

Foundation of Healthcare Technologies Society
321, 322, 323 Somdutt Chamber-2, Bhikaji cama place, New Delhi-110066
Phone 91- 8288004611/ 91- 8447292004 Website: fhhs.ac.in
Registration No.: S/877/SDM/NW/2012



Foundation of Healthcare Technologies Society

SWASTHYA PAHAL REPORT

2022

Date: 08/07/2022

Place: Head Post-Office, Sarojini Nagar, New Delhi | Time: 10:30 am to 04:30 pm

SWASTHYA PAHAL (Health for all)

Swasthya Pahal (Health for all) is an interactive, innovative, technology-enabled, SMAART (Sustainable, Multi-Sectoral, Accessible, Affordable, Reimbursable and Tailored) initiative. It utilizes a touch screen, computer-enabled, SMAART Portable Health Information Kiosk (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, urban slums, and rural/tribal settings in India.

Objectives

- To integrate clinical and non-clinical data sources by combining principles of Information and Communication Technology (ICTs) to enhance population health outcomes across diverse geographic settings.
- To utilize the PHIK as a tool to assess the burden of chronic diseases and associated risk factors in diverse settings such as urban, urban slums, and rural/tribal settings in India.

Details

Date: 8th July 2022

Venue: Head Post-Office, Sarojini Nagar, New Delhi

Start time: 10:30 AM

End time: 04:30 PM

Objective: To screen obesity, diabetes, and hypertension among participants for improved disease prevention, monitoring, and self-management of non-communicable diseases (NCDs).

Number of beneficiaries: 54

Team Members: Ashok Kumar, Dr. Sakshi Sharma, Kamalpreet Kaur, Mansi Shukla, Karishma Rana, and Mamta Kushwaha

Table 1: Execution of Swasthya Pahal

Components of the camp	Details	Material and methods used
Registration	<ul style="list-style-type: none"> Collection of information from the participants such as name, age, phone number and address. 	Receipt booklet
Measurement of height and weight	<ul style="list-style-type: none"> Height and weight were measured using standard procedures and protocols. 	Digital weighing machine, stadiometer
Measurement of blood pressure and sugar	<ul style="list-style-type: none"> Blood pressure and blood sugar were measured using standard procedures and protocols. 	Digital machines for measuring blood pressure and blood sugar, lancet, strips, cotton swabs, spirit
Portable Health Information Kiosk (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)
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. 	Personalised nutrition and lifestyle counselling
Research, Innovation, Skills, Entrepreneurship (RISE)	<ul style="list-style-type: none"> Introduction to RISE initiative, its purpose and objectives. Showcasing of RISE products. 	RISE products
Photographs	<ul style="list-style-type: none"> Clicking pictures of the event. 	Camera

Table 2: Health status of beneficiaries screened (n=54)

Health conditions screened	Number of participants with the condition (n)
Hypertension (blood pressure >120mm/Hg)	20
High Random Blood Sugar (> 140mg/dL)	16
Overweight /obese (Body Mass Index > 24.9 kg/m ²)	26
Regular physical activity (>4 times/week)	25

Observations

A total of 54 beneficiaries (18 females and 36 males) attended the Swasthya Pahal camp organized on 8th July 2022 at Head Post-office, Sarojini Nagar, New Delhi. More than one-third of the beneficiaries had hypertension (n=20) and nearly one-third of the beneficiaries had high random blood sugar (n=16). Half of the beneficiaries (n=26) were overweight/obese and only half of them (n=25) were engaged in regular physical.

Additional Comments

- The entire staff present in the post office came for health check-up.
- Among the beneficiaries, few of them had attended Swasthya Pahal before at the same location.
- Beneficiaries were managing hypertension and diabetes through a combination of medicine and dietary modification.
- Beneficiaries were concerned about their health; after counselling they were in the contemplative stage of making lifestyle changes.
- Some of the beneficiaries reported lack of time as the main barrier to not being able to exercise regularly.
- Those who attended, found the Swasthya Pahal beneficial for managing a healthy lifestyle.

