



## YOUNG GAMBIANS DIABETES ASSOCIATION

Isatou Jallow | YGDA Report | Jan – May 2020

# REPORT ON YOUNG GAMBIAN DIABETES ASSOCIATION (YGBA)

## 1. Occasion: Home Visits (No. 1)

Date: 02/02/2020

Purpose: This visitation was part of our usual regular home visits to our members to check on their status and enquire if they require any assistance or information. On the stated date, we (Ousman Ceesay & Isatou Jallow) made home visits to Kumba Bah, Karamo Bojang & Kalifa Bojang.



Figure 1.1 Kumba Bah



Figure 1.2 With Karamo & Kalifa Bojang

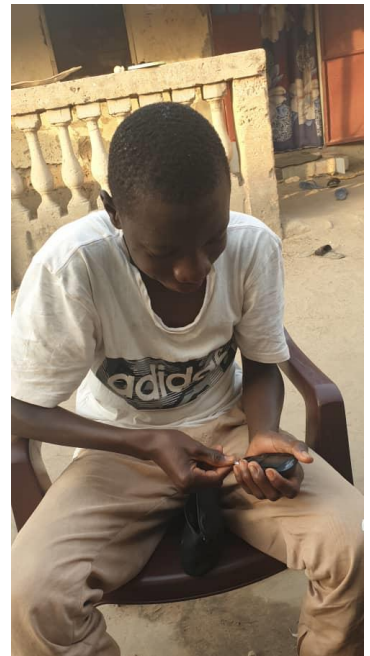


Figure 1.3 Khalifa being run through machine use.



Figure 1.4 Karamo's expired insulin



Figure 1.5 Karamo

**Notes:**

- Kumba Bah – She is still struggling with testing and tests once or twice per day sometimes. This raised concerns as she always has a high blood sugar level. Her family is not doing enough to assist her with her diabetes management.
- Karamo Bojang – we discovered he regularly has high blood sugar due to irregular checks and an expired NOVARAPID insulin (exp. 10/2018). He rarely checks his sugar level as we found on the machine. Also, the time and dates on the testing machine were wrong and subsequently corrected.
- Khalifa Bojang – a stump in his management of sugar levels & insulin injection, due to irregular daily onetime checks per day. We encouraged him to be steadfast in his management and to check as it's very important to his wellbeing.

**2. Occasion: Home Visits (No. 2)**

**Date:** 06/02/2020

**Purpose:** As a follow-up on our usual home visits, we visited Amie Jobe to enquire if she needs any assistance with her machines or management.



*Figure 2.1 With Amie Jobe.*



**Notes:**

- Amie Jobe – We found she was not regularly checking her sugar levels and using her insulin. She checked her sugar level once or twice per day. We implored she takes the testing and injections serious.

**3. Occasion: Home Visits (No. 3)**

**Date: 09/02/2020**

**Purpose:** On this faithful day we made home visits to Fatima S Mendy and Fatoumata Singhateh (2 of our youngest members) as a usual follow-up on visitation and to help them with their injections, machines and overall management.



*Figure 1.1 With Fatima S. Mendy and Lamine(an associate who has an interest in raising diabetes awareness and usually goes along with us on sensitization missions)*



*Figure 3.2 Fatoumata Singhateh*

**Notes:**

- Fatima S Mendy – Irregularly testing once or twice on her side makes her case difficult as she is well versed in management but simply refuses to do so. We made sure to correct her machine and talk to her with the hope that there'll be a change this time round.

- Fatoumata Singhateh – She had a High blood sugar level due to irregularities in testing and injection. Her family are not helping with her diet as she wants and it's affecting her direly.

#### **4. Occasion: YGDA Camp 1**

**Location: Isatou Jallow's residence in Banjul**

**Date: 14/02/2020 – 16/02/2020**

**Purpose:** A 3-day sensitization camp organized to continue raising awareness on diabetes and ways to control it. The main goal of this camp was to open grounds for our members to come forward with their questions, observations and suggestion on diabetes control and how to better manage it. Each member came forward with questions and suggestions that were tackled by the group as a whole.

Activities carried out included;

- How to control high/low sugar levels with food.
- How to correct machine date and time.
- Insulin pen control.

- Social discussions to breed familiarity with each other.



