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Foundation of Healthcare Technologies Society

RISE AND SWASTHYA PAHAL REPORT

2022

Date: 07/10/2022

Place: Bhikaji Cama Place, New Delhi | Time: 11:00 am to 03:00 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: 7th October 2022

Venue: Bhikaji Cama Place, New Delhi |

Start time: 11:00 AM

End time: 03:00 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: 7

Team Members: Chandni Sharma, Dr. Almas, Mansi Shukla, Sakshi Trikha and Sushmi Wilson

**Table 1: Execution of RISE and 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=7)

Health conditions screened	Number of participants with the condition (n)
Prehypertension (blood pressure ≥ 120 mmHg to < 140 mm/Hg)	2
Hypertension (blood pressure ≥ 140 mmHg)	4
High Random Blood Sugar (≥ 140 mg/dL)	2
Overweight/obese (Body Mass Index ≥ 25 kg/m ²)	5
Regular physical activity (> 4 times/week)	1

Observations

A total of 7 beneficiaries (6 males and 1 female) attended the Swasthya Pahal camp organised on 07th September 2022 at Bhikaji Cama Place, New Delhi. Out of seven beneficiaries, two had pre-hypertension and more than half (n=4) had hypertension. Nearly one-third of them (n=2) had high random sugar. Majority of them (n=5) were found to be overweight/obese whereas only one was engaged in regular physical activity.

Additional Comments

- Beneficiaries were not aware of healthy dietary habits.
- Most of them reported their job style as barrier to follow a healthy lifestyle.
- Beneficiaries were excited for the counselling program.
- All the beneficiaries found the Swasthya Pahal initiative useful and very helpful.

Number of beneficiaries enrolled in follow up counselling program: Half of the participants (n=3) expressed their interest to receive informative messages for diet and lifestyle management. Two of them opted to receive messages on a weekly basis whereas only one participant opted to receive messages on a daily basis.

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.

An exhibition of the products (tiffin bags, mask and decorated diya) made by women of the urban slum was organised at Bhikaji Cama Place, New Delhi.

Photo Gallery



Picture 1: Measurement of weight



Picture 4: Information of beneficiary entered in PHIK



Picture 2: Measurement of height



Picture 5: Personalised diet counselling



Picture 3: Measurement of blood glucose



Picture 6: Beneficiary buying RISE products

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

