



# Foundation of Healthcare Technologies Society

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## SWASTHYA PAHAL REPORT

### 2024

Date: 08/02/2024

Place: Post Office Saket, New Delhi. | Time: 11:00 am to 02:00 pm

Number of total beneficiaries: 14

Number of total female beneficiaries: 7

## **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:** 08<sup>th</sup> February 2024

**Venue:** Post Office Saket, New Delhi

**Start time:** 11:00 AM

**End time:** 02:00 PM

**Number of beneficiaries:** 14

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

**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=14)**

Health conditions screened	Number of participants with the condition(n)
Prehypertension/ Hypertension (blood pressure $\geq 120/80$ mmHg)	13
High Random Blood Sugar( $\geq 140$ mg/dL)	4
Overweight/obese (Body Mass Index $\geq 25$ kg/m <sup>2</sup> )	12
Regular physical activity (>4 times/week)	6

### Observations

A total of 14 beneficiaries (7 males and 7 females) attended the Swasthya Pahal camp organised on 08<sup>th</sup> February 2024 at Post Office Saket, New Delhi. Out of these fourteen beneficiaries, more than three-fourth of them had higher blood pressure than normal (n= 14) and more than three-fourth of them were found to be overweight/obese (n=12). More than one-third were found to be engaged in regular physical activity (n=6). Exactly one-fourth of them (n=4) 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 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 fourteen beneficiaries, more than three-fourth of them (n=12) expressed their interest in receiving informative messages for diet and lifestyle management and all of them opted to receive messages on every week.

**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, 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 Saket, New Delhi.



## Photo Gallery



*Picture 1: Measurement of Blood Pressure*



*Picture 2: Measurement of Blood Sugar*



*Picture 3: Diet Counselling given to the beneficiary*



*Picture 4: Certificate of Participation and 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>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