



MONTHLY NEWSLETTER - AUGUST 2022

WELCOME MESSAGE

Dear All,

I welcome you to the August, 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 PHD, MBBS, MPH

Ashish Joshi





Foundation of Healthcare Technologies Society

New Blessing Through Technology Empowered Reforms

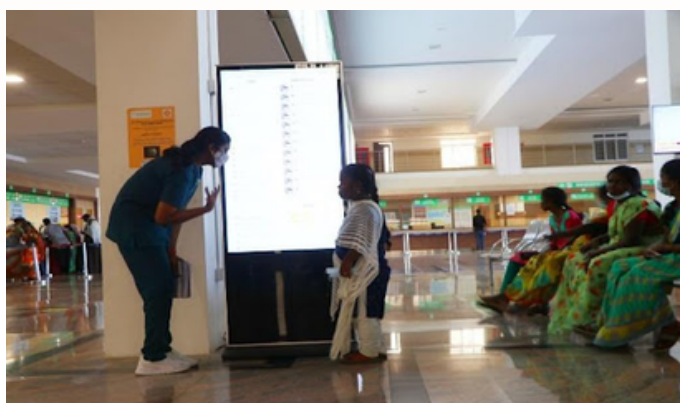
Podcasts by



Executive Summary

Sangyan Podcast is a multilingual Interactive Decision making enabler through Educational Audios (IDEA) platform that aims to connect community to the evidence based information that can enhance good health and well-being of individual's families and the communities they live in. This will facilitate creating in community of learners from all walks of life to share accurate, reliable and trusted sources of health information. It is a weekly podcast that gives participants to access to health-related topics in a simple, effective, and concise manner, as well as in their preferred language.

Project Title: Implementation and Evaluation of a *Sangyan* digital health intervention to enhance knowledge related to COVID-19 and other health conditions





Podcasts by **Sangyan**

Independent Decisive
Educational Audio



Aim: to find usefulness and effectiveness of digital health intervention platform *Sangyan* among individuals coming to the hospital and community settings.

Objective:

- To assess user preferences for health information on digital health interventions to address COVID-19 misinformation.
- To evaluate usefulness and effectiveness of *Sangyan* podcast in addressing COVID-19-related misinformation was also evaluated.
- To compare the retention outcome among users of the Sangyan podcast

Study Area and Study Setting:

A study was conducted in Panimalar Medical College Hospital & Research Institute (PMCHRI) and Rural Health Training Centre (RHTC), Chennai Tamil

Study participants:

500 Study Participants (250 – Rural & 250 – Urban)

Implementation of the *Sangyan* Project

The *Sangyan* project successfully took place in Panimalar Medical College Hospital & Research Institute and Rural Health Training Centre(RHTC), Chennai, Tamil Nadu. The team of 10 received training for this study in SMAART-PHIC Lab by FHTS team member.



RESEARCH HIGHLIGHTS

ICMR-funded research project in collaboration with
Indian Council of Medical Research – National Institute of Pathology

Digital Health Intervention to enhance self-management of Metabolic Syndrome (MetS) among adults living in urban poor settings

Objective

To design, develop and pilot test an interactive, tailored, internet and mobile-enabled digital health intervention to enhance self-management of MetS among individuals living in urban poor settings.

Expected outcome

The technology-enabled health communication platform will enhance self-efficacy and knowledge attitudes and practices related to self-management of diabetes and hypertension and other risk factors of MetS among individuals living in urban slum settings.





SWASTHYA PAHAL

In the month of August, the Foundation of Healthcare Technologies Societies conducted 4 Swasthya Pahal and RISE camps. The locations for the camps were–

1. DTC bus depot, Mayapuri, New Delhi.
2. Gol post office, Connaught Place, New Delhi
3. Delhi Jal board, Engineers Bhavan, Andrews Ganj, New Delhi.
4. Bhikaji Cama Place, New Delhi.

The main objective of the Swasthya Pahal camps was to screen obesity, diabetes, and hypertension among participants for improved disease prevention, monitoring, and self-management of NCDs.

