

Developing and implementing nutrition protocol in the Caribbean

**DIABETES
SUMMIT
FOR
LATIN AMERICA**

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It is written...

- He who takes medicine and neglects to diet wastes the skill of his doctors.

~Chinese Proverb

- ...“Our food should be our medicine and our medicine should be our food.”

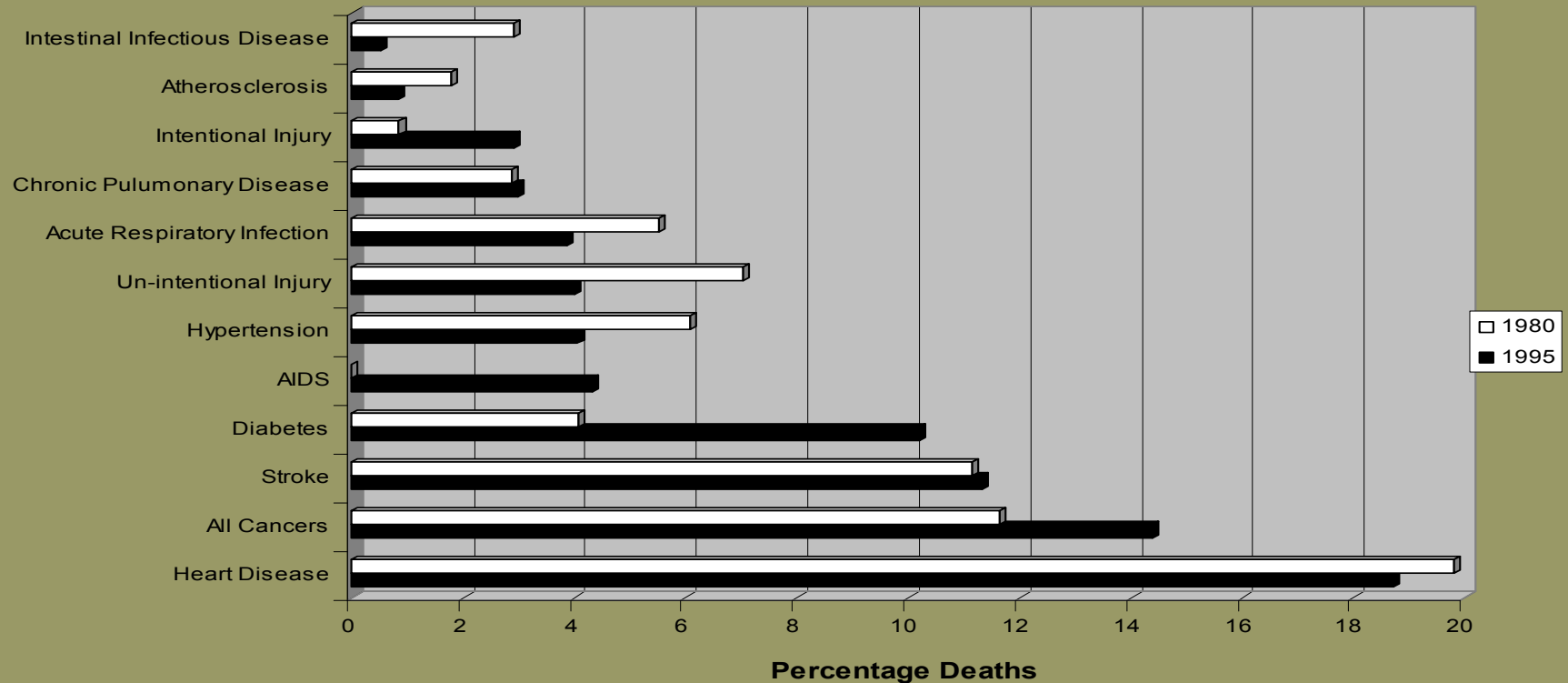
– Hippocrates

Development and Implementation

- The Need
- The Response
 - What we did
 - Who helped us
- Development
- The Product
 - Contents
 - Rationale
 - Nutrition Care Flow chart
- Use of the Protocol
- Implementation of the Protocol
- Evaluation of the Protocol
- Conclusions

