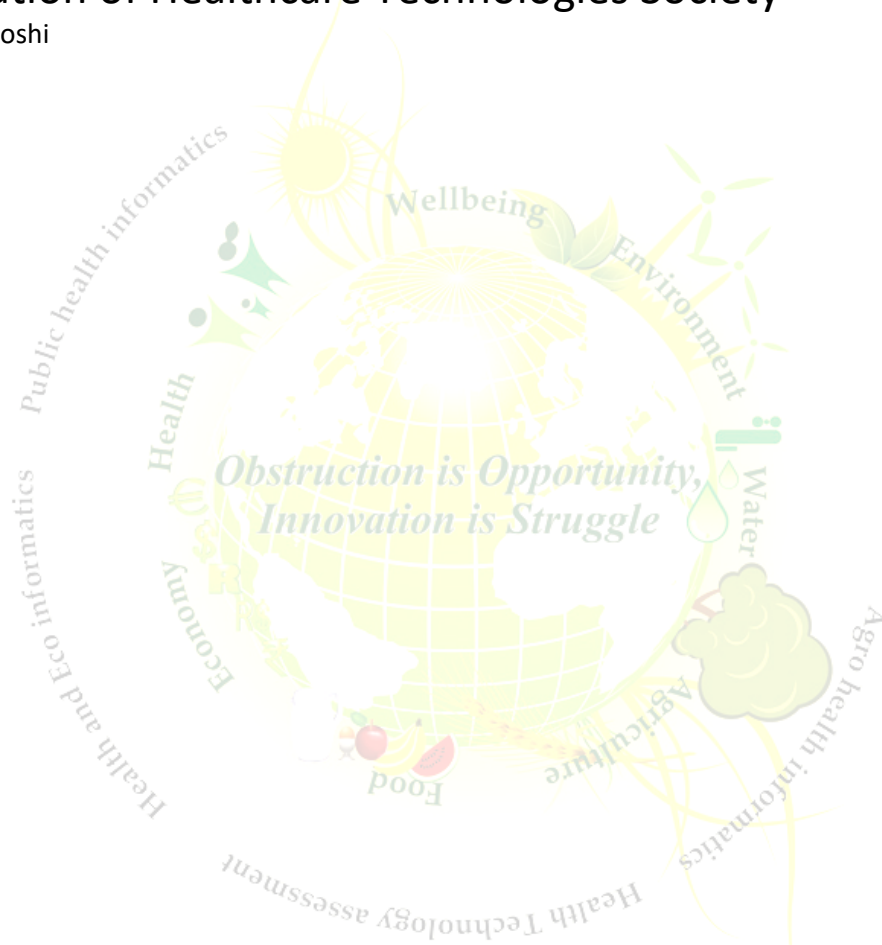


RISE AND SWASTHYA PAHAL REPORT

31/01/2020

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: 31st January 2020

Date: 31st January 2020

Venue: Bhikaji Cama Place, New Delhi

Start time: 1:30 PM

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: 14, 1

Total participants in RISE, female participants in RISE: 11, 4

Team Members: Kamalpreet, Harpreet, Ashok, Deepak, 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= 14)

Condition	Number of participants with the condition n ^a (%)	Females with the condition N	Males with the condition n ^b (%)
Hypertension	8 (57.1)	0	8 (61.5)
Diabetes	4 (28.5)	0	4 (30.7)
Overweight /obese	10 (71.4)	0	10 (76.9)
Regular physical activity	8 (57.1)	1	7 (53.8)
Alcohol consumption	6 (42.8)	0	6 (46.1)
Smoking cigarette or <i>bidhi</i>	6 (42.8)	0	6 (46.1)

a - total females =1; b- total males = 13

Conclusion

A total of 14 beneficiaries attended the Swasthya Pahal camp organised on 31st January 2020 at Bhijaki Cama Place, New Delhi. More than half of the beneficiaries (57.1%) had hypertension (i.e. blood pressure >120mm/Hg) while nearly one third of the beneficiaries (28.5%) had high random blood sugar (> 140mg/dL). Nearly three fourths of the beneficiaries (71.4%) were overweight/obese (i.e. Body Mass Index > 24.9 kg/m²) and more than half of the beneficiaries (57.1%) 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.

Less than half of the beneficiaries (43%) consumed alcohol and/or 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

- The beneficiaries found the Swasthya Pahal initiative to be very useful and gave us feedback comments such as “very good, excellent”.
- Most of the beneficiaries were already adopting healthy eating habits and were engaged in regular physical exercise such as running, walking and yoga.
- Some of the beneficiaries were already registered members and they came again as they liked the previous session.

- A few beneficiaries also enquired about the next Swasthya Pahal camp date in Bhikaji Cama Place.
- There was one beneficiary who was consuming only Senda Namak. But during the nutrition counselling he was informed about consuming iodized salt along with Sendha Namak.

Quotable quotes

One the beneficiary said “Till the next camp I will definitely reduce my weight”.

Another beneficiary said “I will quit smoking cigarettes”.

Details of RISE products sold during the camp: Eleven participants (4 females) 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
Pouch	Small	1
Earrings	Small	1