Figure 4.1



Figure 4.2

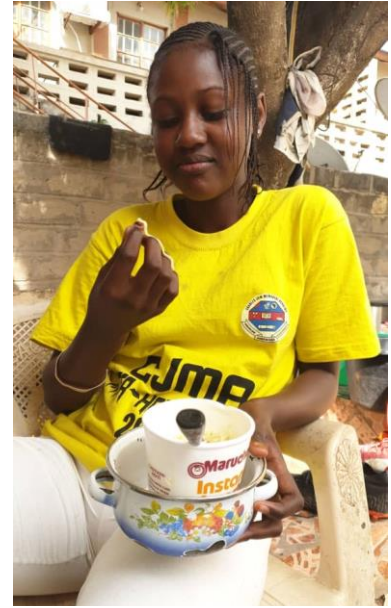


Figure 4.3

- Testing sugar levels with machine
- Cooked a local meal of 'plasass' to be regulated by insulin intake

FIG 4.1 – 4.6 (Kumba Bah & Fatoumata Singateh)



Figure 4.4



Figure 4.5

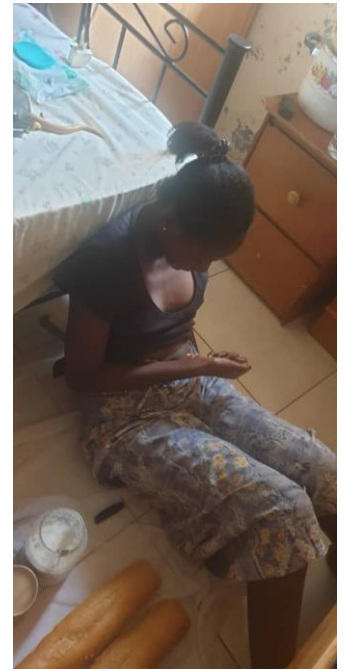


Figure 4.6

**Participants:**

- Yassin Suwareh
- Kumba Bah
- Fatoumata Singateh
- Ousman Ceesay
- Isatou Jallow
- Muhammed Lamine Ndow \*associate and helping hand to the organization.



**Occasion:** YGDA Camp 2

**Location:** Isatou Jallow's residence in Banjul

**Date:** 07/03/2020

**Purpose:** A 2<sup>nd</sup> retreat to further sensitize ourselves and arm ourselves with the right tools and education to ease the fight against diabetes.

We mainly did verification checks on what was done on the camping conducted earlier last month. More sensitization and a redo of the questions, suggestions and observations segment was carried out.



Figure 5.1 From Left to Right: Isatou Jallow, Fatima S Mendy, Yassin Suwareh, Adama Lowe & Ousman Ceesay



Figure 5.2 A shared meal



Figure 5.3 Group discussion



Activities carried out were similar to the one carried out in the earlier conducted camp.

**Participants:**

- Yassin Suwareh
- Adama Lowe
- Fatima S Mendy
- Ousman Ceesay
- Isatou Jallow

**Notes:** A lot was learned and we saw an improvement in familiarity of the basic duties needed to be carried as diabetes patients. Indeed, we may have diabetes but diabetes does not have us.

**Occasion:** HBA<sub>1</sub>C

**Location:** PAKALA CLINIC

**Date:** 20/03/2020 – 21/03/2020

**Purpose:** A large turnout for this exercise which lifted the spirits of many. This showed how open patients were to tackling diabetes and putting themselves in better positions to fight it. This exercise involved other diabetes patients from across the board.





# HBA1C Results

Group	Date:	21/3/20
Pat. No.	Name / Prenom	
1	Lamin Bojang	Height 144 Weight 33 Fbg 14.6 Rbg >14.0 HbA1c % >14.0 RR Pulse Tuning Fork
2	Zainab Jabang	Height 148 Weight 46 Fbg 3.8 Rbg >14.0 HbA1c % >14.0 RR Pulse Tuning Fork
3	Fahima S. mendi	Height 156 Weight 47 Fbg 12.2 Rbg >14.0 HbA1c % >14.0 RR Pulse Tuning Fork
4	Sheriff Samaras	Height 164 Weight 49 Fbg 6.8 Rbg 11.0 HbA1c % 11.0 RR Pulse Tuning Fork
5	Karawa Bayars	Height 167 Weight 58 Fbg 17.8 Rbg >14.0 HbA1c % >14.0 RR Pulse Tuning Fork
6	Kalila Bayars	Height 157 Weight 47 Fbg 4.7 Rbg 10.0 HbA1c % 10.0 RR Pulse Tuning Fork
7	Manawa Badjie	Height 135 Weight 29 Fbg 9.2 Rbg 9.6 HbA1c % 9.6 RR Pulse Tuning Fork
8	Wley fahon Bad	Height 159 Weight 58 Fbg 12.2 Rbg 11.2 HbA1c % 11.2 RR Pulse Tuning Fork
9	Rohay Alam	Height 167 Weight 75 Fbg 14.0 Rbg >14.0 HbA1c % >14.0 RR Pulse Tuning Fork
10	Ousman Hilara	Height 165 Weight 58 Fbg 20.8 Rbg >14.0 HbA1c % >14.0 RR Pulse Tuning Fork
11	Dumie Kayetda	Height 158 Weight 45 Fbg 5.8 Rbg >14.0 HbA1c % >14.0 RR Pulse Tuning Fork
12	Mariam Lazan	Height 165 Weight 60 Fbg 5.6 Rbg 6.6 HbA1c % 6.6 RR Pulse Tuning Fork
13	Mamuel Badjie	Height 169 Weight 69 Fbg 8.5 Rbg 8.2 HbA1c % 8.2 RR Pulse Tuning Fork
14	Kumba Bad	Height 164 Weight 51 Fbg 15.3 Rbg 10.4 HbA1c % 10.4 RR Pulse Tuning Fork
15	Muhammed Jailed	Height 165 Weight 46 Fbg 18.2 Rbg >14.0 HbA1c % >14.0 RR Pulse Tuning Fork
16	Rasini Njie	Height 181 Weight 26 Fbg 12.5 Rbg 11.1 HbA1c % 11.1 RR Pulse Tuning Fork
17	Medina Janyu	Height 176 Weight 64 Fbg 14.3 Rbg 11.6 HbA1c % 11.6 RR Pulse Tuning Fork

