

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

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**RISE AND SWASTHYA PAHAL REPORT**

**2022**

Date: 14/10/2022

Place: Bhikaji Cama Place, New Delhi | Time: 12:00 am to 04:00 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:** 14<sup>th</sup> October 2022

**Venue:** Bhikaji Cama Place, New Delhi

**Start time:** 12:00 AM

**End time:** 04:00 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:** 20

**Team Members:** Chandni Sharma, Dr. Almas, Dr. Heemanshu Aurora, Madhusudan Haldar, Mansi Shukla and Sakshi Trikha

**Table 1: Execution of Swasthya Pahal**

<b>Components of the camp</b>	<b>Details</b>	<b>Material and methods used</b>
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
Measurement of height and weight	<ul style="list-style-type: none"> <li>Height and weight were measured using standard procedures and protocols.</li> </ul>	Digital weighing machine, stadiometer
Measurement of blood pressure and sugar	<ul style="list-style-type: none"> <li>Blood pressure and blood sugar were measured using standard procedures and protocols.</li> </ul>	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"> <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)
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>	Personalised nutrition and lifestyle counselling
Research, Innovation, Skills, Entrepreneurship (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
Photographs	<ul style="list-style-type: none"> <li>Clicking pictures of the event.</li> </ul>	Camera

**Table 2: Health status of beneficiaries screened (n=20)**

<b>Health conditions screened</b>	<b>Number of participants with the condition (n)</b>
Prehypertension (blood pressure $\geq 120$ mmHg to $< 140$ mm/Hg)	9
Hypertension (blood pressure $\geq 140$ mmHg)	8
High Random Blood Sugar ( $\geq 140$ mg/dL)	6
Overweight/obese (Body Mass Index $\geq 25$ kg/m <sup>2</sup> )	10
Regular physical activity ( $> 4$ times/week)	12

### **Observations**

A total of 20 beneficiaries (19 males and 1 female) attended the Swasthya Pahal camp organised on 14<sup>th</sup> October 2022 at Bhikaji Cama Place, New Delhi. Out of twenty beneficiaries, majority were in the category of either pre-hypertension (n=9) or hypertension (n=8). One-fourth of them (n=6) had high random sugar. Half of them (n=10) were found to be overweight/obese whereas two-third (n=12) were engaged in regular physical activity.

### **Additional Comments**

- Beneficiaries were very much interested in health check-up and diet counselling.
- Most of them were aware of importance of physical activity, but some reported their job style as barrier to follow a healthy lifestyle.
- Beneficiaries found the SMAART health card to be very useful to know their health issues.
- All the beneficiaries found the Swasthya Pahal initiative useful and very helpful.

**Number of beneficiaries enrolled in follow up counselling program:** Majority of the participants (n=18) expressed their interest to receive informative messages for diet and lifestyle management. Out of these eighteen, most of them opted to receive messages on a weekly basis (n=13) whereas only five participants 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, tiffin bags, mask, decorated diya and t-shirts made by women of the urban slum was organised at Bhikaji Cama Place, New Delhi.

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## Photo Gallery



Picture 1: Anthropometric measurement



Picture 2: Data being entered in PHIK



Picture 3: Data being entered in PHIK



Picture 4: Beneficiary receiving certificate of participation

## List of Abbreviations

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