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Foundation of Healthcare Technologies Society

SWASTHYA PAHAL REPORT

2022

Date: 29/10/2022

Place: Kusumpur Pahari, New Delhi | Time: 11:00 am to 02:00 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: 29th October 2022

Venue: Kusumpur Pahari, New Delhi

Start time: 11:00 AM

End time: 02:00 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: 21

Team Members: Mamta Kushwaha, Mansi Shukla, Sakshi Trikha and Sushmi Wilson

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
Photographs	<ul style="list-style-type: none"> Clicking pictures of the event. 	Camera

Table 2: Health status of beneficiaries screened (n=21)

Health conditions screened	Number of participants with the condition (n)
Prehypertension (blood pressure ≥ 120 mmHg to < 140 mm/Hg)	4
Hypertension (blood pressure ≥ 140 mmHg)	4
High Random Blood Sugar (≥ 140 mg/dL)	14
Overweight/obese (Body Mass Index ≥ 25 kg/m ²)	13
Regular physical activity (> 4 times/week)	7

Observations

A total of 21 beneficiaries (16 females and 5 males) attended the Swasthya Pahal camp organised on 29th October 2022 at Kusumpur Pahari, New Delhi. Out of twenty-one beneficiaries, one-fifth beneficiaries were in the category of pre-hypertension (n=4) and one-fifth had hypertension (n=4). More than two-third of them (n=14) had high random sugar. Also, more than two-third (n=13) were found to be overweight/obese. Only one-third of them (n=7) were engaged in regular physical activity.

Additional Comments

- Beneficiaries were not much aware about importance of healthy eating.
- Many elderly people participated in the Swasthya Pahal.
- Most of them were physically active due to their household chores.
- 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, majority opted to receive messages on a weekly basis (n=15) whereas a few opted to receive messages on a daily basis (n=3).

Photo Gallery



Picture 1: Registration



Picture 2: Measurement of blood pressure



Picture 3: Data being entered in PHIK



Picture 4: Diet counselling

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