Foundation of Healthcare Technologies Society
New Blessing Through Technology Empowered Reforms

A MONTHLY NEWSLETTER FROM FOUNDATION OF HEALTHCARE TECHNOLOGIES SOCIETY

Dear All,

I welcome you to the April, 2022 issue of "Population Health Research, Innovation, Skills and Entrepreneurship (PHRISE)" newsletter. The pandemic has brought forth in our FHTS family coping, adaptability, resilience, and empathy to enhance the health of the populations.

We highlight some of the innovative initiatives aimed to address 21st century population health challenges. We highlight our research initiatives & range of opportunities to provide a platform facilitating knowledge exchange across diverse stakeholders. Our aim is to aggregate and summarize the critical highlights and demonstrate impact that FHTS is making to address equity through the lens of population health.

I hope you find this issue informative and engaging and look forward to sharing more about our research activities and contributions in our upcoming newsletter. I want to congratulate the entire team of FHTS for their perseverance, flexibility, innovation and resilience.

Ashish Joshi

ASHISH JOSHI PHD, MBBS, MPH

v-INSPIRE PUBLIC HEALTH

Virtual-Interactive Novel Support Program for Innovation, Research and Entrepreneurship in Public Health

WHAT IS v-INSPIRE?

A Virtual Interactive Novel Support Program for Innovation, Research and Entrepreneurship aims to address population health challenges of the 21st century by enhancing academic and non-academic skills of students using an *Innovative and participatory experiential learning experience.*

Experiential learning (EL) programs allow students to gain experience, engage with the community, develop technical and interpersonal skills, and build career readiness and professional networks, all of which have been particularly hard hit

https://www.smaartrapidtracker.org/v-inspire/

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Mentorship is the center of our Internship Program, letting our interns discover subject-related specialties applicable in the workplace especially in the field of Population Health, with hands-on experiences.

IMPACT CREATED

· 545+ INSPIRE FELLOWS MENTORED
· Representation from 9 countries USA, Canada, Nigeria, Nepal, India, Indonesia, England, Bangladesh, Cameroon.
· Representation from 166+ universities across the globe, National (n=146) and International (n=20).
· More than 74% of Women trainees

Educational background: Bachelors 20%, Masters: 66%, Others: 14%

2134+ applications received

IMPACT June'13-March'22

More than 74% females

Applicants representing 26+ countries

545 INSPIRE interns mentored

RESEARCH PROJECT

Title: Content Analysis of smartphone apps on Google Play Store to assist in self-management of Hypertension in the Indian context.

Brief: The study aimed to review and investigate the functional and analytical characteristics of apps related to the self-management of hypertension available on Google Play Store. The search was conducted in February 2021 in India using the Google Play Store database to identify currently available Android-based apps related to self-management of hypertension/ high blood pressure. Keywords used were: Hypertension', 'High Blood Pressure', 'DASH Diet', 'Hypertension Diet', and 'Blood pressure diet'. A total of 822 apps were screened based on the duplicates, inclusion, and exclusion criteria. In the end, a total of 210 were included for further analysis.

Objective
- To review all the available apps related to hypertension/and high blood pressure and DASH Diet and investigate their main functional and analytical characteristics.
- To map how many apps meet the Self-Management Support (PRISMS) taxonomy.

https://mhealth.amegroups.com/article/view/83544/html

RESEARCH PAPER

A pilot evaluation of Swasthya Pahal program using SMAART informatics framework to support NCD self-management.

- Dr. Ashish Joshi, (CUNY Graduate School of Public Health and Health Policy, New York, NY, USA), Mahima Kaur, Srishti Arora, Ashruti Bhatt, Priya Sharma, Harpreet Kaur, Kanishk Kumar, Mohit Arora, Bhavya Malhotra (Foundation of Healthcare Technologies Society, New Delhi, India) Ajay Anshuman (Uttarakhand State Police, Uttarakhand, India)