The Need

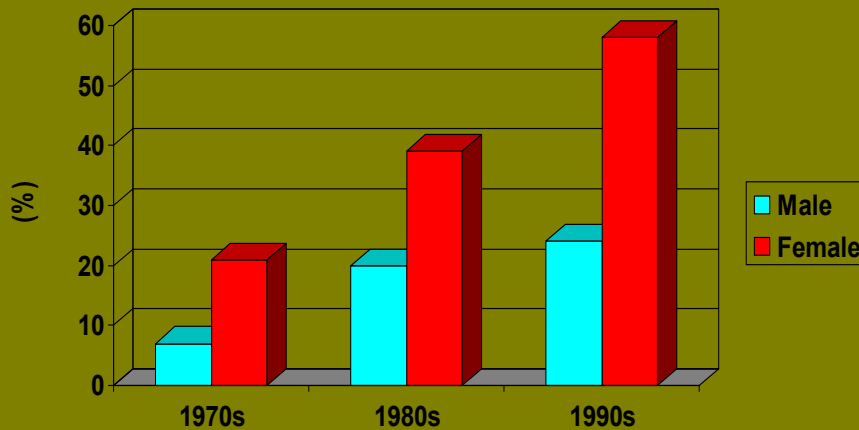
Figure 1: Leading Causes of Death in the Caribbean *, 1980 and 1995



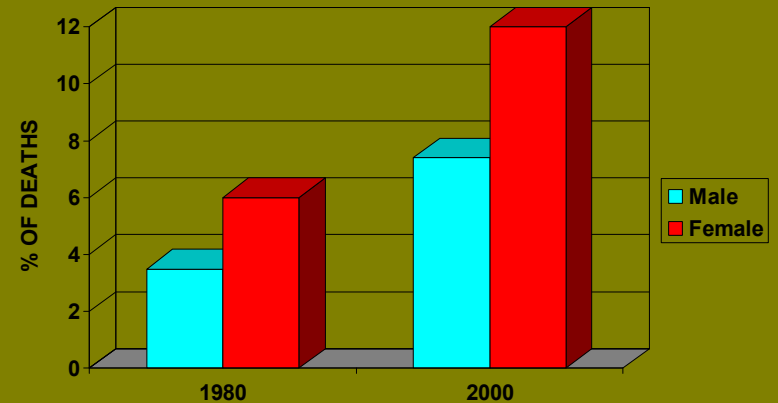
Chronic non-communicable diseases are the main causes of disability, illness and death in the Caribbean.

The Need

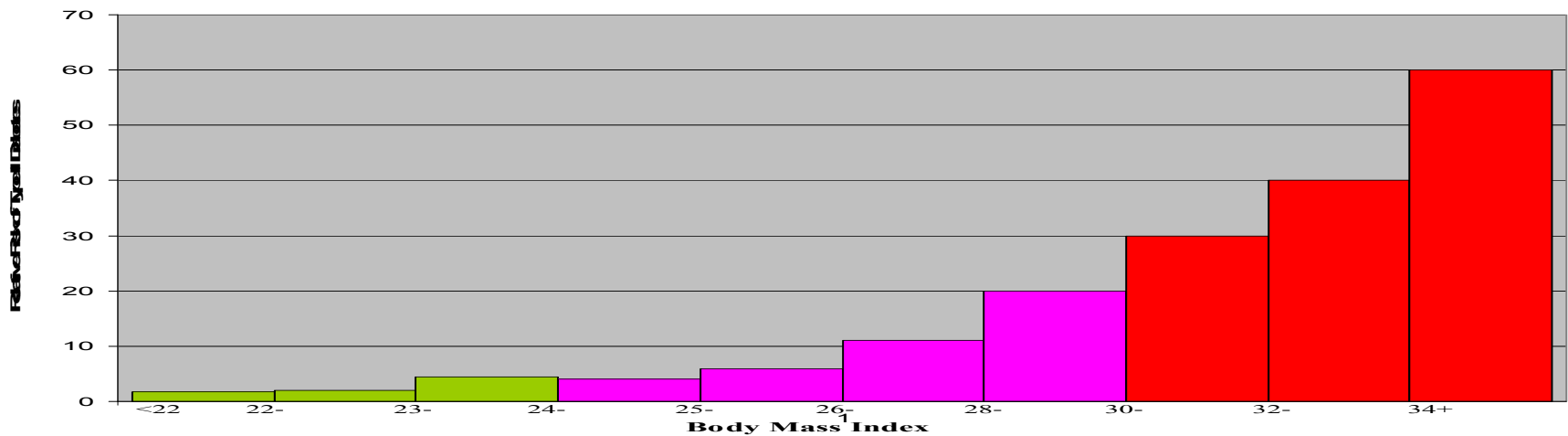
OVERWEIGHT/OBESITY TRENDS IN THE CARIBBEAN



