SMAART™ LAB
Prioritizing Health For All

FHTS

Foundation of Healthcare Technologies Society

SWASTHYA PAHAL REPORT

2024

Date: 19/03/2024

Place: Block L, Camp 3 Nangloi, New Delhi. |Time: 11:00 am to 02:00 pm

Number of total beneficiaries: 19
Number of total female beneficiaries: 12

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: 19th March 2024

Venue: Block L, Camp 3 Nangloi, New Delhi

Start time: 11:00 AM

End time: 02:00 PM

Number of beneficiaries: 19

Team Members: Ashok Kumar, Sakshi, Sushmi Wilson, Dr Mansi Gauniyal, Dr Sabhya Juneja, Shravani Rajkhowa and Janhvi Sahai.

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 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	● 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

Table 2: Health status of beneficiaries screened (n=19)

Health conditions screened	Number of participants with the condition(n)
Prehypertension/ Hypertension (blood pressure ≥120/80 mmHg)	12
High Random Blood Sugar(≥140mg/dL)	5
Overweight/obese (Body Mass Index ≥ 25 kg/m^2)	13
Regular physical activity (>4 times/week)	9

Observations

A total of 19 beneficiaries (7 males and 12 females) attended the Swasthya Pahal camp organised on 19th March 2024 at Block L, Camp 3 Nangloi, New Delhi. Out of these nineteen beneficiaries, almost two-third (n=12) had higher blood pressure than normal and one-fourth of them had high blood sugar than normal (n=5). Exactly two-third of them were found to be overweight/obese (n= 13) than normal and nearly half of them were found to be engaged in regular physical activity (n=9).

Additional Comments

- Beneficiaries found the counselling session very informative and useful, and many of them learned 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, home-remedies, medication adherence and stress management. Among nineteen beneficiaries, nearly half of them (n=9) expressed their interest to receive informative messages for diet and lifestyle management and all of them opted to receive messages on a weekly basis.

Photo Gallery

Picture 1: Measurement of Blood Pressure

Picture 2: Measurement of Blood Sugar

Picture 3 & 4: Diet Counselling 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	
<120/80mmHg	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