

# Rise and Swasthya Pahal

## Activity Report

11/09/2019

Foundation of Healthcare Technologies Society (FHTS)

Dr. Ashish Joshi

## SWASTHYA PAHAL (Health for all)

Swasthya Pahal (Health for all) is an interactive, innovative, technology enabled, Sustainable, Multi-Sectoral, Accessible, Affordable, Reimbursable and Tailored (SMAART) initiative. It utilizes touch screen, computer enabled, SMAART Portable Health Information Kiosks (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 slums and rural/tribal settings in India

### Objectives

- To integrate clinical and non-clinical data sources by combining principles of ICTs to enhance population health outcomes across diverse geographic settings.
- To utilise the PHIK as a tool to assess the burden of chronic disease and associated risk factors in diverse settings such as urban slums and rural/tribal settings in India.

**Camp Day: 11<sup>th</sup> September 2019**

**Date:** 11<sup>th</sup> September 2019

**Venue:** Bikhaji Cama Place, New Delhi

**Start time:** 12:45 PM

**End time:** 4:00 PM

**Objective:** To impart health and nutrition education to the beneficiaries and measure their height, weight, blood pressure and blood sugar besides seeking other health related information.

**Number of Beneficiaries:** 6 Adults (Male)

**Team Members:** Mahima Kaur, Radha, Alka, Masni Rai, Sanathoi and Henkhogin DOUNGEL

### Agenda of the camp

Components of the camp	Details	Material and methods used
1. Registration	<ul style="list-style-type: none"> <li>Collection of information from the beneficiaries such as name, age and phone number.</li> </ul>	Receipt
2. Measurement of height and weight	<ul style="list-style-type: none"> <li>Height and weight was measured using standard procedures and protocols.</li> </ul>	Digital weighing machine, stadiometer
3. Measurement of blood pressure and sugar	<ul style="list-style-type: none"> <li>Blood pressure and blood sugar was measured using standard procedures and protocols.</li> </ul>	Digital machines for measuring blood pressure and blood sugar, lancet, lancet strips, cotton swab, spirit
4. PHIK	<ul style="list-style-type: none"> <li>Collection of data from the beneficiaries 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)
5. Nutrition counselling	<ul style="list-style-type: none"> <li>Based on the assessment report during PHIK, beneficiaries 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 behaviours, meal patterns and importance of physical activity.</li> </ul>	Verbal counselling
6. 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

### Observations during the camp

The camp set was organised at the Bikhaji Cama Place complex. The beneficiaries who attended the camp were cooperative and patient. They were enthusiastic and wanted to seek health and nutrition related information from the camp personnel. They were asking questions and clearing their doubts related to diet, health and nutrition. Overall the camp functioned smoothly without any hassle.

**RISE products sold during the camp:** None

## Photo gallery



Measurement of height



Measurement of weight



Nutrition counselling and measurement of blood sugar



Display of RISE products