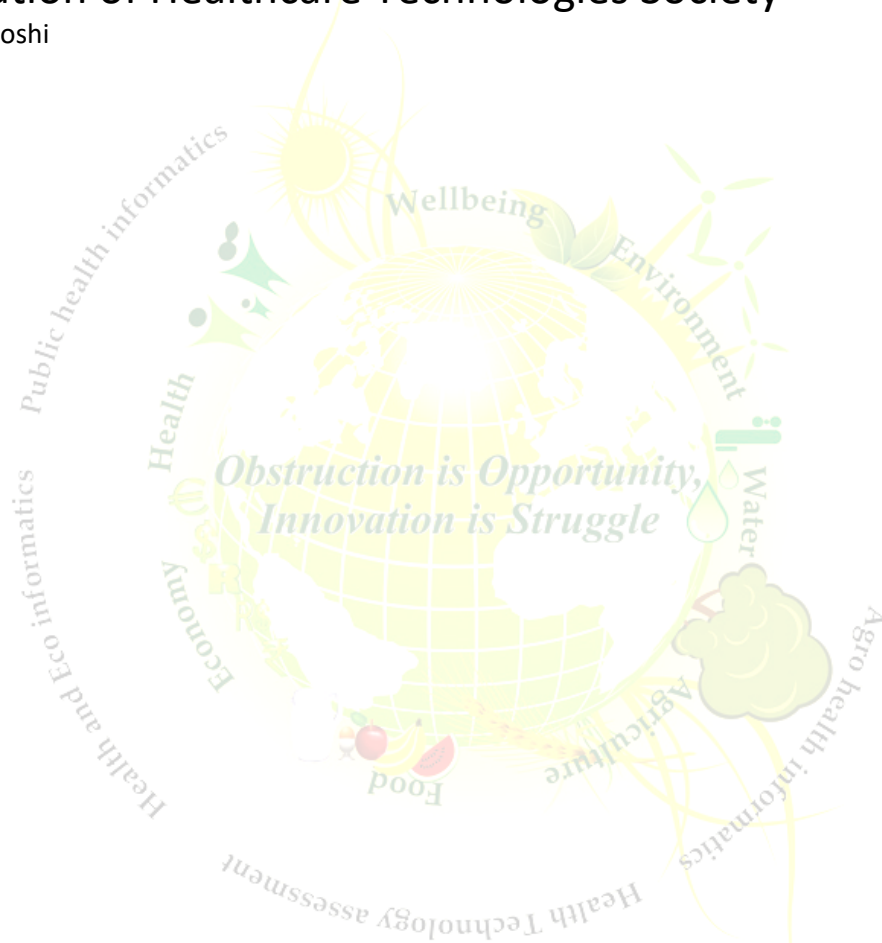


# RISE AND SWASTHYA PAHAL REPORT

18/02/2020

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: 18<sup>th</sup> February 2020**

**Date:** 18<sup>th</sup> February 2020

**Venue:** Police Station, Aman Vihar, New Delhi

**Start time:** 11:00 AM

**End time:** 1:30 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:** 18, 2

**Total participants in RISE, female participants in RISE:** 19, 2

**Team Members:** Ashok, Deepak, Dr. Deepak, Dr. Rajit

### 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=18)

| Condition                         | Number of participants with the condition<br>n | Females with the condition<br>n <sup>a</sup> | Males with the condition<br>n <sup>b</sup> |
|-----------------------------------|--|--|--|
| Hypertension                      | 13   | 0  | 13   |
| Diabetes                          | 3  | 0  | 3  |
| Overweight /obese                 | 15   | 0  | 15   |
| Regular physical activity         | 6  | 0  | 6  |
| Alcohol consumption               | 8  | 0  | 8  |
| Smoking cigarette or <i>bidhi</i> | 5  | 0  | 5  |

a - total females = 2; b - total males = 16

### Conclusion

A total of 18 beneficiaries (2 females) attended the Swasthya Pahal camp organised on 18<sup>th</sup> February 2020 at Aman Vihar, Police Station, New Delhi. Most of the beneficiaries (n=13) had hypertension (i.e. blood pressure >120mm/Hg) and three beneficiaries had high random blood sugar (> 140mg/dL). Most of the beneficiaries (n=15) were overweight/obese (i.e. Body Mass Index > 24.9 kg/m<sup>2</sup>) and only six beneficiaries 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.

Some of the beneficiaries consumed alcohol (n=8) and smoked *bidhi* or cigarette (n=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.

### Additional observations / Comments

- Most of beneficiaries were hypertensive. They were taking medication to control hypertension but they were not restricting or modifying their dietary intake. Some of the beneficiaries were not even taking medicine to manage hypertension.
- Diabetic beneficiaries were managing diabetes only through medications.
- Most of the beneficiaries were consuming alcohol and were smokers too.
- They were not ready to quit alcohol as it has become the stress reliever for them.

- Beneficiaries were involved in physical activity such as yoga and gym. Walking was a part of most of their jobs.
- Most of the beneficiaries were in pre contemplative stage. They were not concerned about their health.
- After counselling they were in contemplative stage of making lifestyle changes.
- Over the beneficiaries found the camp very useful for them.

**Details of RISE products sold during the camp:** Seventeen males and two females viewed RISE products on the day. They mostly viewed earrings and t-shirts. Details of RISE products sold during the camp are mentioned below in the table. RISE participants liked all the colours of displayed t-shirts. One beneficiaries wanted to buy cotton t-shirts. Some beneficiaries also demanded more male oriented products such as hanker chief, mobile covers and key chains etc.

**Table 2:** Details of the RISE products sold during the camp

| Product | Description of the product (Size) | No. of units sold |
|---------|-----------------------------------|-------------------|
| T-shirt | Large                             | 1                 |