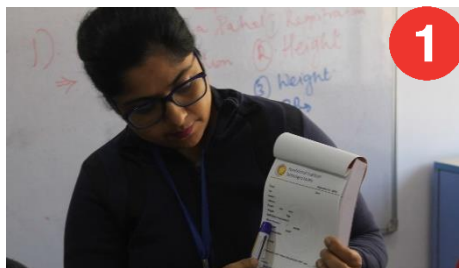


# TRAINING OF INTERNS



A training session was organised by FHTS with five interns from the University of Delhi on **31<sup>st</sup> January 2020**. Objective of the training session was to train the interns for data collection in field for on-going projects of FHTS using standards tools and techniques and standard procedures and protocols. They were trained on following aspects of *Swasthya Pahal* and Urban Slum projects:



Registration



Measuring blood pressure



Use of PHIK



Anthropometry: Height and Weight



Measuring blood sugar



Urban slum projects

# TRAINING OF INTERNS

Ms. Kamalpreet Kaur oriented the interns towards important steps of Swasthya Pahal initiative including registration, height and weight measurement, measuring blood pressure and blood sugar, PHIK, diet counselling, RISE initiative, distribution of certificate of participation and taking photographs. She discussed in detail the information to be filled during registration of the beneficiaries.

1

2

Mr. Ashok Kumar demonstrated interns how to take height and weight measurements of beneficiaries following standard WHO (2008) procedures and protocols. Height measurement was demonstrated using a stadiometer while weight measurement was demonstrated using a weight machine. Precautions to be taken while taking height and weight measurement were discussed in detail.

3

Mr. Ashok Kumar and Dr. Harpreet Kaur demonstrated interns how to take blood pressure measurement of beneficiaries using a digital blood pressure machine following standard procedure and protocol. Precautions to be taken while taking blood pressure measurement were discussed in detail. Cut-off values for pre-hypertension and hypertension were also discussed.

4

Mr. Ashok Kumar, Dr. Harpreet Kaur and Dr. Srishti Arora demonstrated interns how to take blood sugar measurement of beneficiaries following standard procedure and protocol. Precautions to be taken while taking blood sugar measurement were discussed in detail. Cut-off values for pre-diabetes and diabetes were also discussed.

5

Ms. Kamalpreet Kaur demonstrated interns how to use the Portable Health Information Kiosk (PHIK) using a touchscreen laptop. All the steps were discussed in detail and demonstrated alongside.

6

Dr. Harpreet Kaur discussed in detail the steps to be followed while collected data in urban slums. Various steps such as rapport building, signing consent form, data collection, data quality, noting observation data, writing quotable quotes and clicking photographs were discussed in detail.

