

# Rise and Swasthya Pahal

## Activity Report

26/09/2019

Foundation of Healthcare Technologies Society (FHTS)

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## 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: 26<sup>th</sup> September 2019**

**Date:** 26<sup>th</sup> September 2019

**Venue:** Gokalpuri and Dayalpuri Police Station, New Delhi

**Start time:** 11:00 AM

**End time:** 3:30 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.

**Total number of beneficiaries:** 18

**Number of female beneficiaries of total beneficiaries:** 2

**Team Members:** Mahima Kaur, Nidhi, Srishti, Ashok, Kanishk

### 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, phone number and address.</li> </ul>	Receipt booklet
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, strips, cotton swabs, 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 generated by 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
7. Photographs	<ul style="list-style-type: none"> <li>Clicking pictures of the event</li> </ul>	Camera

## Observations during the camp

The camp was organised at Gokalpuri and Dayalpuri Police Station, New Delhi starting from 11:00 AM till 3:30 PM. Footfall was very low and a total of 18 beneficiaries were covered during the day. Most of the beneficiaries smoked and consumed alcohol. They were not doing physical activity regularly due to lack of time and busy work schedule. Only one of them had hypertension which he managed to control through regular exercise and dietary management. One beneficiary had high blood sugar and he was not doing anything to treat the problem. Many of them were overweight and obese. Most of the beneficiaries were receptive to nutrition counselling. One beneficiary also had queries pertaining to body pain which were rectified by our physiotherapist.

**Details of RISE products sold during the camp:** Two RISE products were sold during the camp set up on 26<sup>th</sup> September in Police station.

**Table: Details of the RISE products sold during the camp**

Product	Description of the product (Size)	No. of units sold
Diyas	1 packet (of 5 small diyas)	1
T-shirt	Large	1

## Photo gallery



Registration and height measurement



Blood sugar measurement



PHIK



RISE