

RISE and Swasthya Pahal

Activity Report

18/11/2019

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: 18th November 2019

Date: 18th November 2019

Venue: Police Station, Seemapuri

Start time: 11:15 AM

End time: 2:30 PM

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

Total beneficiaries and female beneficiaries in Swasthya Pahal: 14, 0

Total participants and female participants in RISE: 3, 0

Team Members: Harpreet, Kamalpreet, Ashok, 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 participants such as name, age, phone number and address. | Receipt booklet |
| 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, strips, cotton swabs, spirit |
| 4. PHIK | <ul style="list-style-type: none"> Collection of data from the participants 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 generated by PHIK, participants 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 |
| 7. Photographs | <ul style="list-style-type: none"> Clicking pictures of the event | Camera |

Observations during the camp

Table 1: Health card of the beneficiaries (n= 14)

| Condition | Number of participants with the condition n | Females with the condition n ^a | Males with the condition n ^b |
|-----------------------------------|--|--|--|
| Hypertension | 11 | NA | 11 |
| Diabetes | 1 | NA | 1 |
| Overweight /obese | 12 | NA | 12 |
| Regular physical activity | 3 | NA | 3 |
| Alcohol consumption | 6 | NA | 6 |
| Smoking cigarette or <i>bidhi</i> | 3 | NA | 3 |

a - total females = 0; b- total males = 14

Conclusion

A total of 14 beneficiaries (0 female) attended the Swasthya Pahal camp organised on 18th November 2019 at Seemapuri, Police Station. Most of the beneficiaries (n=11) had hypertension (i.e. blood pressure >120mm/Hg) while one beneficiary had high random blood sugar (> 140mg/dL). Most of the beneficiaries (n=12) were overweight/obese (i.e. Body Mass Index > 24.9 kg/m²) and only three beneficiaries was engaged in regular physical activity (i.e. at least 4 times in a week). Six beneficiaries consumed alcohol and five beneficiaries smoked *bidhi* or cigarette.

After PHIK and nutrition counselling six beneficiaries were motivated to improve their lifestyle in order to improve their health status. A few of them wanted to reduce weight by improving their diet and increasing their physical activity. Some of the beneficiaries were still not motivated even after their health card. They considered lack of time as the main barrier towards achieving a healthy life style.

Details of RISE products sold during the camp: Three participants viewed RISE products on the camp day. They largely viewed earrings and t-shirts. They wanted to buy t-shirts but

didn't buy them because they were had half sleeves. Details of RISE products sold during the camp day are mentioned in the table below.

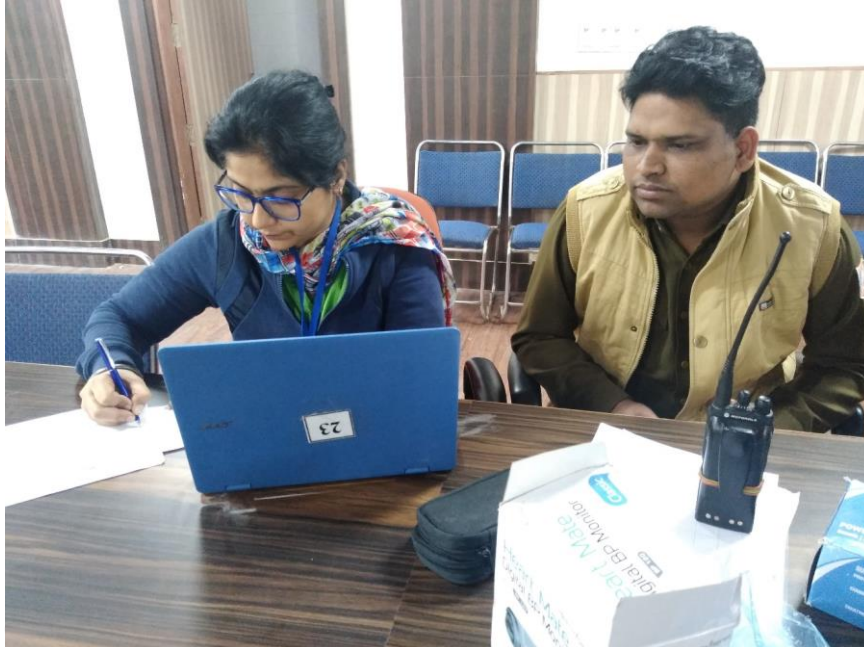
Table 2: Details of the RISE products sold during the camp

| Product | Description of the product (Size) | No. of units sold |
|----------|-----------------------------------|-------------------|
| Earrings | Small | 1 |

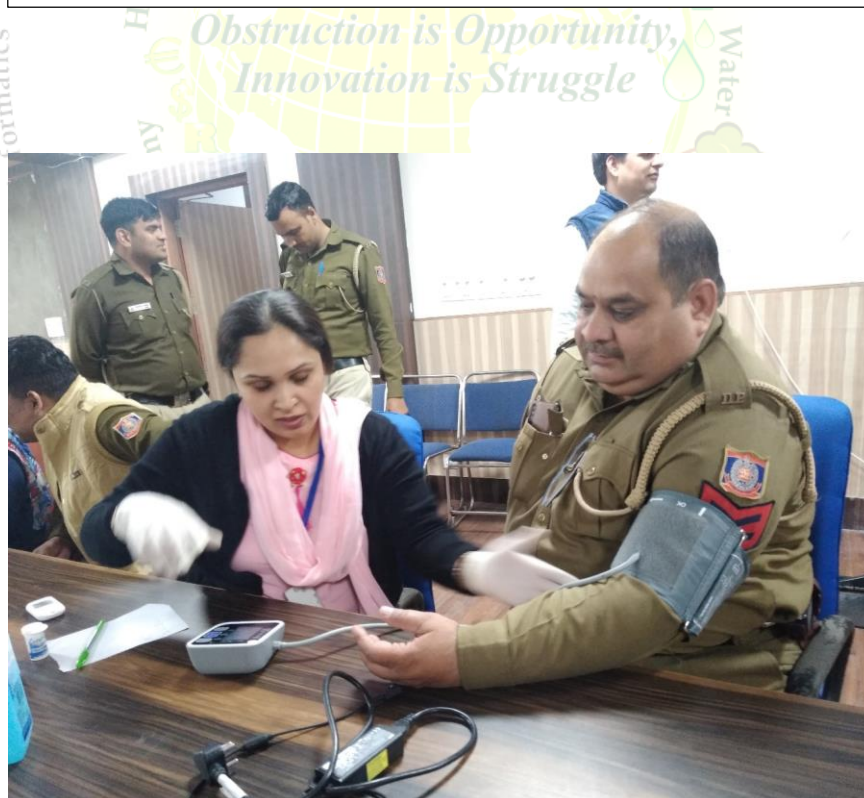
Photo gallery



Registration of the beneficiary



PHIK and nutrition counselling of the beneficiary



Blood pressure measurement of the beneficiary



Distribution of certificate of participation to the beneficiary