DIABETES TRENDS IN THE CARIBBEAN



Relationship Between Obesity and Diabetes



The Response - What we did

- Problem definition and conceptualization of response
- Resource mobilization – Proposal development
- Support provided through World Diabetes Foundation to:
 - Develop educational material – Protocol
 - Launch, publicize and train relevant persons
 - Produce and distribute protocol
 - Evaluate impact
- Identification of project countries
 - Belize, Guyana, Jamaica, St Vincent & Grenadines, Suriname

The Response - Who helped us

- World Diabetes Foundation
- Collaboration between Caribbean Food and Nutrition Institute (CFNI) and PAHO/WHO Office for Caribbean Program Co-ordination (OCPC)
 - CFNI – Nutrition Educator & Public Health Specialist
 - OCPC - Chronic disease and health promotion advisors
- Diabetes Associations of the Caribbean
- Technical consultants and professionals in dietetics and nutrition
- Reviewers across the range of health professions
- National Diabetes Associations

Developing The Protocol

- KP baseline survey
 - Limited Knowledge
 - Varied nutrition related-practices
 - No policy/protocol
- Preparation of Protocol
 - Draft by core nutrition team
 - Multidisciplinary reviews
- Translation of English version to Dutch
- Finalization and production of manual
 - 10,000 English and 2000 Dutch copies published and disseminated in the five countries
- Electronic version uploaded to CFNI website

The Product

Protocol for the Nutritional Management of Obesity, Diabetes and Hypertension in the Caribbean



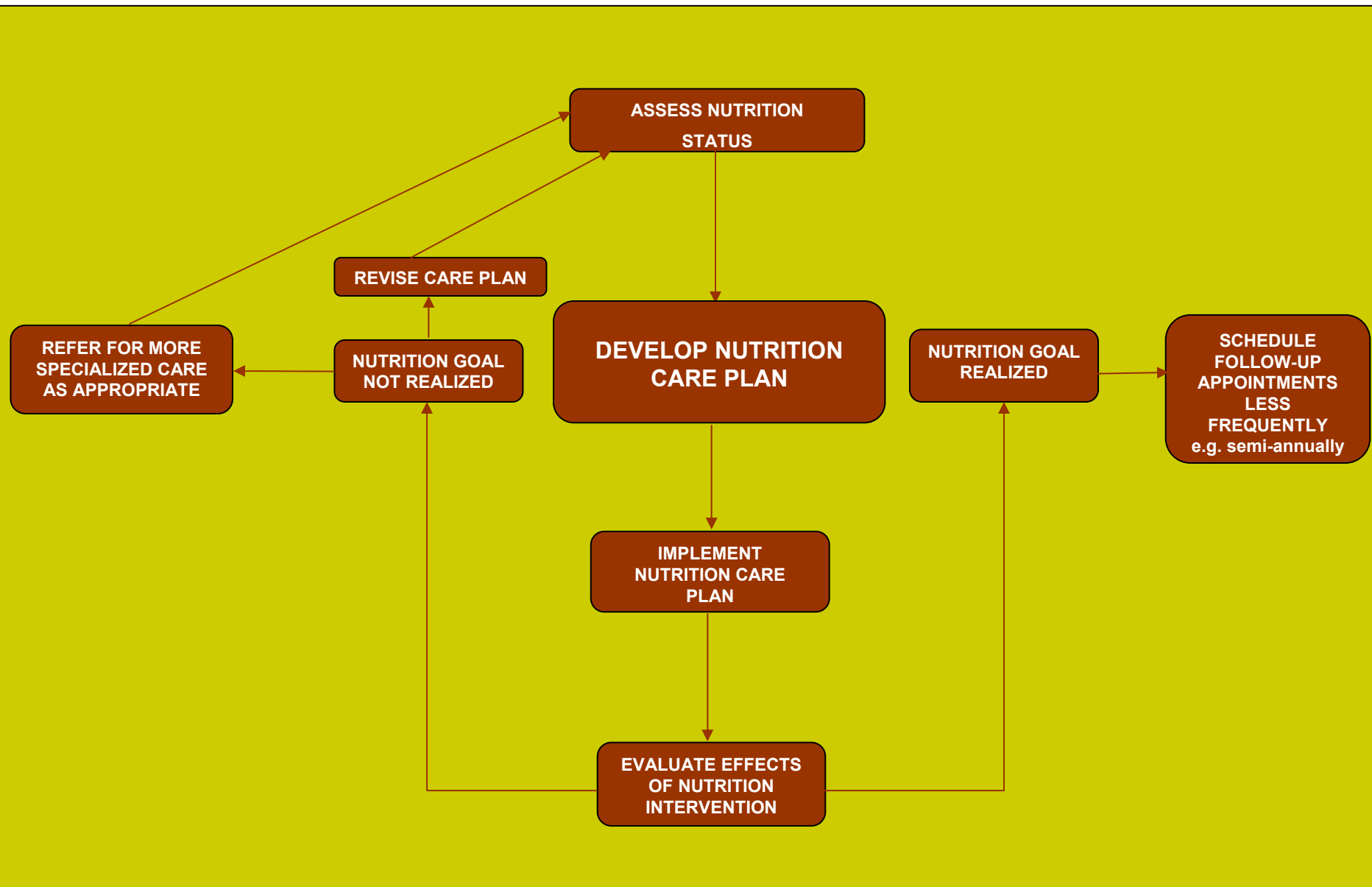
Caribbean Food and Nutrition Institute, and
PAHO/WHO Office of Caribbean Program Co-ordination

