

TYPE 2 DIABETES

CLINICAL PRACTICE GUIDELINES
FOR
SUB-SAHARAN AFRICA



INTERNATIONAL DIABETES FEDERATION
AFRICA REGION



International Diabetes Federation



WORLD DIABETES FOUNDATION

Diabetes care: issues in Africa

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PROBLEMS

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Diabetes care: issues in Africa

- The HIV-AIDS epidemic
- NCDs low priority
- Health-care systems geared to acute illnesses and infectious diseases

Diabetes care: issues in Africa

Lack of Resources:

Financial

Human: Trained health workers

Motivation

continuous education

interpersonal communication

migration

Material: Equipment

Protocols

Lack of recognition of interdependence of various levels of healthcare delivery.

Diabetes care: issues in Africa

Alternative healthcare provision

Poor patient adherence

- lack of education
- unaffordable or non-available transport

WE NEED SOLUTIONS

Diabetes care: issues in Africa

Against this background

IDF Africa Region initiated a project to develop and implement up-to-date clinical practice guidelines for Type 2 diabetes, taking the often-limited local resources into consideration.

Clinical Practice Guidelines

Organisation of diabetes care

Monitoring the quality of care

Definition, diagnosis and classification

Presentation of diabetes

Prevention of diabetes

Organisation of diabetes care **PRIMARY**

Personnel

Nurse

Village Health Worker

Medical Officer(s)

Medical Asssistant

Diabetes educator

Equipment

Clinical Care Guidelines

Urine Strips for

glucose/ketones/proteins

Blood glucose meter with

appropriate strips

Sphygmomanometer with

appropriate cuff sizes

Weight Scale and Height

measure

Tape measure

Monofilament

Organisation of diabetes care **SECONDARY**

Personnel

All above +
Diabetes Educator
Dietitian
Chiropodist
Physician
Lab technician

Equipment

All above +
Ophthalmoscope
Tuning Fork and Patella
Hammer
Biochemistry Analyser for
Glucose, lipids, renal
function and HBA1c

Organisation of diabetes care **TERTIARY**

Personnel

All above +
Internist/diabetologist
/cardiologist/nephrologist
Ophthalmologist
Obstetrician
Surgeon
Paediatrician

Equipment

All above +
Fundal camera
Retinal laser unit
Theatre facilities
Cardiovascular diagnostic
facilities
Hemodialysis/peritoneal
dialysis/renal transplant

Clinical Practice Guidelines

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Clinical Practice Guidelines

Metabolic syndrome and obesity

Management of type 2 diabetes and associated conditions

Management of chronic complications

Special situations

Acute metabolic complications of diabetes

Living with diabetes

Setting up a primary level diabetes service

Staff

Structural requirements

Equipment

Maintaining an inventory

Keeping Statistics

Guidelines-Implementation

Successful Implementation of a guideline implies changes in individual clinical decisions and practices and changes in organisational policies and procedures

THIS IS OUR NEXT CHALLENGE.

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- Dr. Ahmed Twahir - Kenya
- Dr. Kaushik Ramaiya - Tanzania
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