

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

RISE AND SWASTHYA PAHAL REPORT 2022

Date: 18/10/2022

Place: Post Office, Ramesh Nagar, New Delhi | Time: 10:30 am to 03:30 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: 18th October 2022

Venue: Post Office, Ramesh Nagar, New Delhi |

Start time: 10:30 AM

End time: 03:30 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: 49

Team Members: Dr. Harpreet Kaur, Sushmi Wilson, Ashok Kumar, Mamta Khushwha, Dr. Almas and 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=49)

Health conditions screened	Number of participants with the condition (n)
Prehypertension (blood pressure ≥ 120 mmHg to < 140 mm/Hg)	19
Hypertension (blood pressure ≥ 140 mmHg)	15
High Random Blood Sugar (≥ 140 mg/dL)	19
Overweight/obese (Body Mass Index ≥ 25 kg/m ²)	30
Regular physical activity (>4 times/week)	24

Observations

A total of 49 beneficiaries (32 males and 17 female) attended the Swasthya Pahal camp organised on 18th October 2022 at Post Office, Ramesh Nagar, New Delhi. Out of forty nine beneficiaries, more than one-third had pre-hypertension (n=19) and nearly one-third (n=15) had hypertension. More than one-third of them (n=19) had high random sugar. Majority of them (n=30) were found to be overweight/obese and half of them were engaged in regular physical activity (n=24).

Additional Comments

- Beneficiaries were very much interested in knowing about healthy dietary habits.
- Most of them reported their job style as barrier to follow a healthy lifestyle.
- Beneficiaries were excited and interested in the counselling program.
- 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=39) expressed their interest to receive informative messages for diet and lifestyle management. Almost every one of them opted to receive messages on a weekly basis (n=38) 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, masks and decorated diya) made by women of the urban slum was organised at Post Office, Ramesh Nagar, New Delhi.

Photo Gallery



Picture 1: Anthropometric Measurement



Picture 2: Measurement of blood glucose



Picture 3: PHK and Diet counselling



Picture 4: Beneficiaries 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