- Introductory pages
- Section I – Nutritional care process
- Section II – Nutritional management of Obesity
- Section III- Nutritional management of diabetes mellitus
- Section IV- Nutritional Management of hypertension
- Appendices and glossary

Rationale for Protocol

- Adequate, practical and effective nutrition intervention based on scientific facts
- Limited dietetics and nutrition expertise in the Region to provide professional care
- To facilitate standardized nutritional management of persons with obesity, diabetes and hypertension at the Primary Care Level

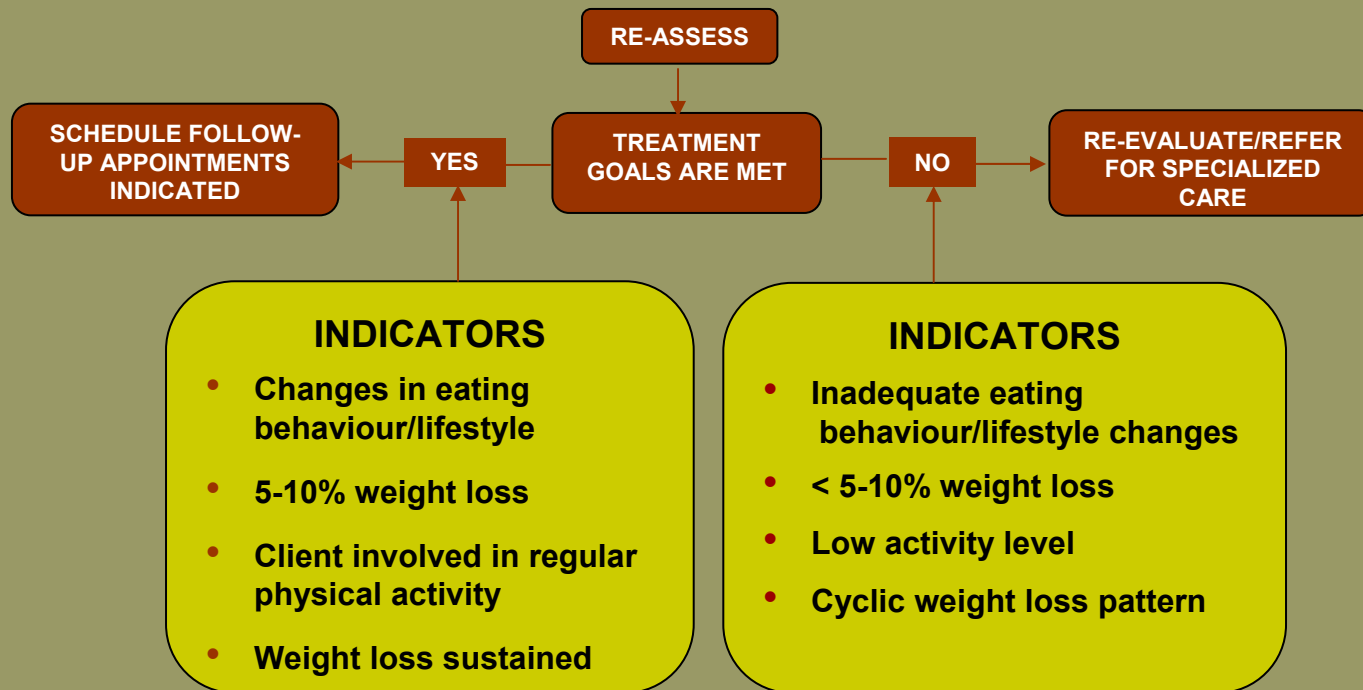
The Nutrition Care Process Framework



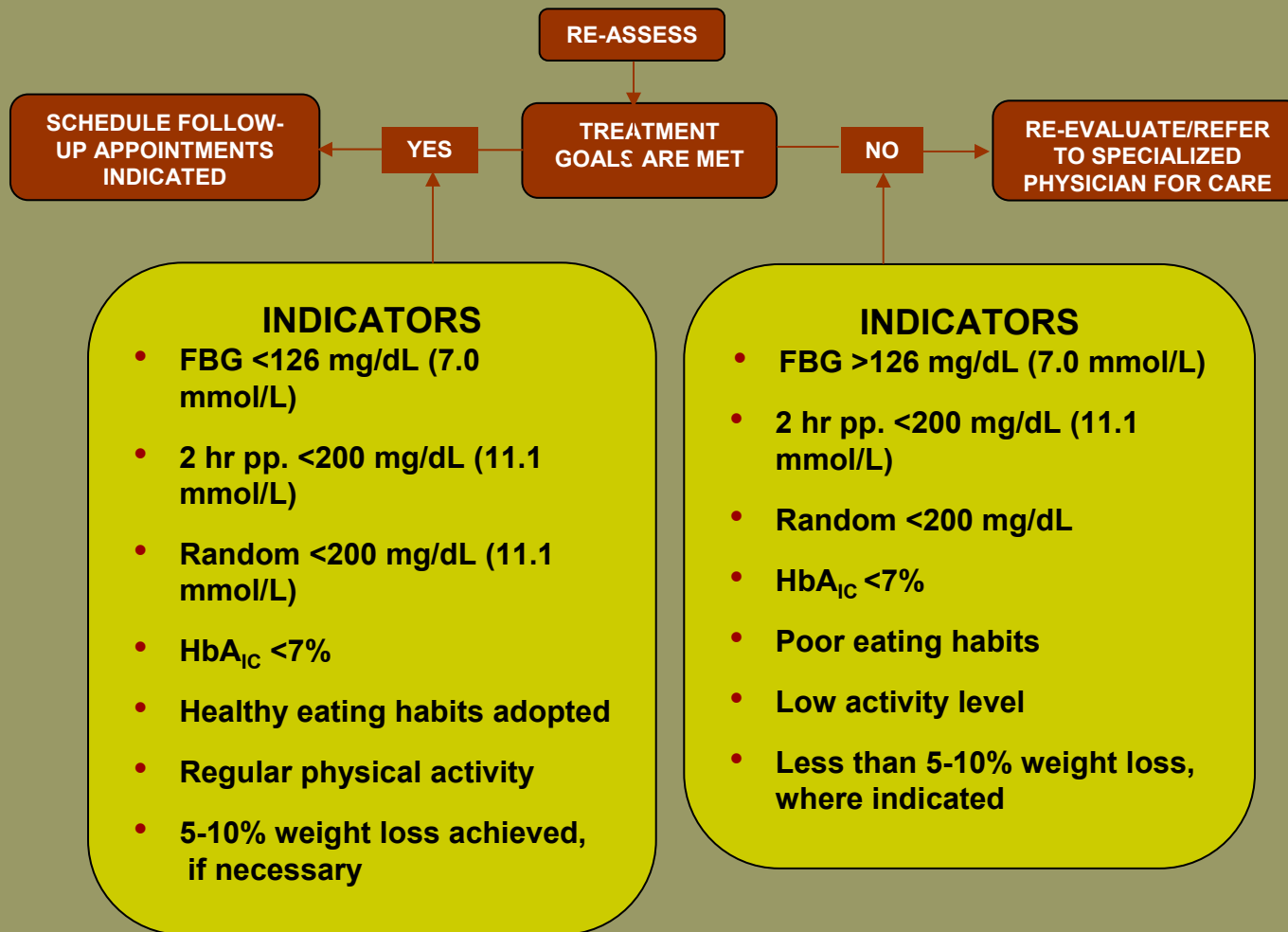
Critical Path for Nutritional Management



