



DIABETES EDUCATION IN KENYA

A joint 4-yr (2004-2008) partnership of the World Diabetes Foundation, Ministry of Health and the Kenya Diabetes Management & Information Centre (DMI Centre)

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**KENYA DIABETES MANAGEMENT & INFORMATION
CENTRE (DMI CENTRE), KENYA**





**“Even if everyone says
you don’t stand a
chance, don’t give up on
your dreams” .**

Anonymous





INTRODUCTION

DMI Centre founded in May 1999

a registered not-for-profit medical
charitable organization

became operational in October 1999





Mission & Objective

- To develop a comprehensive educational programme
- To evolve and promote an education facility





JUSTIFICATION OF EDUCATION

- Prevention is better than cure
- A 10 questionnaire on diabetes targeting 1700 people in the streets of Nairobi – only 20% of respondents got 70% of the questions correct





JUSTIFICATION OF EDUCATION

- Reported diabetes increase by practicing diabetologists
- Prevalence in Kenya estimated at 6-10% by the Ministry of Health and community studies
- Majority diagnosed through complications
- Alarm from IDF and WHO of prediction on expected rise in developing countries of Asia and Africa of diabetes





The targeted parameters

Raising more awareness on primary and secondary prevention which includes:

- Risk factors
- Relationship between lifestyle and type 2 diabetes
- Impaired glucose tolerance





Steps taken

1. Focus on capacity building for hospital based educators, doctors, clinical officers, nurses, nutritionists & paramedics.

Category	Target	Achievement
Doctors & COs	500	308
Nurses	3,040	1,279
Dieticians	250	243
Paramedics	1,000	619
Lay Educators	3,754	3,338





Some of the training sessions



Foot care practical training at Kisii for professional healthcare providers for Nyanza Province – Kisii
12th-14th March 2007



Participants from Rift Valley province
at the professional healthcare providers
training in Nakuru-12th- 15th March 2006





2. Focus on capacity building for lay educators

- Over 3,000 people have been trained as diabetes lay educators within the country
- Through them, many people are now becoming aware of the condition and are seeking more information.





3. Empowering nutritionists to serve as key diabetes team members

- Nutrition is a key element in the management, prevention and control of diabetes and nutritional counseling has played a great role in the success of managing diabetes





4. Setting up new diabetes clinics and strengthening existing general clinics

Key



Areas with high prevalence



Main Clinics

Target - 42

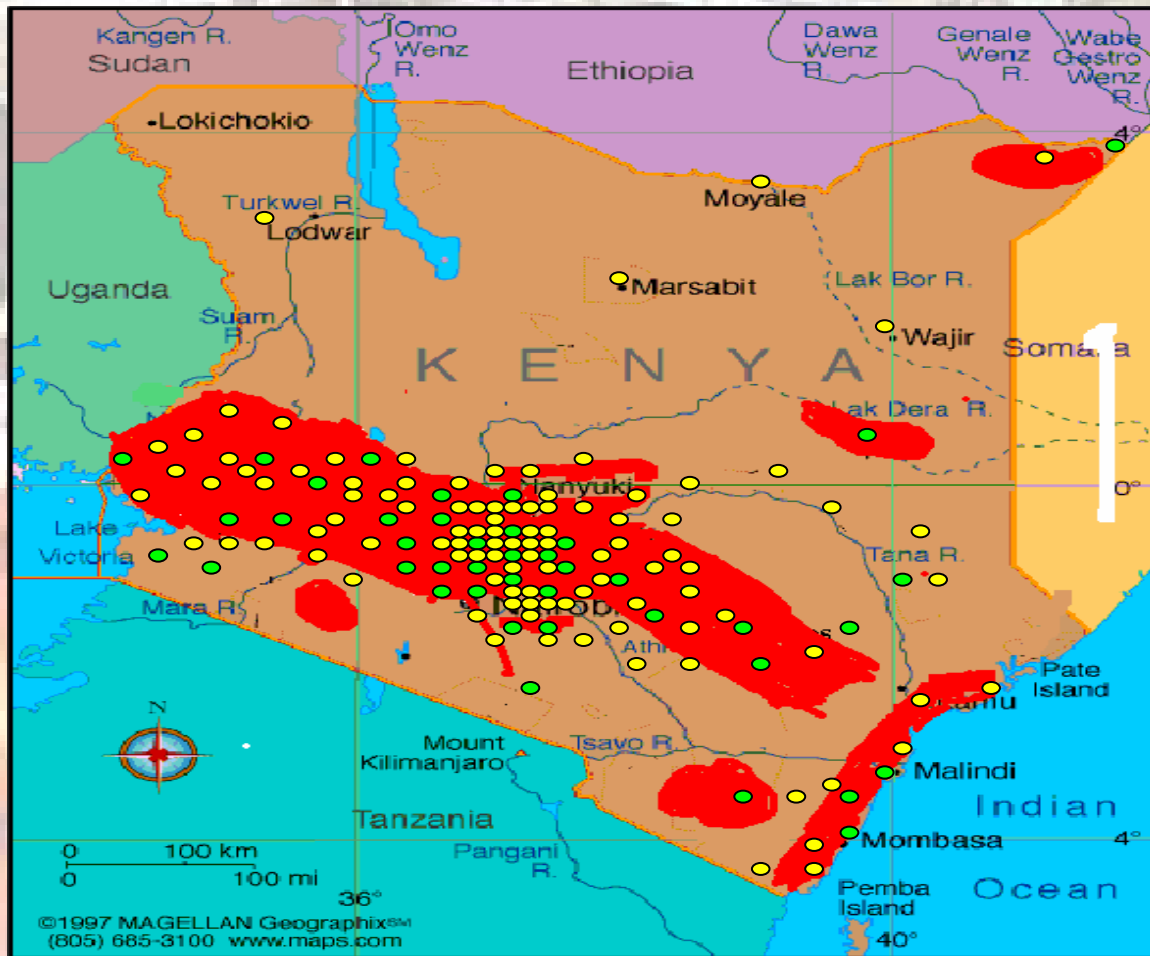
Achievement - 39



Mini Clinics

Target - 200

Achievement - 113



Clinic set up and prevalence



5. Training of young diabetics in the Annual Diabetes Youth Camp

- The young diabetics are trained as lay educators and have been educating other young people and creating awareness. So far 129 young diabetics have been educated.





