

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



Foundation of Healthcare Technologies Society

RISE AND SWASTHYA PAHAL REPORT

2022

Date: 10/10/2022

Place: Bhagwat Dham Senior Citizen Home, Mayur Vihar Phase 1, 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: 10th October 2022

Venue: Bhagwat Dham Senior Citizen Home, Chilla Road, Mayur Vihar Phase 1, 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: 19

Team Members: Dr. Harpreet Kaur, Sushmi Wilson, Mansi Shukla, Dr. Almas, Mamta Kushwha, Sakshi Trikha

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=19)

| Health conditions screened | Number of participants with the condition (n) |
|--|---|
| Pre-hypertension (blood pressure ≥ 120 mmHg to < 140 mm/Hg) | 8 |
| Hypertension (blood pressure ≥ 140 mmHg) | 10 |
| High Random Blood Sugar (≥ 140 mg/dL) | 10 |
| Overweight/obese (Body Mass Index ≥ 25 kg/m ²) | 13 |
| Regular physical activity (> 4 times/week) | 14 |

Observations

A total of 19 beneficiaries (10 males and 9 females) attended the Swasthya Pahal camp organised on 10th October 2022 at Bhagwat Dham Senior Citizen Home, Mayur Vihar Phase-1, New Delhi. Out of nineteen beneficiaries, eight had pre-hypertension and half (n=10) had hypertension. Half of them (n=10) had high random sugar. Majority of them (n=13) were found to be overweight/obese and fourteen were engaged in regular physical activity.

Additional Comments

- Majority of the beneficiaries were aware about the importance of regular physical activity.
- Beneficiaries were very appreciative that they received all the services at their place.
- Beneficiaries were excited for the counselling program and found it very informative and useful.
- All the beneficiaries found the Swasthya Pahal initiative useful and very helpful.

Number of beneficiaries enrolled in follow up counselling program: More than half of the participants (n=10) expressed their interest to receive informative messages for diet and lifestyle management. Nine 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 (pouches, round pouches, potli, masks, diyas and rubber bands) made by women of the urban slum was organised at Bhagwat Dham Senior Citizen Home, Mayur Vihar Phase-1, New Delhi.

Photo Gallery



Picture 1: Beneficiary Registration



Picture 2: Measurement of height



Picture 3: Blood pressure measurement



Picture 4: Random Blood Sugar testing



Picture 5: Personalised diet counselling



Picture 2: 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 |