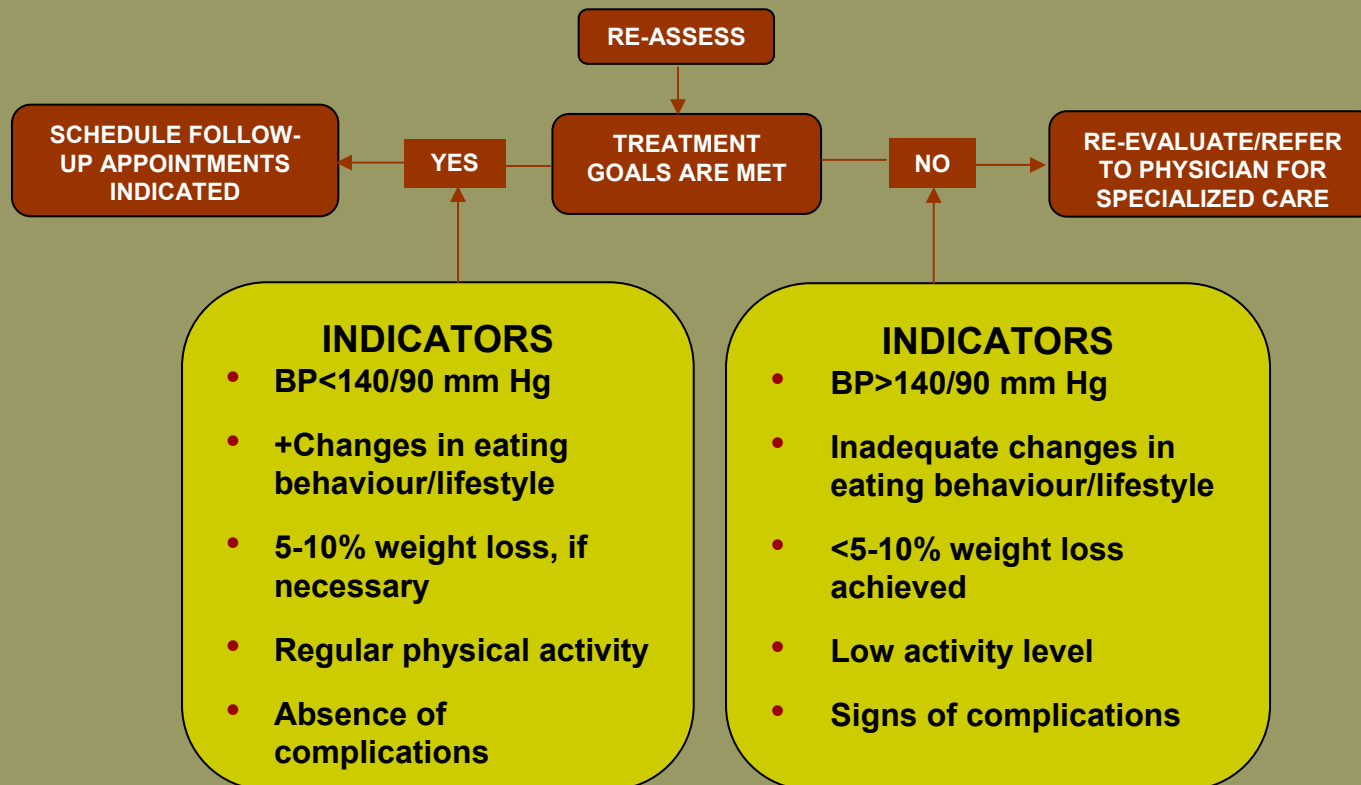
Critical Path – Obesity



Critical Path – Diabetes Mellitus



Critical Path – Hypertension





Use of the Protocol

- In primary health care facilities
- Targets non-nutrition members health care team to:
 - Set nutritional goals for individual clients
 - Determine priorities
 - Undertake ongoing monitoring
 - Review and tailor goals/objectives to individual health status
- Requires training in the use of the protocol
- Relies on referral to dietetics and nutrition professionals to manage complex cases



Implementation of the Protocol

- Launch and sub-regional training workshop (in 2005) including:
 - 18 National Nutrition Coordinators
 - 18 National Non-communicable Diseases Coordinators
 - Diabetes Associations,
- Endorsed by PAHO, IDF, CHRC, CAHE, & CANDi
- Presented to and endorsed by CARICOM Ministers of Health



