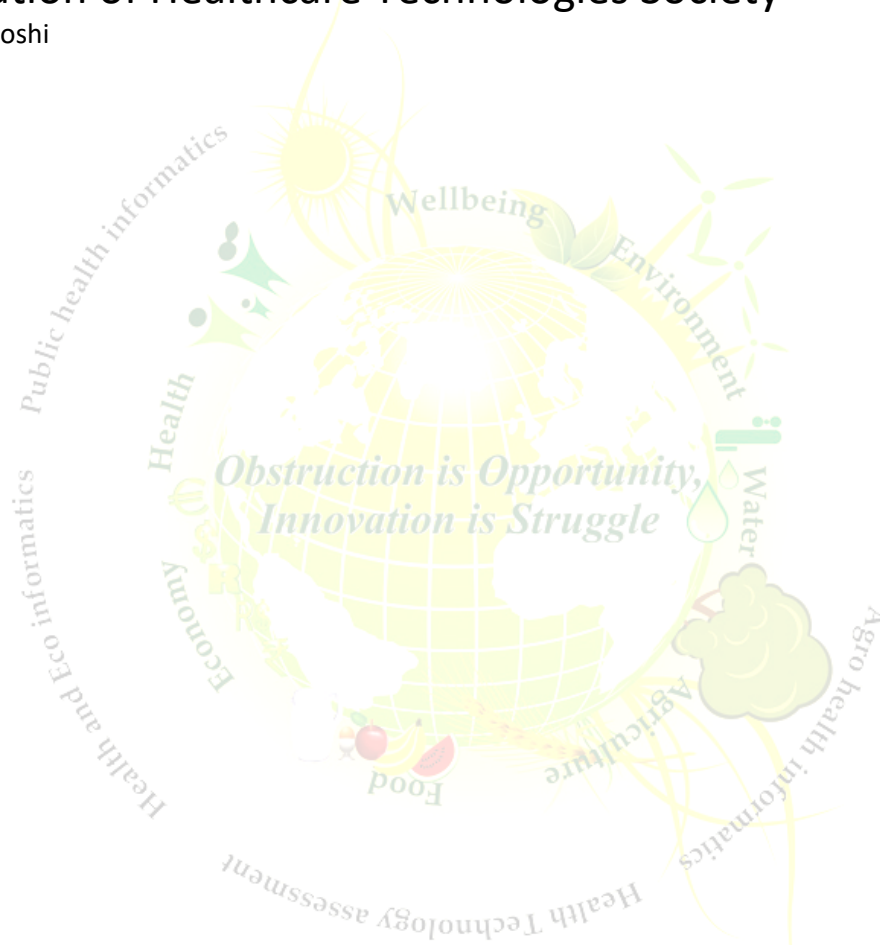


RISE AND SWASTHYA PAHAL REPORT

18/02/2020

Foundation of Healthcare Technologies Society

Dr. Ashish Joshi



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: 18th February 2020

Date: 18th February 2020

Venue: Police Station, Prem Nagar, New Delhi

Start time: 2:45 PM

End time: 4:05 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: 12, 0

Total participants in RISE, female participants in RISE: 11, 1

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"> 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=12)

Condition	Number of participants with the condition n	Females with the condition n ^a	Males with the condition n ^b
Hypertension	11	NA	11
Diabetes	1	NA	0
Overweight /obese	8	NA	8
Regular physical activity	1	NA	1
Alcohol consumption	8	NA	8
Smoking cigarette or <i>bidhi</i>	5	NA	5

a - total females = 0; b - total males = 12

Conclusion

A total of 12 beneficiaries (0 females) attended the Swasthya Pahal camp organised on 18th February 2020 at Prem Nagar, Police Station, New Delhi. Almost all the beneficiaries (n=13) had hypertension (i.e. blood pressure >120mm/Hg) and one beneficiary had high random blood sugar (≥ 140 mg/dL). More than half of the beneficiaries (n=8) were overweight/obese (i.e. Body Mass Index > 24.9 kg/m²) and only one beneficiary was engaged in regular physical activity i.e. at least 4 times in a week. Most of the beneficiaries were engaged in regular physical exercise but the frequency of exercise was less than 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

- Diabetic and hypertensive beneficiaries were taking medications to manage it. Some of the beneficiaries were not even taking medicines.
- For hypertension and diabetes they were not following any dietary modifications or restrictions.
- Most of the beneficiaries were consuming alcohol and were smokers too.

- For most of the beneficiaries, alcohol has become a necessity to release job stress.
- They were considering walking during job as physical exercise.
- 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 all they found the camp useful.

Details of RISE products sold during the camp: Eleven males and one female viewed RISE products on the day. They mostly viewed earrings, pouches and t-shirts. Details of RISE products sold during the camp are mentioned below in the table.

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

Product	Description of the product (Size)	No. of units sold
Earrings	Large	2
Earrings	Small	1

