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Foundation of Healthcare Technologies Society

RISE AND SWASTHYA PAHAL REPORT

2022

Date: 14/11/2022

Place: Delhi Fire Station, Barakhamba Road, New Delhi | Time: 11:00 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: 14th Novemeber 2022

Venue: Delhi Fire Service, Barakhamba Road, New Delhi

Start time: 11:00 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: 66

Team Members: Dr. Harpreet Kaur, Dr. Heemanshu Aurora, Dr. Almas, Mamta Kushwaha, Ashok kumar and Suraj Manjhi

**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=66)

Health conditions screened	Number of participants with the condition (n)
Prehypertension/ Hypertension (blood pressure $\geq 120/80$ mmHg)	58
High Random Blood Sugar (≥ 140 mg/dL)	13
Overweight/obese (Body Mass Index ≥ 25 kg/m ²)	39
Regular physical activity (>4 times/week)	32

Observations

A total of 66 beneficiaries (all males) attended the Swasthya Pahal camp organised on 14th November 2022 at Delhi Fire Service, Barakhamba road, New Delhi. Out of sixty-six beneficiaries, majority of the beneficiaries (n=58) had higher blood pressure than normal i.e. $> 120/80$ mmHg. Thirteen of them had high random sugar. More than half (n=39) were found to be overweight/obese and half of them (n=32) were engaged in regular physical activity.

Additional Comments

- Beneficiaries were aware about healthy eating and lifestyle practices.
- Most of the beneficiaries found the counselling useful and informative.
- Beneficiaries reported their job profile as a barrier for maintaining healthy lifestyle.

Number of beneficiaries enrolled in follow up counselling program: Most of the beneficiaries (n=57) expressed their interest to receive informative messages for diet and lifestyle management. Out of these fifty-seven beneficiaries, majority (n=53) of them opted to receive messages on a weekly basis whereas only four 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 and potli made by women of the urban slum was organised at Delhi Fire Service, Barakhamba road, New Delhi.

Photo Gallery



Picture 1: Anthropometric Measurement



Picture 2: Measurement of blood glucose



Picture 3: Information of beneficiary being entered in PHIK



Picture 4: Certificate of participation being given to a beneficiary



Picture 5: A beneficiary with all green health card

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

