Foundation of Healthcare Technologies Society 321, 322, 323 Somdutt Chamber-2, Bhikaji cama place, New Delhi-110066 Phone 91- 8288004611/91- 8447292004 Website: fhts.ac.in Registration No.: *S/877/SDM/NW/2012*





Foundation of Healthcare Technologies Society

SWASTHYA PAHAL REPORT

2023

Date: 23/01/2023

Place: Jawahar Camp, Kirti Nagar, Delhi Time: 11:00 am to 03:00 pm

Number of total beneficiaries: 14 Number of total female beneficiaries: 8



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: 23rd January 2023

Venue: Jawahar Camp, Kirti Nagar, Delhi

Start time: 11:00 AM

End time: 03:00 PM

Number of beneficiaries: 14

Team Members: Gaurav Kumar, Mamta Kushwaha and Sakshi Mandawaria and Sushmi Wilson



Components of the camp	Details	Material and methods used
Registration	• Collection of information from the participants such as name, age, phone number and address.	Receipt booklet
Measurement of height and weight	 Height and weight were measured using standard procedures and protocols. 	Digital weighing machine, stadiometer
Measurement of blood pressure and sugar	• 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)	 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	 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	Clicking pictures of the event.	Camera

Table 1: Implementation of Swasthya Pahal



Health conditions screened	Number of participants with the condition (n)
Prehypertension/ Hypertension (blood pressure ≥120/80 mmHg)	7
High Random Blood Sugar (≥140mg/dL)	9
Overweight/obese (Body Mass Index $\ge 25 \text{ kg/m}^2$)	4
Regular physical activity (>4 times/week)	4

Table 2: Health status of beneficiaries screened (n=14) Image: Comparison of the status of the s

Observations

A total of 14 beneficiaries (8 females and 6 males) attended the Swasthya Pahal camp organised on 23rd January 2023 at Jawahar Camp, Kirti Nagar, Delhi. Out of these fourteen beneficiaries, half of them (n=7) had higher blood pressure than normal. More than half of them (n=9) had high random sugar. One-fourth of them were found to be overweight/obese (n=4), and only four beneficiaries were engaged in regular physical activity.

Number of beneficiaries enrolled in follow up counselling program: More than half of the beneficiaries (n=8) expressed their interest to receive informative messages for diet and lifestyle management. All of beneficiaries opted to receive messages on a weekly basis.

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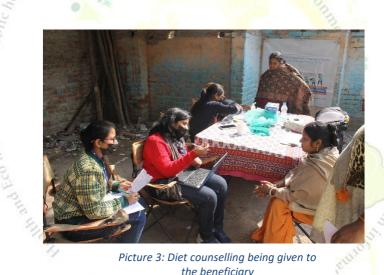
Photo Gallery



Picture 1: Blood pressure measurement



Picture 2: Measurement of Blood Sugar



Picture 3: Diet counselling being given to the beneficiary



List of Abbreviations

S. No.		Abbreviation	
1.	ICT	Information Communication Technology	
2.	MetS	Metabolic Syndrome	
3.	NCD	Non-Communicable Diseases	
4.	РНІК	Portable Health Information Kiosk	
5.	SMAART	Sustainable Multisectoral Accessible Affordable Reimbursable Tailored	

Annexure I

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Publiche	Annexure I
Blood Pressure	truction is Opportunity,
<120/80 mmHg	Normal
≥120/80 mmHg	Prehypertension
≥140/90 mmHg	Hypertension
Blood Glucose	and the state
<140 mg/dl	Normal
≥140 mg/dl	High Blood Glucose
BMI	segeral allegh
<18.5	Underweight
18.5 to 24.9	Normal
25 to 29.9	Overweight
≥30	Obese