



# Foundation of Healthcare Technologies Society

**INTERNATIONAL DAY OF OLDER PERSONS 2023**

Date: 04/10/2023

Place: Bhagwat Dham Senior Citizen Home, Mayur Vihar Phase 1, New Delhi

Time: 11:00 am to 03:00 pm

Number of total beneficiaries: 24

Number of total female beneficiaries: 12

## International Day of Older Persons

International Day of older persons is celebrated on 1<sup>st</sup> October every year. It is an opportunity to highlight the important contributions that older people make to society and raise awareness about their human rights and fundamental freedom. FHHS commemorated International Day of Older Persons at Bhagwat Dham Senior Citizen Home on 4<sup>th</sup> October 2023 where Swasthya Pahal camp was conducted for the residents of the old age home.

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:** 04<sup>th</sup> October 2023

**Venue:** Bhagwat Dham Senior Citizen Home, Chilla Road, Mayur Vihar Phase 1, New Delhi

**Start time:** 11:00 AM

**End time:** 03:00 PM

**Objective:** To screen obesity, diabetes, and hypertension among participants for improved disease prevention, monitoring, and self-management of non-communicable diseases (NCDs).

**Number of beneficiaries:** 24

**Team Members:** Sakshi Mandawaria, Gunjan Sooden, Chandni Sharma, Sushmi Wilson, Nidhi S Pillai, Sanskriti Chibber

**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 behaviors, meal patterns and importance of physical activity.</li> </ul>	Personalized nutrition and lifestyle counselling
Research, Innovation, Skills, Entrepreneurship (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
Photographs	<ul style="list-style-type: none"> <li>Clicking pictures of the event.</li> </ul>	Camera

**Table 2: Health status of beneficiaries screened (n=24)**

<b>Health conditions screened</b>	<b>Number of participants with the condition (n)</b>
Pre-hypertension (blood pressure $\geq 120$ mmHg to $< 140$ mm/Hg)	7
Hypertension (blood pressure $\geq 140$ mmHg)	12
High Random Blood Sugar ( $\geq 140$ mg/dL)	12
Overweight/obese (Body Mass Index $\geq 25$ kg/m <sup>2</sup> )	15
Regular physical activity ( $>4$ times/week)	17

**Observations**

A total of 24 beneficiaries (12 males and 12 females) attended the Swasthya Pahal camp organized on 04<sup>th</sup> October 2022 at Bhagwat Dham Senior Citizen Home, Mayur Vihar Phase-1, New Delhi. Out of twenty four beneficiaries, 7 had pre-hypertension and half of the beneficiaries (n=12) had hypertension. Half of them (n=12) had high random sugar. Majority of them (n=15) were found to be overweight/obese and 17 were engaged in regular physical activity.

**Additional Comments**

- Majority of the beneficiaries were aware about the importance of regular physical activity.
- Beneficiaries were very appreciative that they received all the services at their place.
- Beneficiaries were excited for the counselling program and found it very informative and useful.
- All the beneficiaries found the Swasthya Pahal initiative useful and very helpful.

**Number of beneficiaries enrolled in follow up counselling program:** Three of them expressed their interest to receive informative messages for diet and lifestyle management and opted to receive messages on a weekly basis as most of them didn't remember their phone numbers.

**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, round pouches, diyas and t-shirts) made by women of the urban slum was organized at Bhagwat Dham Senior Citizen Home, Mayur Vihar Phase-1, New Delhi.

## Photo Gallery



report-20231004-newdelhi-dl-publichealthevents-1



report-20231004-newdelhi-dl-publichealthevents-2



report-20231004-newdelhi-dl-publichealthevents-3



report-20231004-newdelhi-dl-publichealthevents-4



report-20231004-newdelhi-dl-publichealthevents-5



report-20231004-newdelhi-dl-publichealthevents-6

## 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>RISE</b>	Research Innovation Skill Entrepreneurship
6.	<b>SMAART</b>	Sustainable Multi-sectoral Accessible Affordable Reimbursable Tailored