

SWASTHYA PAHAL REPORT

29/01/2020

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: 29th January 2020

Date: 29th January 2020

Venue: DMS, Shadipur, New Delhi

Start time: 11:00 AM

End time: 3:45 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: 90, 3

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

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= 90)

Condition	Number of participants with the condition n ^a (%)	Females with the condition n	Males with the condition n ^b (%)
Hypertension	64 (71.1)	3	61 (70.1)
Diabetes	34 (37.7)	1	33 (37.9)
Overweight /obese	54 (60)	2	52 (59.7)
Regular physical activity	54 (60)	1	53 (60.9)
Alcohol consumption	28 (31.1)	0	28 (32.1)
Smoking cigarette or <i>bidhi</i>	32 (35.5)	0	32 (36.7)

a - total females =3; b- total males = 87

Conclusion

A total of 90 beneficiaries attended the Swasthya Pahal camp organised on 29th January 2020 at DMS, Shadipur, New Delhi. Nearly three fourths of the beneficiaries (71.1%) had hypertension (i.e. blood pressure >120mm/Hg) while more than one third of the beneficiaries (37.7%) had high random blood sugar (> 140mg/dL). More than half of the beneficiaries (60%) were overweight/obese (i.e. Body Mass Index > 24.9 kg/m²) and same number of beneficiaries (60%) 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.

One third of the beneficiaries consumed alcohol (31.1%) and while more than one third of the beneficiaries smoked *bidhi* or cigarette (35.5%), 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

- In today's Swasthya Pahal camp, beneficiaries were receptive to the counselling.
- They found it very useful and gave us comments such as "very good, excellent behavior.
- It was observed that almost all beneficiaries think it was okay for hypertensive person to eat only *sendha namak* as they did not know that *sendha namak* is not fortified with Iodine.

- Most of beneficiaries were in the contemplative stage for adopting healthy behaviors and some of them were also in the action stage.
- There was a misconception among most of the beneficiaries that *jaggery* is not harmful for a diabetic patient and its consumption should not be restricted.
- Another misconception was about iodized salt. In their opinion, iodine is not good for health and therefore fortified salt should not be consumed.



Photo gallery



Step 1: Registration of the beneficiary



Step 2: Measuring height of the beneficiary



Step 3: Measuring weight 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 (PHIK) to identify risk factors associated with his disease condition



Step 7: Personalized lifestyle counselling of the beneficiary after generating a health report card on PHIK

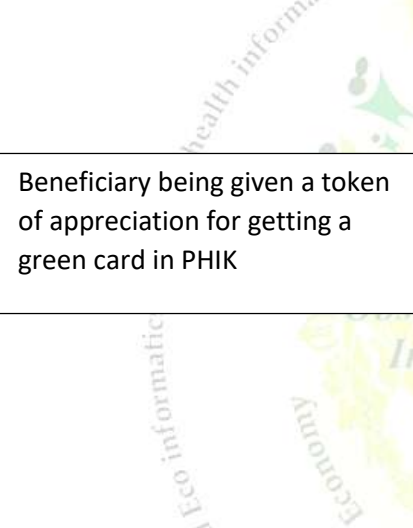


Step 8: Distributing certificate of participation to the beneficiary after successfully completing all the steps of Swasthya Pahal initiative

Overview of the camp



Beneficiaries in queue waiting for their turn for registration



Beneficiary being given a token of appreciation for getting a green card in PHIK



Beneficiaries in queue waiting for their turn for BP, sugar and PHIK



A 68 year old beneficiary attending the Swasthya Pahal initiative



Giving certificate of participation to the manager of DMS as a token of appreciation for their cooperation and participation

