Registration No.: S/877/SDM/NW/2012





Foundation of Healthcare Technologies Society

SWASTHYA PAHAL REPORT

2023

Date: 26/04/2023

Place: Police Wellness Center, Hari Nagar, New Delhi. Time: 11:00 am to 03:00 pm

Number of total beneficiaries: 11 Number of total female beneficiaries: 3 Phone 91-8288004611/91-8447292004 Website: fhts.ac.in

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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: 26th April 2023

Venue: Police Wellness Center, Hari Nagar, New Delhi

Start time: 11:00 AM

End time: 03:00 PM

Number of beneficiaries: 11

Team Members: Shravani Rajkhowa, Sakshi, Sushmi Wilson, Chandni Sharma and Ashok

Kumar.



Table1: Implementation of Swasthya Pahal

Components of the camp	Details	Material and methods used	
Registration	• Collection of information from the participants such as name, age, phone number and address.	Receipt booklet	
Measurement of height and weight	 Height and weight were measured using standard procedures and protocols. 	Digital weighing machine, stadiometer	
Measurement of blood pressure and sugar	 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)	 Collection of data from the participants pertaining to their sociodemographic profile, medical history, physical activity and alcohol and smoking consumption pattern. Assessment of risk factors based on the information collected. 	Laptop (touchscreen)	
Nutrition counselling	 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	Clicking pictures of the event.	Camera	

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Table 2: Health status of beneficiaries screened (n=11)

Health conditions screened	Number of participants with the condition(n)
Prehypertension/ Hypertension (blood pressure ≥120/80 mmHg)	6
High Random Blood Sugar(≥140mg/dL)	5
Overweight/obese (Body Mass Index ≥ 25 kg/m²)	8
Regular physical activity (>4 times/week)	5

Observations

A total of eleven beneficiaries (30 males and 8 females) attended the Swasthya Pahal camp organised on 26th April 2023 at Police Wellness Center, Hari Nagar, New Delhi. Out of these eleven beneficiaries, less than two-third of them had (n=6) had high blood pressure than normal and an equal amount of them (n=5) had higher random blood sugar than normal and were also engaged in regular physical activity (n=5). Three-fourth of them (n=8) were found to be overweight/obese.

Additional Comments

- 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 SHINE: SMAART Hub for Informatics enabled Nutrition Education (SHINE) Initiative aims to enhance self-management of chronic non-communicable diseases using multilingual digital HEALTH intervention tailored to enhance their knowledge regarding self-management of disease condition(s), diet, physical activity, healthy lifestyle, homeremedies, medication adherence and stress management. Among the eleven beneficiaries, almost three-fourth of them (n=9) expressed their interest to receive informative messages for diet and lifestyle management and majority of them (n=8) opted to receive messages on a weekly basis whereas only one opted to receive messages on a daily basis.

Details of RISE exhibition: RISE stands for Research, Innovation, Skills, and Entrepreneurship. The aim of the RISE initiative is to empower girls and women from urban slums. Women are trained to develop their natural talent to make them employable and self-reliant, to fit in an office environment with a paid stipend. An exhibition of the products: pouches, tiffin bags, masks and jute bags made by women of the urban slum was organised at Police Wellness Center, Hari Nagar, New Delhi.

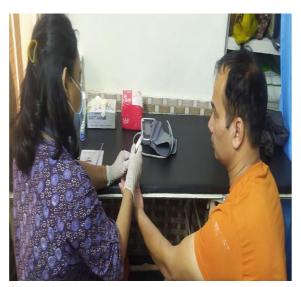
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Photo Gallery



Picture 1: Registration



Picture3: Measurement of Blood Sugar



Picture 2: Measurement of Blood Pressure



Picture 4: Diet Counselling being given to the beneficiary



Picture 5: RISE Exhibition and Certificate of Participation

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321, 322, 323 Somdutt Chamber-2, Bhikajicama place, New Delhi-110066

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FHTS

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	
	Thatics	Reimbursable Tailored	

Annexure I

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