Observations –

In the 4 camps, a total of 133 beneficiaries were screened. Out of 133 beneficiaries, 30 of them were found diabetic, 66 were hypertensive, 72 were obese/overweight and 13 were found comorbid (with all 3 conditions).



CAMP : DTC bus depot, Mayapuri, New Delhi.



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SWASTHYA PAHAL



CAMP : Gol post office, Connaught Place, New Delhi.

CAMP : Delhi Jal board, Engineers Bhavan, Andrews Ganj, New Delhi.



CAMP : Bhikaji Cama Place, New Delhi.



DISCUSSION BOARD - AUGUST

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

8th August: Monkeypox – Past and Present

The post starter gives a brief on the zoonotic origin of the disease. It also draws a comparison between the differences in the previous outbreaks of Monkeypox and the large-scale impact the current outbreak has created. It also delves into the fact that people below the age of 50 are possibly more susceptible to this disease.

22nd August: Approaches in Healthcare to Manage Monkeypox

The post starter draws attention to the rapid increase in the cases in 1 month, as the cases have doubled. The post gives a brief on how the healthcare professionals are handling the cases, from the treatment given, to other management practices such as isolation, waste management etc.

The post asks participants to post their insights on the possible methods for the management of Monkeypox. The participant further provided the source for risk assessment for healthcare workers exposed to monkeypox. Also, more detailed input on the use of PPE in accordance with the risk category was touched upon.





EMPLOYEE SPOTLIGHT

Name: Dr. Harpreet Kaur

**Ph. D in Demography and Biochemical and
Molecular Genetics**

Public Health Researcher

Joined: May, 2019

Harpreet Kaur is a Ph. D in Demography and Biochemical and Molecular Genetics from Department of Anthropology, University of Delhi. She has over 8 years of experience in projects regarding Maternal health, Child health, NCDs, Millennium Development Goals and Sustainable Development Goals. She joined FHTS in May 2019 as a Public Health Researcher and Faculty

Here she is engaged in multiple initiatives and projects where she gets an understanding of how technology-based solutions can empower individuals for their overall well-being. Also, she is involved in the curation of various academic modules regarding population health informatics, demography, nutrition informatics, and research and ethics. Besides this, she is also a part of FHTS research advisory board. Over three years, FHTS has facilitated to enhance her organization, management, mentoring, team building, leadership, research, and communication skills. She aims to carry forward the FHTS vision of improving population health outcomes through innovative, informatics and evidence-based practices.





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v-INSPIRE INTERNS



Name: Chandrima Mondal
Pursuing MPH, TISS



Name: Jayashree Kailasam
Pursuing MPH, Sri
Ramachandra Institute of
Higher Education and Research



Name: Shunmathy SM
MPH, JIPMER International
School of Public Health



Name: Nitya Jha
BDS, Rajiv Gandhi University
of Health Sciences



Kavya Rao Bagati*



Konan Othniel
Betsaleel*



Aka Kora Marie-
Noelle Grace*

***Pursuing MPH from Parul University, Gujarat**



STUDENT SPEAKS

JYOTSNA N B

2nd-year MBBS student from Panimalar Medical College Hospital & Research Institute.

FHTS student pursuing Operational Research in Population Health

It has been an incredible learning experience with FHTS which offered us the foundation course in research methodology. The learner-centric environment along with expert guidance and support furnished by highly skilled faculties aided me in exploring my innate potential and work towards achieving my goals. The course was the best possible platform to train myself attain proficiency in my career. With an exceedingly intellectual and experienced faculty, I have observed our prowess and competence stand up to a zenith. The course allowed me for the first time to dive into the world of research and helped me apply the knowledge acquired for the betterment of existing healthcare system.