Implementation of the Protocol

- ❑ Adopted by Ministries of Health - 9 countries
- ❑ Country-specific launch & workshop
 - ❑ Five (5) Project countries
 - ❑ Four other countries – Antigua, St Kitts Nevis, Barbados, Turks and Caicos Islands, Montserrat
 - ❑ National media event & 3-day workshop
- ❑ Use in the training of Health Professionals
 - ❑ In-service training of Doctors and Nurses
 - ❑ Included in the syllabi of two countries for nurses
 - ❑ Use in specialize training for dietetic interns

Evaluation

- Workshop objectives :
 - All participants “somewhat” or “greatly” met
- Knowledge
 - Change in Pre-Post test score from 69% to 85%
 - Lowest score 23% (pretest) - 52% (posttest)
- Practice:
 - Chart Audit one year after training
 - Significant improvements in collection of related data and recording of nutrition intervention
 - Limited access to appropriate equipment

VARIABLE	BEFORE (%)	AFTER (%)
Height	18	38
Weight	63	75
BMI	8	27
Waist Circumference	0.8	9.6
Hip Measurement	0.4	6.7
FBG	35	51
RBG	29.5	43
Cholesterol	14.9	38
HDL	5.4	18.7
LDL	5.2	18
Triglycerides	9.2	30.5
BP	86	90.5
Diet Explained	21.7	56.3
Referral to Dietitian	10.9	24
Physical Activity Explained	9	34



Conclusion

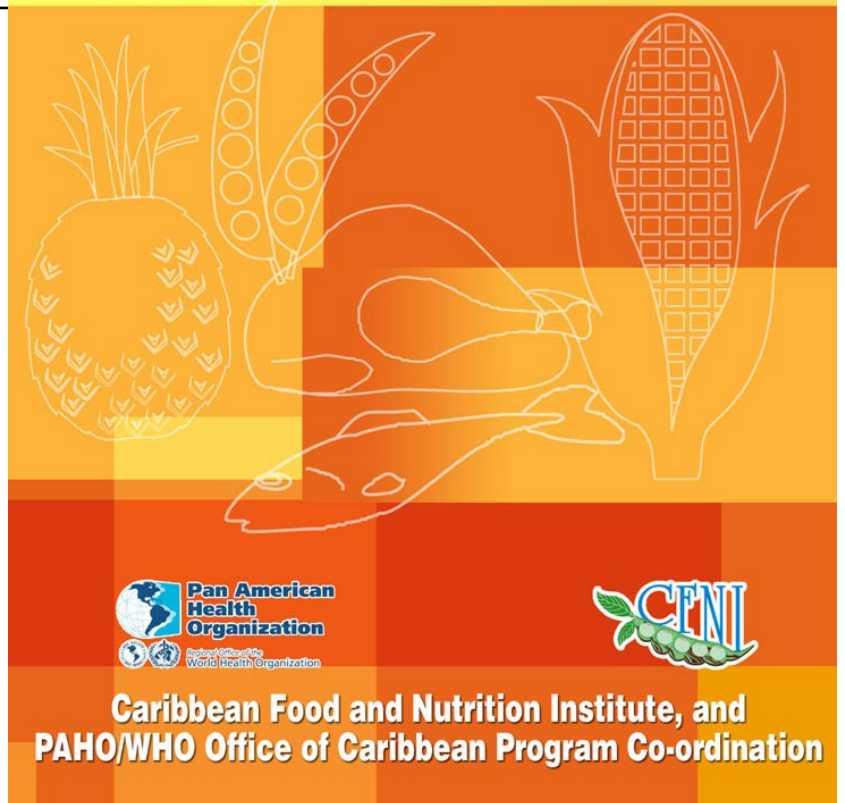
- Adds to Region-specific/appropriate resources –
 - standardized instruments
 - quick-reference guides
- Provides written protocol for many countries without adequate resource base
- Improves capacity and allows for regional interaction & integration
- Highlights the need for effective allocation, management and use of resources
- Needs to be included in base training of key health care workers

Finale

- "Nutrition can be compared with a chain in which all essential items are separate links. We know what happens if one link of a chain is weak or is missing. The whole chain falls apart."

Patrick Wright, Ph.D

Protocol for the Nutritional Management of Obesity, Diabetes and Hypertension in the Caribbean



Available at:

The Derrick B. Jelliffe Library

<http://new.paho.org/cfni/>