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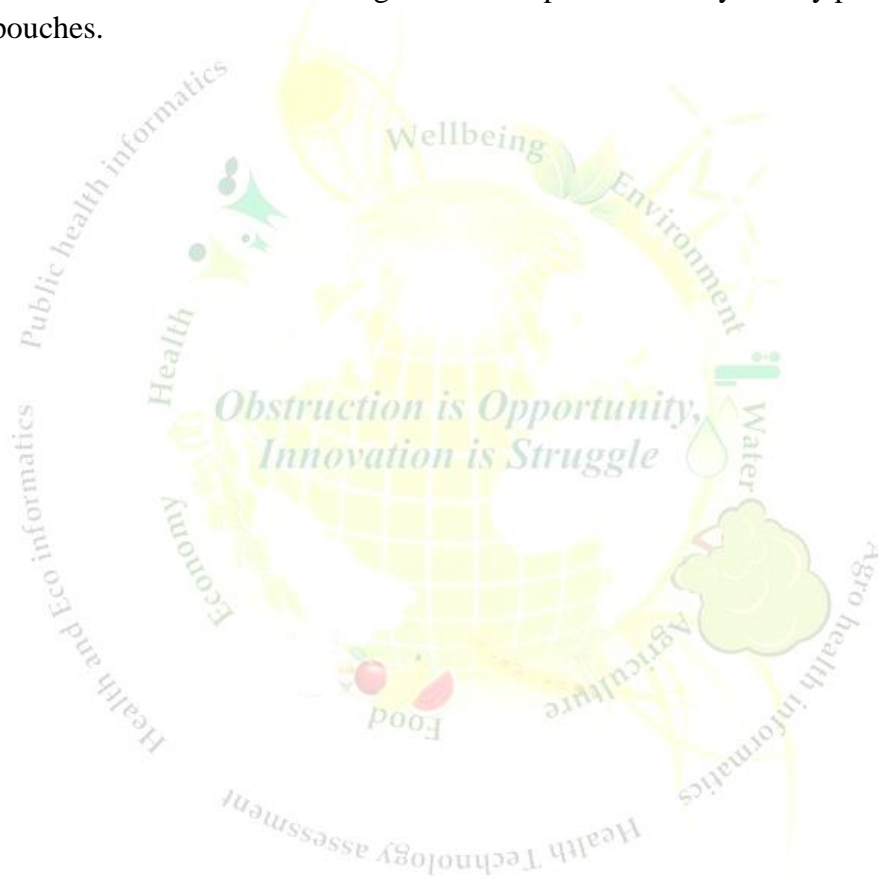
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Number of beneficiaries enrolled in follow up counselling program: Nearly half of the participants (n=30) expressed their interest to receive informative messages for diet and lifestyle management. Most of them opted to receive messages on a weekly basis (n=26) and a few opted to receive messages on a daily basis (n=4).

Details of RISE exhibition: RISE stands for Research, Innovation, Skills, and Entrepreneurship. The aim of the RISE initiative is to empower girls and women from urban slums. Women are trained to develop their natural talent to make them employable and self-reliant, to fit in an office environment with a paid stipend.

Thirty-four males and nineteen females viewed RISE products on the day. Out of them, seventeen males and fifteen females bought the RISE products. They mostly purchased t-shirts, rakhi and pouches.



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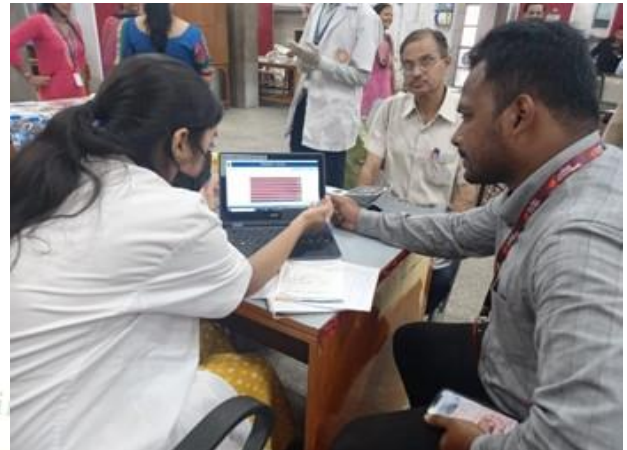
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Photo Gallery



Picture 1: Information of beneficiaries being entered in PHIK



Picture 2: SMART health card generated



Picture 3: Beneficiary receiving certificate of participation

List of Abbreviations

S.No.	Abbreviation	
1.	ICT	Information Communication Technology
2.	MetS	Metabolic Syndrome
3.	NCD	Non-Communicable Diseases
4.	PHIK	Portable Health Information Kiosk
5.	RISE	Research Innovation Skill Entrepreneurship
6.	SMAART	Sustainable Multisectoral Accessible Affordable Reimbursable Tailored

