/01/2023**

Place: R-block, JJ colony, Raghubir Nagar, Tagore Garden, New Delhi

Time: 11:00 am to 02:00 pm

Number of total beneficiaries: 30

Number of total female beneficiaries: 7

## **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:** 10<sup>th</sup> January 2023

**Venue:** R-block, JJ colony, Raghubir Nagar, Tagore Garden, New Delhi

**Start time:** 11:00 AM

**End time:** 02:00 PM

**Number of beneficiaries:** 30

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

**Table 1: Implementation of Swasthya Pahal**

<b>Components of the camp</b>	<b>Details</b>	<b>Material and methods used</b>
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
Measurement of height and weight	<ul style="list-style-type: none"> <li>Height and weight were measured using standard procedures and protocols.</li> </ul>	Digital weighing machine, stadiometer
Measurement of blood pressure and sugar	<ul style="list-style-type: none"> <li>Blood pressure and blood sugar were measured using standard procedures and protocols.</li> </ul>	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"> <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)
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>	Personalised nutrition and lifestyle counselling
Photographs	<ul style="list-style-type: none"> <li>Clicking pictures of the event.</li> </ul>	Camera

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

<b>Health conditions screened</b>	<b>Number of participants with the condition (n)</b>
Prehypertension/ Hypertension (blood pressure $\geq 120/80$ mmHg)	20
High Random Blood Sugar ( $\geq 140$ mg/dL)	5
Overweight/obese (Body Mass Index $\geq 25$ kg/m <sup>2</sup> )	14
Regular physical activity ( $>4$ times/week)	12

### **Observations**

A total of 30 beneficiaries (23 males and 7 females) attended the Swasthya Pahal camp organised on 10<sup>th</sup> January 2023 at R-block, JJ colony, Raghubir Nagar, Tagore Garden, New Delhi. Out of these thirty beneficiaries, two-third of them (n=20) had higher blood pressure than normal. A few of the beneficiaries had high random sugar (n=5). Almost half of them were found to be overweight/obese (n=14), and more than one-third of them (n=12) were engaged in regular physical activity.

### **Additional Comments**

- Many beneficiaries got to know more about their health conditions.
- Beneficiaries found the counselling session to be very informative and useful.
- 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=25) expressed their interest to receive informative messages for diet and lifestyle management. Out of these twenty-five beneficiaries, most of them (n=21) opted to receive messages on a weekly basis, and only four of them opted to receive messages on a daily basis.

## Photo Gallery



Picture 1: Registration of the 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.	<b>ICT</b>	Information Communication Technology
2.	<b>MetS</b>	Metabolic Syndrome
3.	<b>NCD</b>	Non-Communicable Diseases
4.	<b>PHIK</b>	Portable Health Information Kiosk
5.	<b>SMAART</b>	Sustainable Multisectoral Accessible Affordable Reimbursable Tailored

## Annexure I

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