We were introduced to many digital interventions in public health sector which primed us to work in the current tech world. FHTS has always created an intensely engaging mode of learning with vivid lectures that imparted valuable knowledge, LMS discussions which facilitated the sharing of thoughts and idea among co learners from different parts of the world, weekly assignments that improved my critical thinking, problem solving and writing skills along with group presentations that boosted my self confidence, team work and leadership skills. An insight to the real world research experience was provided by the extremely innovative SMAART PHIC collaboration which fuelled the passion in me to work towards public health and implementing interventions for their benefit. Through all these notable initiatives, FHTS has always played an integral part in moulding me into a competent healthcare worker by instilling in me the value of high quality research and the means to conduct it ethically with professionalism. I extend my earnest gratitude to the FHTS team for their continuous support and mentorship. It was indeed a remarkable experience in my career which I intend to continue forever.



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PAST EVENTS



World Breastfeeding Week Celebration

05.08.2022

Venue: Anganwadi Center, Kusumpur Pahadi, Vasant Vihar, Delhi

Date: 5th August 2022

Objective: To impart knowledge to women of reproductive age about the importance of breastfeeding, healthy breastfeeding practices, and a healthy diet required during lactation.

Duration of the session: 60 minutes

Team Members: Mansi Shukla and Sakshi Sharma

Agenda of the event: FHTS organised a breastfeeding week event at Anganwadi Center, Kusumpur Pahadi, Vasant Vihar, Delhi with the objective to promote and support breastfeeding, as well as to raise awareness of the importance of breastfeeding for the health of both mother and child. Seventeen women of reproductive age were a part of this session. Out of them 4 women were pregnant and 10 were lactating women.





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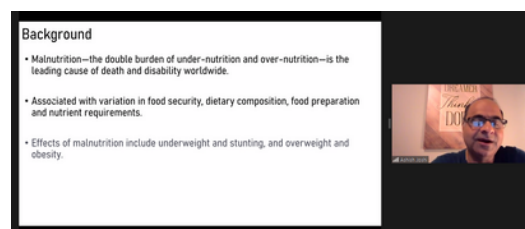
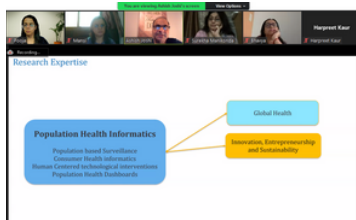
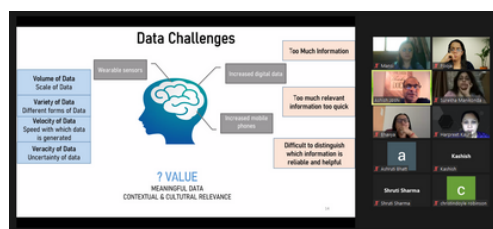
PAST EVENTS



WEBINAR :

Need and Importance of Nutrition Informatics in India

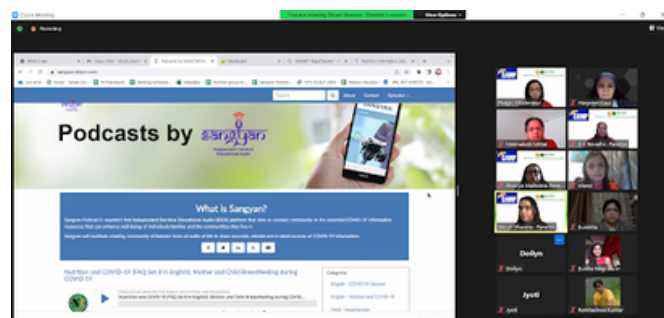
15.08.2022



PANEL DISCUSSION

Scope of Nutrition Informatics in India

20.08.2022





FUTURE EVENTS



SMAART IMPACT HACKATHON – TECHNOVATION CHALLENGE

17.09.2022

FHTS is organising a SMAART IMPACT Hackathon event on 17th September 2022 from 8:30-10:00 AM (IST). It is a platform for participants to highlight the most prominent and recent trends, data and digital solutions on **“Nutrition Confusion, tackling the Infodemic”**.

Everyone is welcome to participate, be it students or professionals as an ATTENDEE or PRESENTER from all walks of life!

Get your thinking caps on and be part of this enduring experience!!!

[REGISTER HERE](#)





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**TO BECOME 'SHINE'
MEMBER**



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