

Internship Report

Foundation of Healthcare Technologies Society (FHTS) Internship Report

Introduction

Foundation of Healthcare Technologies Society (FHTS), established in 2012, is a nationally registered, research-based organization. FHTS focuses on designing, developing, implementing, and evaluating human-centered technological interventions and innovations to improve population health and well-being across diverse settings. The organization is driven by a team of professionals from diverse backgrounds including medicine, public health, agriculture, nutrition, journalism, statistics and economics, management, information systems, computer science, and anthropology. These professionals aim to utilize the SMAART (Sustainable, Multi-sector, Accessible, Affordable, Reimbursable, and Tailored) informatics framework to develop sustainable solutions. FHTS is certified as a Scientific & Industrial Research Organization (SIRO) by the Department of Scientific and Industrial Research (DSIR), New Delhi, Govt. of India.

Mission: To translate research into practice through technology-based solutions that empower individuals and the environment for their well-being and that of their families and communities.

Vision: To improve population outcomes through innovative, multi-sectoral, and evidence-based practices using informatics applications that empower individuals, communities, and institutions for their overall well-being.

Values:

1. Integrity

- Giving honest feedback
- Providing honest assessments and telling people what they need
- Acting with transparency
- Trusting and being trustworthy

2. Education

- Creating a vibrant learning community
- Encouraging everyone to be open and share knowledge
- Connecting the dots for people until they can do it themselves
- Helping people understand the bigger picture

3. Availability, Accessibility, Affordability

- Breaking down barriers and boundaries
- Reaching out to marginalized populations
- Providing culturally competent services
- Providing affordable, cost-effective, reliable, and evidence-driven informatics solutions

4. Building a Sustainable Community

- Creating a desire to learn, particularly from one another

- Creating change and change agents in the community
- Being relevant to the community and non-profit organizations served
- Taking a long-term view in developing an economically vibrant community with equity among different races and ethnicities
- Helping non-profit leaders infuse energy, passion, and focus into their work, organizations, and community

Internship Objectives

The primary objectives of my internship at FHTS were:

1. To participate in a community initiative to address SDG3 (Good Health and Well-Being).
2. To conduct in-depth interviews for an ICMR study on metabolic syndrome.
3. To prepare videos for self-measurement of blood pressure and blood sugar.
4. To assist in preparing academic modules.
5. To participate in evaluating the impact of digital health interventions.
6. To curate IEC material for the ICMR study.

Key Activities and Projects Undertaken

1. Community Initiative for SDG3

- Participated in initiatives to promote good health and well-being within the community.
- Engaged with community members to understand their health needs and provide relevant information and support.

2. In-depth Interviews for ICMR Study

- Conducted thorough interviews with participants for a study on metabolic syndrome.
- Collected qualitative data to understand behavioural patterns and health beliefs among the urban slum population of Delhi.

3. Preparation of Educational Videos

- Created instructional videos demonstrating self-measurement techniques for blood pressure and blood sugar.
- Ensured the content was accessible and easy to understand for the target audience.

4. Academic Module Preparation

- Assisted in the development of academic modules for training purposes.
- Worked with subject matter experts to ensure the accuracy and relevance of the content.

5. Evaluation of Digital Health Interventions

- Participated in the evaluation process of various digital health interventions implemented by FHTS.

- Analysed data to assess the impact and effectiveness of these interventions on the target population.

6. Curation of IEC Material

- Curated Information, Education, and Communication (IEC) materials for the ICMR study.
- Ensured the materials were culturally competent and addressed the specific needs of the study population.

Thesis

Work

During my internship, I also worked on my thesis titled "Understanding the Behavioural Pattern of Self-Management of MetS Among the Urban Slum Population of Delhi Through the Health Belief Model". This research, conducted in partial fulfilment of the requirements for the award of the degree of Master of Business Administration (MBA) in Hospital and Health Management from IIHMR University, Jaipur, aimed to identify the sociocultural and behavioural factors of non-communicable chronic diseases' self-management among the MetS population of the studied urban slums in Delhi, India.

The hybrid design of the study engaged 120 adults with MetS as participants. The data collected included sociodemographic characteristics, health and clinical records, and qualitative data from interviews based on the Health Belief Model. The evaluation of the outcomes showed participants' unawareness of MetS behavioural regulation through diet and physical activity, the impact of stress on self-management, and the capacity of mobile technology in health literacy and promotion. The study suggested targeted interventions to identify and address these needs with an emphasis on culturally competent treatments and quality healthcare.

Performance Summary

Throughout the internship, I displayed a positive attitude and effective interpersonal, communication, and professional skills. I was diligent in accomplishing assigned tasks and successfully met all deadlines. My work was well-received by my supervisors, and I demonstrated the ability to work both independently and as part of a team.

Conclusion

My internship at FHTS was a valuable learning experience. It provided me with the opportunity to apply theoretical knowledge in a practical setting and develop a deeper understanding of public health challenges and solutions. The skills and experience gained during this internship will be instrumental in my future professional endeavours.

Acknowledgements

I would like to express my sincere gratitude to the entire team at FHTS for their support and guidance throughout my internship. Special thanks to my supervisors for their mentorship and for providing me with such a comprehensive learning experience.