Empirical research acknowledges the capability of mHealth and eHealth interventions for ensuring high-quality and tailored healthcare to individuals. People living with various health conditions get access to a wide range of healthcare services through digital interventions. The aim of the study is to examine the usefulness of Swasthya Pahal, a community-based Health for all program, aimed to enhance screening and self-management of diabetes, hypertension, and obesity among police personnel.
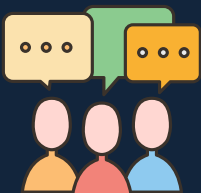
https://mhealth.amegroups.com/article/view/64236/html

v-INSPIRE PUBLIC HEALTH
Community of Population Health Informatics Learners
Research Ideate Share Empower

A discussion board where individuals respond to content, teach each other, learn by stating and understanding. It encourages critical thinking and allows individuals to have the flexibility to reflect on their thoughts and to take a position on issues. The goal is to facilitate a professional communication process with your peers in a meaningful manner, value such professional interchange, and for electronic communication to facilitate the process.

Population Health Informatics addresses the growing opportunity to use technology to implement evidence-based solutions for the improvement of population health outcomes. Individuals from various disciplines with an interest in population health informatics Research, Innovation, Skills and Entrepreneurship are brought together to help solve the public health challenges of the 21st century. We will broadly discuss issues such as Education, Economy, Employment, Good Health and Well-Being, Policy, and Governance from the lens of Equity and sustainability empowered by Sustainable Multisector Accessible Affordable Reimbursable and Tailored Solutions.

25 Forums

859 Posts

61 Topics

879 Members

v-INSPIRE PUBLIC HEALTH
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Discussion Board - April
Topic – Double Burden of Malnutrition (DBM)

Coexistence of under nutrition and over nutrition need to be approached by multiple perspectives. Double burden of malnutrition occur at all levels: individual, household and population level. Biological, environmental and social factors are important drivers in the global burden of malnutrition throughout the life of an individual. Early life undernutrition may cause communicable diseases or overweight in the later life. A comprehensive action is required to address the malnutrition in all its forms.

As per WHO, double burden of malnutrition is "the coexistence of undernutrition along with overweight and obesity, or diet-related noncommunicable diseases, within individuals, households and populations, and across the lifecourse" (1). This paper (2) discusses the double burden of malnutrition in low- and middle-income countries. The paper highlights that poorest income quartile countries have the severe levels of double burden of malnutrition. Changes in global food system is accelerating increase in overweight as less nutritious food is becoming more accessible. Interventions to improve the diet quality are required to address the double burden of malnutrition.

- References
1. //apps.who.int/nutrition/double-burden-malnutrition/en/
2. //www.ncbi.nlm.nih.gov/pmc/articles/PMC7179702/

ACTIVITIES & EVENTS

Swasthya Pahal TRAINING SESSION at SMAART PHIC LAB, CHENNAI

Dr. Ashish Joshi conducted a training session for nurses, social workers of Panimalar medical college Hospital and research Institute and team at SMAART PHIC Lab for Swasthya Pahal (Health for all Initiative).

Importance of Research in Medical education

An Interactive Session By Dr. Ashish Joshi With First Year MBBS Students of Panimalar Medical College Hospital and Research Institute

Launch of Sangyan Podcast using a Kiosk at the OPD of Panimalar Medical College Hospital and Research Institute

Podcasts by SANGYAN for Public Health (FAQs)
sangyan.libsyn.com

SPOTLIGHT

Abhishesh Lal, MPH

"The one month internship with the staff of FHTS under the guidance of Dr. Joshi has been of great help towards understanding the Covid-19 pandemic, its effects on people, policies and how the respective governments have fared against them. This internship allowed me to get a better grip on data analysing and understanding the trends that came with this pandemic. Looking forward to working with them in future if provided a chance" says Abhishesh Lal, MPH

Click Here to know more.

"It has been a very unique experience of virtual internship. I am glad to be one of the V- Inspire Interns. This platform has given such a wonderful opportunity to be associated with FHTS. The overall guidance and exposure that Dr. Ashish Joshi and Mansi Mam provide is elucidate. My experience on learning something new was very wholesome. Learning about healthcare system of other countries gave me insight of how we can improve and plan for better public health. Based on my task I was very glad to know that how we don't have a dashboard for children with COVID-19 and how important is it to think about it. This internship also helped me value of team work. I would like to express my sincere gratitude to FHTS team." says Nomisha Khatri, MPH.

Nomisha Khatri, MPH

Click here to know more.