Training Young diabetics as educators





6. Assistance with basic requirements for diabetes clinics – glucometers and stat strips, weighing scale, BP machine and stethoscope





7. Lobbying Ministry of Health to refocus on diabetes as a major health concern

- The Centre collaborates with the MoH in most of its activities.
 - Creating awareness during the World Diabetes Day
 - Training professional healthcare providers on diabetes management, prevention & control
 - Working with Members of Parliament in the medical camps





8. Screening and awareness in the Annual Diabetes Fundraiser golf tournament

- This event started in the year 2000 and has been very successful in raising awareness to the upper and middle class people.
- There have been new cases of diabetes every year with 2007 having 8 new diabetics out of 220 participants.
- Through this awareness heads of corporate organizations have requested screening and education for their employees





9. Education and screening in the Annual Diabetes Walk

- The walk reaches both the diabetics and non diabetics.
- There is voluntary testing for diabetes for everyone who attends the walk.
- Every year there have been new cases of diabetes and the number has been rising.





Annual Diabetes Walk contd.

- 2001 – 6 New cases of diabetes
- 2002 – 5 New cases of diabetes
- 2003 – 6 New cases of diabetes
- 2004 – 4 New cases of diabetes
- 2005 – 4 New cases of diabetes
- 2006 – 8 New cases of diabetes





Education Materials

- Developed, approved and tested in conjunction with Ministry of Health, Division of Non-Communicable Diseases

- Posters in main languages of Kiswahili and English and in 8 local dialects with an 80% national coverage.
- Two face brochures in English and Kiswahili





Public Awareness

1. Schools programme – has covered around 70 schools with an average population of 950 students – Nairobi & environ
2. Community groups – our biggest reach and is locally community organized (Churches and women groups)
3. Free monthly education forums – covers an average of 350-500 people
4. Medical camps – encourages random check ups and a good source of data





Medical Camps

- Main focus on diabetes & hypertension
- Encourages random check ups
- Good source of data





Medical Camps contd.

- During the last one year we held 16 medical camps in 16 constituencies in the country with Safaricom Foundation
 - No of people tested – 21,814
 - New diabetics - 319
 - IGTs – 849
 - Hypertensive – 3,445
 - Complications – 4,391





Medical Camps contd.

- We have been working closely with Kenya Medical Supplies Agency (KEMSA) & various pharmaceutical companies
- Good source of data





Achievements

- Noticeable increase in requests for diabetes education – requests from community groups, including corporates
- More information on management – reported decrease number of diabetes patients admitted and hospital stay
- More diabetes clinics set up or improved





Achievements contd.

- Facilities taking initiative to request for training and guidance in clinics
- Better management of diabetes due to updated training
- More awareness in the general public on blood glucose monitoring
- Numbers seeking random testing have gone up – DMI Centre. In 2000 - 15-20 per week, 2006 - 50-100per week.





Constraints

- Personnel – a major problem in all facilities
- Equipment – inadequate
- Funds – allocated funds are inadequate and limits proper implementation
- No funds allocated in national budget for such a huge problem





Constraints contd.

- Space – most diabetes clinics cannot run daily as space is shared with other medical clinics
- Educators – numbers are still very small compared to problem size
- Inadequate data
- No policy document on diabetes yet





Collaborations

- World Diabetes Foundation
- International Diabetes Federation
- World Health Organization – Regional Office
- Ministry of Health, Division of Non-Communicable Diseases
- Corporate Bodies





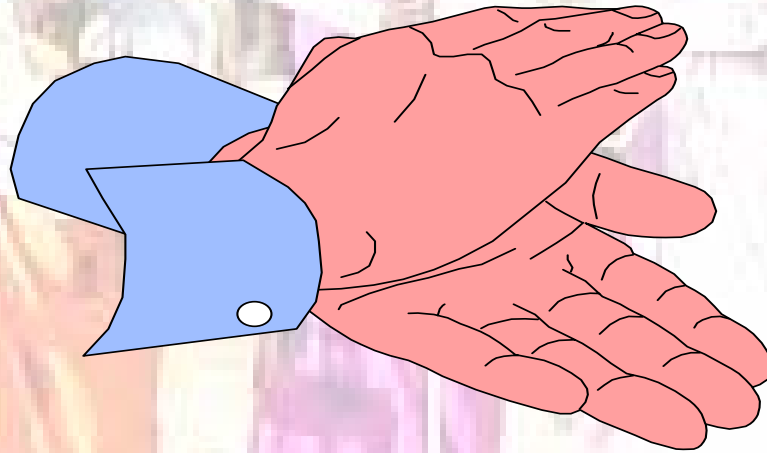
Collaborations contd.

- Other Diabetes Stakeholders
- Kenyatta National Hospital (KNH)
- University of Nairobi- Medical School
- Moi Teaching & Referral Hospital
- Kenya Medical Research Institute





THANK YOU



**Networking for the Empowerment
of the Patient**



WORLD DIABETES FOUNDATION



END
Diabetes Centre