

# RISE AND SWASTHYA PAHAL REPORT

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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: 28<sup>th</sup> January 2020**

**Date:** 28<sup>th</sup> January 2020

**Venue:** Bus Depot, Shadipur, New Delhi

**Start time:** 11:15 AM

**End time:** 3:15 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:** 28, 0

**Total participants and female participants in RISE:** 28, 0

**Team Members:** Kamalpreet, Ashok, Deepak, Srishti

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

## Observations during the camp

**Table 1:** Health card of the beneficiaries (n= 28)

Condition	Number of participants with the condition n <sup>a</sup> (%)
Hypertension	22 (78.5)
Diabetes	10 (35.7)
Overweight /obese	17 (60.7)
Regular physical activity	13 (46.4)
Alcohol consumption	12 (42.8)
Smoking cigarette or <i>bidhi</i>	8 (28.5)

### Conclusion

A total of 28 beneficiaries attended the Swasthya Pahal camp organised on 28<sup>th</sup> January 2020 at Bus Depot, Shadipur, New Delhi. More than three fourths of the beneficiaries (78.5%) had hypertension (i.e. blood pressure >120mm/Hg) while more than one third of the beneficiaries (35.7) had high random blood sugar (> 140mg/dL). More than half of the beneficiaries (60.7%) were overweight/obese (i.e. Body Mass Index > 24.9 kg/m<sup>2</sup>) and slightly less than half of the beneficiaries (46.42%) 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 40% of the beneficiaries consumed alcohol (42.8%) and while slightly less than one third of the beneficiaries smoked *bidhi* or cigarette (28.5%), 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 seemed motivated to make a lifestyle change after counselling.

**Details of RISE products sold during the camp:** Twenty eight participants 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	Large	2
Pouch	Small	1
Earring	Small	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 6: Measuring blood pressure of the beneficiary**



**Step 7: Beneficiary using the Portable Health Information Kiosk to identify the risk factors associated with his health condition**





**Step 8: Beneficiary being provided personalised tailor-made counselling for lifestyle modification based on the health card generated through PHIK**



**Step 9: Certificate of participation being given to the beneficiary on successfully completing all the steps of Swasthya Pahal initiative**



**Certificate of participation being given to the head of the Bus Depot as a token of appreciation for participation in the Swasthya Pahal initiative**

