



# Foundation of Healthcare Technologies Society

## SWASTHYA PAHAL REPORT

2023

Date: 21/11/2023

Place: Post Office, Delhi Cantt., New Delhi. | Time: 10:30 am to 02:30 pm

Number of total beneficiaries: 28

Number of total female beneficiaries: 2

### **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:** 21<sup>st</sup> November 2023

**Venue:** Post Office, Delhi Cantt., New Delhi

**Start time:** 10:30 AM

**End time:** 02:30 PM

**Number of beneficiaries:** 28

**Team Members:** Ashok Kumar, Sushmi Wilson, Sakshi, Shravani Rajkhowa and Gunjan Sooden.

**Table1: Implementation of 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
Photographs	<ul style="list-style-type: none"> <li>Clicking pictures of the event.</li> </ul>	Camera

**Table 2: Health status of beneficiaries screened (n=28)**

Health conditions screened	Number of participants with the condition(n)
Prehypertension/ Hypertension (blood pressure $\geq 120/80$ mmHg)	18
High Random Blood Sugar( $\geq 140$ mg/dL)	7
Overweight/obese (Body Mass Index $\geq 25$ kg/m <sup>2</sup> )	15
Regular physical activity (>4 times/week)	15

### Observations

A total of 28 beneficiaries (17 males and 2 females) attended the Swasthya Pahal camp organised on 21<sup>st</sup> November 2023 at Post Office, Delhi Cantt., New Delhi. Out of these twenty-eight beneficiaries, two-third of them (n=18) had higher blood pressure than normal and one-fourth of them (n=7) had high blood sugar than normal. Two fourth of them (n=15) were found to be overweight/obese and an equal amount of them were found to be engaged in regular physical activities.

### Additional Comments

- Beneficiaries found the counselling session very informative and useful, and many of them learned more about their health condition.
- All the beneficiaries found the Swasthya Pahal initiative to be very helpful.

**Number of beneficiaries enrolled in SHINE:** SMAART Hub for Informatics enabled Nutrition Education (SHINE) Initiative aims to enhance self-management of chronic non-communicable diseases using multilingual digital HEALTH intervention tailored to enhance their knowledge regarding self-management of disease condition(s), diet, physical activity, healthy lifestyle, home-remedies, medication adherence and stress management. All of them except one (n=27) beneficiaries expressed their interest in receiving informative messages for diet and lifestyle management out of which the majority (n=24) of them have opted to receive messages weekly and only three of them opted for a daily basis.

**Details of RISE exhibition:** RISE stands for Research, Innovation, Skills, and Entrepreneurship. The RISE initiative aims to empower girls and women from urban slums. Women are trained to develop their natural talent, make them employable and self-reliant, and fit in an office environment with a paid stipend. An exhibition of the products: pouches, tiffin bags, masks, and jute bags made by women of the urban slum was organised at Post Office, Delhi Cantt., New Delhi.

**Foundation of Healthcare Technologies Society**

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**Photo Gallery**



Picture 1: Measurement of Blood Pressure



Picture 2: Measurement of Blood Sugar



Picture 3: Diet Counselling given to the beneficiary



Picture 4: RISE Exhibition and Certificate of Participation



### 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>SMAART</b>	Sustainable Multisectoral Accessible Affordable Reimbursable Tailored

### Annexure I

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