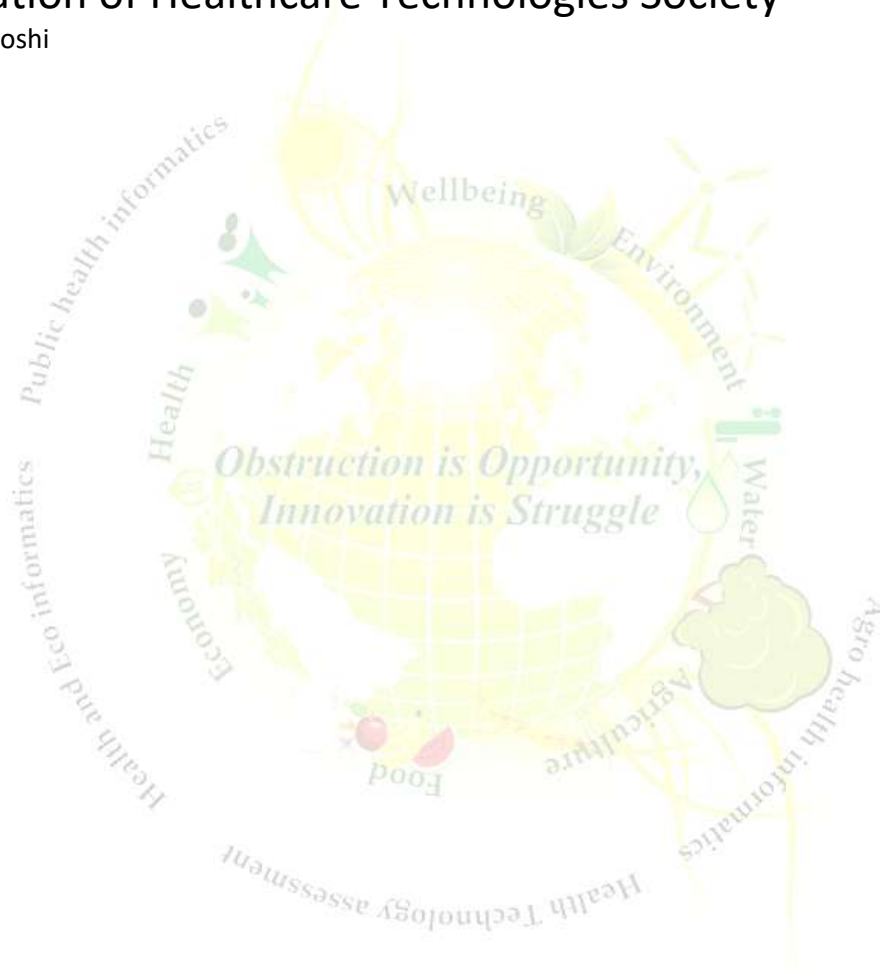


RISE AND SWASTHYA PAHAL REPORT

24/01/2020

Foundation of Healthcare Technologies Society

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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: 24th January 2020

Date: 24th January 2020

Venue: Fire Station, Shahadara, New Delhi

Start time: 10:15 AM

End time: 1:00 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: 16, 1

Total participants and female participants in RISE: 10, 1

Team Members: Kamalpreet, Ashok, Deepak, Gracy, Sanathoi, Hegan, Faizan, Pate

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
8. Public Health Day celebration	<ul style="list-style-type: none"> To spread awareness about health implications of drug abuse 	Poster

Observations during the camp

Table 1: Health card of the beneficiaries (n= 16)

Condition	Number of participants with the condition n ^a (%)	Females with the condition n	Males with the condition n ^b (%)
Hypertension	13 (81.2)	0	13 (86.6)
Diabetes	1 (6.2)	0	1 (6.6)
Overweight /obese	3 (18.7)	0	3 (20)
Regular physical activity	9 (56.2)	0	9 (60)
Alcohol consumption	6 (37.5)	0	6 (40)
Smoking cigarette or <i>bidhi</i>	10 (62.5)	0	10 (66.6)

a - total females =1; b- total males = 15

Conclusion

A total of 16 beneficiaries (1 female) attended the Swasthya Pahal camp organised on 24th January 2020 at Fire Station, Shahadara, New Delhi. Most of the beneficiaries (81.2%) had hypertension (i.e. blood pressure >120mm/Hg) while only one beneficiary (male) had high random blood sugar (> 140mg/dL). Less than one fifth of the beneficiaries (18.7%) were overweight/obese (i.e. Body Mass Index > 24.9 kg/m²) and more than half of the beneficiaries (56.2%) were engaged in regular physical activity (i.e. at least 4 times in a week). Some of the beneficiaries reported lack of time as the main barrier for not being able to exercise regularly.

More than one third of the beneficiaries consumed alcohol (37.5%) and while slightly less than two thirds of the beneficiaries smoked *bidhi* or cigarette (62.5%), though the quantity and frequency of smoking and drinking alcohol varied widely among the beneficiaries. All the beneficiaries found the swasthya pahal initiative useful and very helpful.

Comments

- Beneficiaries were cordial and receptive to the counselling given.
- Overall the beneficiaries found the swasthya pahal initiative very useful and gave us comments such as “very good” and “excellent”.
- Most of the beneficiaries were already following healthy eating habits and were engaged in regular physical exercise such as running, walking and yoga.
- Beneficiaries who were smoking *hukka* were unaware of its health risks. They were under the impression that *hukka* is better than cigarettes as it gets filtered through water.

Details of RISE products sold during the camp: Ten participants (including 1 female) viewed RISE products on the day. They mostly viewed earrings, pouches and t-shirts. Details of RISE products sold during the camp 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
T-shirt	Extra large	1



Photo gallery



Step 1: Registration of the beneficiary



Step 2: Measuring weight of the beneficiary



Step 3: Measuring height of the beneficiary



Step 4: Measuring blood pressure of the beneficiary



Step 5: Measuring blood sugar of the beneficiary



Step 6: Beneficiary using the Portable Health Information Kiosk to identify the risk factors associated with his health condition



Step 7: individualised, tailor made dietary and lifestyle counselling of the beneficiary after risk assessment



Step 8: Spreading awareness about health risks of drug abuse



Step 9: Beneficiary receiving certificate of participation towards the end of completing all the steps of Swasthya Pahal initiative

