

Rise and Swasthya Pahal

Activity Report

14/09/2019

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: 14th September 2019

Date: 14th September 2019

Venue: Gol Dak Khana, Connaught Place, New Delhi

Start time: 10:00 AM

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: 102 (Adults)

Team Members: Shruti, Mahima Kaur, Srishti, Masni Rai, Gaurav, Alka

Agenda of the camp

Components of the camp	Details	Material and methods used
1. Registration	<ul style="list-style-type: none"> Collection of information from the beneficiaries such as name, age and phone number. 	Receipt
2. Measurement of height and weight	<ul style="list-style-type: none"> Height and weight was measured using standard procedures and protocols. 	Digital weighing machine, Stadiometer
3. Measurement of blood pressure and sugar	<ul style="list-style-type: none"> Blood pressure and blood sugar was measured using standard procedures and protocols. 	Digital machines for measuring blood pressure and blood sugar, lancet, lancet strips, cotton swab, spirit
4. PHIK	<ul style="list-style-type: none"> Collection of data from the beneficiaries 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)
5. Nutrition counselling	<ul style="list-style-type: none"> 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. They were counselled about healthy dietary habits, healthy snacking options, good dietary behaviours, meal patterns and importance of physical activity. 	Verbal counselling
6. Rise	<ul style="list-style-type: none"> Introduction to RISE initiative, its purpose and objectives Showcasing of rise products 	Rise products

Observations during the camp

The camp set was organised in Gol Dak Khana, GPO. Their staff helped us in setting up the camp in one of their halls. Their helping staff and supervisor were cooperative and checked with us multiple times if we needed any assistance. 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. The footfall was very high before the lunch time. Overall the camp functioned smoothly without any hassle.

Details of RISE products sold during the camp:

Product	Description of the product (Size)	No. of units sold	Total money earned (Rupees)
Earing	Small	8	480
Earing	Large	5	350
Earing	Small	1	50
T-shirt	Extra large	3	450
Round pouch	Medium	3	150
Round pouch	Large	1	80
Diyas	Small	11	660
Pencil box	Medium	1	50
Pencil box	Large	1	70
Phone cover	Medium	3	150
Sling bag	Medium	1	60
Sling bag	Large	1	70
Sling bag (with pouch)	Medium	1	100
Cloth key chain	Medium	3	150
Card holder	Medium	1	60
Tiffin bag	Medium	2	100
Tiffin bag	Large	2	140
Pouch	Medium	1	50
Pouch	Large	1	60
Total			3280



Photo gallery



Registration



Measurement of weight



PHIK and nutritional counselling



Nutrition counselling



RISE

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