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# Foundation of Healthcare Technologies Society

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## RISE AND SWASTHYA PAHAL REPORT

## 2022

Date: 2/12/2022

Place: Bhikaji Cama Place, New Delhi | Time: 12:00 pm 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:** 2<sup>nd</sup> December 2022

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

**Start time:** 12:00 PM

**End time:** 04:00 PM

**Number of beneficiaries:** 11

**Team Members:** Chandni Sharma, Dr. Almas, Mamta Kushwaha, Mansi Shukla, Sakshi Trikha, Sushmi Wilson and Ashok Kumar

**Table 1: Implementation of RISE and 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=11)**

<b>Health conditions screened</b>	<b>Number of participants with the condition (n)</b>
Prehypertension/ Hypertension (blood pressure $\geq 120/80$ mmHg)	7
High Random Blood Sugar ( $\geq 140$ mg/dL)	7
Overweight/obese (Body Mass Index $\geq 25$ kg/m <sup>2</sup> )	5
Regular physical activity ( $>4$ times/week)	7

### **Observations**

A total of 11 beneficiaries (9 males and 2 females) attended the Swasthya Pahal camp organised on 2<sup>nd</sup> December 2022 at Bhikaji Cama Place, New Delhi. Out of the eleven beneficiaries screened, most of them (n=7) had higher blood pressure than normal (i.e.  $> 120/80$  mmHg), equal number of the beneficiaries had high random blood sugar. Nearly half of them were found to be overweight/obese (n=5), seven were engaged in regular physical activity.

### **Additional Comments**

- Beneficiaries were aware of healthy eating and lifestyle practices.
- Beneficiaries found personalized counselling to be very useful.
- Beneficiaries reported their job profile as a barrier for regular physical activity.

**Number of beneficiaries enrolled in follow up counselling program:** Most of the participants (n=7) expressed their interest to receive informative messages for diet and lifestyle management. Out of these seven beneficiaries majority of them opted to receive messages on a weekly basis (n=6), whereas only one 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, jute bags, and t-shirts made by women of the urban slum was organised at Bhikaji Cama Place, New Delhi.

## Photo Gallery



Picture 1: Anthropometric Measurement



Picture 2: Measurement of blood glucose



Picture 3: Measurement of Blood Pressure



Picture 4: Data being entered in PHIK



Picture 5: Certificate of participation being given to a beneficiary



Picture 6: RISE exhibition

## 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

