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Foundation of Healthcare Technologies Society

RISE AND SWASTHYA PAHAL REPORT

2022

Date: 21/12/2022

Place: Madhu Vihar Police Station, Vinod Nagar, New Delhi | Time: 11:00 am to 02:30 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: 21st December 2022

Venue: Madhu Vihar Police Station, Vinod Nagar, New Delhi

Start time: 11:00 AM

End time: 02:30 PM

Number of beneficiaries: 19

Team Members: Dr. Harpreet Kaur, Dr. Almas, Chandni Sharma, Mamta Kushwaha and Sushmi Wilson.

Table 1: Implementation 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=19)

Health conditions screened	Number of participants with the condition (n)
Prehypertension/ Hypertension (blood pressure $\geq 120/80$ mmHg)	15
High Random Blood Sugar (≥ 140 mg/dL)	3
Overweight/obese (Body Mass Index ≥ 25 kg/m ²)	12
Regular physical activity (>4 times/week)	7

Observations

A total of 19 beneficiaries (16 males and 3 females) attended the Swasthya Pahal camp organised on 21st December 2022 at Madhu Vihar Police Station, Vinod Nagar, New Delhi. Out of these nineteen beneficiaries, majority (n=15) had higher blood pressure than normal. Only three of them had high random sugar. Most of them were found to be overweight/obese (n=12), and one-third of them (n=7) were engaged in regular physical activity.

Additional Comments

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

Number of beneficiaries enrolled in follow up counselling program: Majority of the beneficiaries (n=16) expressed their interest to receive informative messages for diet and lifestyle management. Out of these sixteen beneficiaries, majority of them opted to receive messages on a weekly basis (n=10), whereas only six 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 Madhu Vihar Police Station, Vinod Nagar, New Delhi.

Photo Gallery



Picture 1: Registration of beneficiary



Picture 2: Measurement of blood glucose



Picture 3: Measurement of Blood Pressure



Picture 4: Diet counselling being given to the beneficiary



Picture 5: Certificate of participation being given to a beneficiary



Picture 6: RISE Exhibition

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

Annexure I

Blood Pressure	
<120/80 mmHg	Normal
≥120/80 mmHg	Prehypertension
≥140/90 mmHg	Hypertension
Blood Glucose	
<140 mg/dl	Normal
≥140 mg/dl	High Blood Glucose
BMI	
<18.5	Underweight
18.5 to 24.9	Normal
25 to 29.9	Overweight
≥30	Obese