RISE and Swasthya Pahal Activity Report

20/11/2019

Foundation of Healthcare Technologies Society (FHTS)
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Registration No.: S/877/SDM/NW/2012



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: 20th November 2019

Date: 20th November 2019

Venue: Police Station, Mansarowar Park [10]

Start time: 11:30 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: 19, 4

Total participants and female participants in RISE: 7, 3

Team Members: Kanishk, Gaurav, Mahima, Srishti

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Agenda of the camp

Components of the camp	Details	Material and methods used
1. Registration	• Collection of information from the participants such as name, age, phone number and address.	Receipt booklet
2. Measurement of height and weight	Height and weight was measured using standard procedures and protocols.	Digital weighing machine, Stadiometer
3. Measurement of blood pressure and sugar	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	 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	 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	 Introduction to RISE initiative, its purpose and objectives Showcasing of rise products 	Rise products
7. Photographs	Clicking pictures of the event	Camera

Health Technology assessm.

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Observations during the camp

Table 1: Health card of the beneficiaries (n= 19)

Condition	Number of participants with the condition n	Females with the condition na	Males with the condition
Hypertension	9	1	8
Diabetes	2	0	2
Overweight /obese	8	0	8
Regular physical activity	/ 8	0	8
Alcohol consumption	7	1	6
Smoking cigarette or bidhi	1	0	1

a - total females = 4; b- total males = 15

Conclusion

A total of 19 beneficiaries (4 females) attended the Swasthya Pahal camp organised on 20th November 2019 at Mansarowar Park, Police Station. Nearly half of the beneficiaries (n=9) had hypertension (i.e. blood pressure >120mm/Hg) while two beneficiaries had high random blood sugar (> 140mg/dL). Slightly less than half of the beneficiaries (n=8) were overweight/obese (i.e. Body Mass Index > 24.9 kg/m²) and the same number of beneficiaries were engaged in regular physical activity (i.e. at least 4 times in a week). Seven beneficiaries consumed alcohol though the frequency and quantity of alcohol consumed varied widely and only one beneficiary smoked bidhi or cigarette. Lack of time due to long and irregular working hours was the main barrier reported by the beneficiaries to adopt a healthy lifestyle.

Health Technology assessing **Details of RISE products sold during the camp:** Seven participants viewed RISE products on the camp day. They largely viewed earrings, pouches and t-shirts. Details of RISE products sold during the camp day are mentioned in the table below.

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

Product	Description of the product (Size)	No. of units sold
Earrings	Large	1
Key chain pouch	Medium	1





Camp site (Mansarowar Park, Police Station)

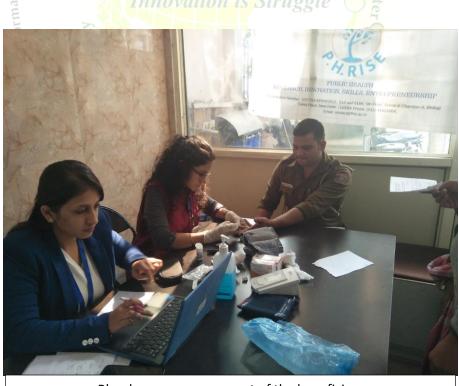
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Blood pressure measurement of the beneficiary



Blood sugar measurement of the beneficiary

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PHIK and nutrition counselling of the beneficiary



PHIK and nutrition counselling of the beneficiary