



# Foundation of Healthcare Technologies Society

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## SWASTHYA PAHAL REPORT

### 2024

Date: 24/01/2024

Place: Sanjay Colony 2, Okhla Phase 2, New Delhi. | Time: 11:00 am to 02:00 pm

Number of total beneficiaries: 28

Number of total female beneficiaries: 16

## **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:** 24<sup>th</sup> January 2024

**Venue:** Sanjay Colony 2, Okhla Phase 2, New Delhi

**Start time:** 11:00 AM

**End time:** 02:00 PM

**Number of beneficiaries:** 28

**Team Members:** Ashok Kumar, Sakshi, Sushmi Wilson, Shravani Rajkhowa, and Janhvi Sahai.

**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)	25
High Random Blood Sugar( $\geq 140$ mg/dL)	17
Overweight/obese (Body Mass Index $\geq 25$ kg/m <sup>2</sup> )	13
Regular physical activity (>4 times/week)	9

### Observations

A total of 28 beneficiaries (12 males and 16 females) attended the Swasthya Pahal camp organised on 24<sup>th</sup> January 2024 at Sanjay Colony 2, Okhla Phase 2, New Delhi. Out of these twenty-eight beneficiaries, all of them, more than three-fourth of them had higher blood pressure (n=25) than normal. More than two-third of them were found to be overweight/obese (n=13) and exactly one-third of them were found to be engaged in regular physical activity (n=9). Less than two-third of them (n=19) had high random blood sugar.

### Additional Comments

- Beneficiaries found the counselling session to be very informative and useful, and many of them got to know about 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. Among twenty-eight beneficiaries, more than one-third of them (n=13) expressed their interest in receiving informative messages for diet and lifestyle management out of which the majority of them (n=12) opted to receive messages every week whereas only one opted to receive messages daily.



## Photo Gallery



Picture 1: Measurement of Blood Pressure



Picture 2: Measurement of Blood Sugar



Picture 3 & 4: Diet counselling being given to the beneficiary.



## 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