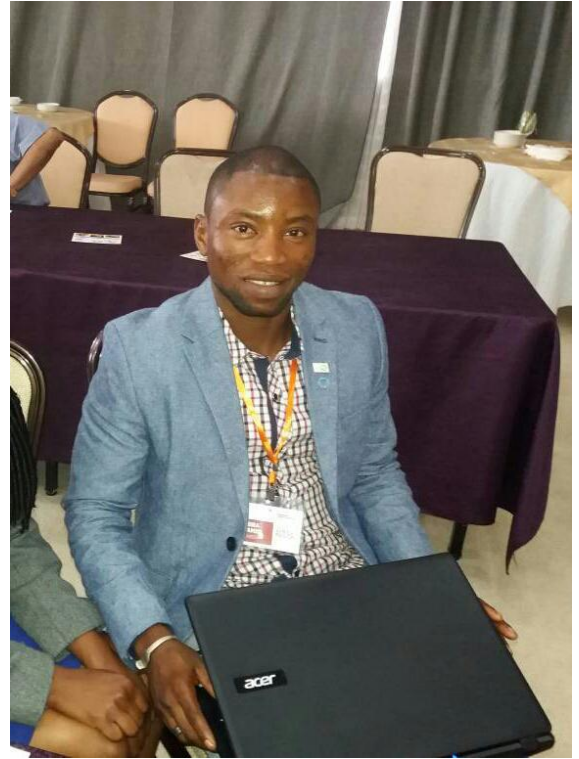


Group		Date:										
Pat. No.	Name / Prenom	Height	Weight	Fbg <small>mmol/L</small>	Rbg	HbA1c %	RR	Pulse	Tuning Fork			
18	Ismael Jalla	165	59	9.5		11.9						
19	Sayer Sarr	184	80	20.8		11.3						
20	Yassir Sissou	159	62	10.3		9.9						
21	Selien Jammal	174	54	3.9		7.3						
22	Amie Jobe	160	70	20.3		>14.0						
23	Ramphonie Jalla	146	46	15.8		6.8						
24	Saminbou Cham	166	79	8.0		7.9						
25	Sira Jalla	150	44	12.6		8.0						
26	Fabou Jemba	163	58	7.4		11.5						
27	Ousman Ceesay	172	63	9.7		8.0%						
28	Isatu Jallow	162	55	9.5		7.4						
29	Amie Colley	155	57	4.5		7.2						
30	Adama Bal	155	50	8.0		7.4.0						
31	Musa Samel	170	55	3.6		11.0%						
32	Lamin Badjie	176	65	4.0		7.9						
33	I											
34												



Group	Date:	Name / Prenom	Height	Weight	Fbg/m <sup>2</sup> /L	Rbg	HbA1c %	RR	Pulse	Tuning F
Pat.No.										
1		Fahomette Barba	159	25	7.5		>14.0			
2		Jandua Sidisel	160	42	4.2		8.7			
3		Sheila emargilla	147	40	6.6		6.3			
4		Oumau Jellou	147	33	14.1		>14.0			
5		Halima merega	156	40	16.4		>14.0			
6		Tida Nilana	157.3	41	6.9		8.7			
7		Amineto Jammeh	171	85			8.8			
8		Ebrine Seles	159	42	14.9		>14.0			
9		Adama Loue	153	53	6.4		11.5			
10		Babacar Soue	156.5	59	9.4		>14.0			
11		Jainaka Peal	161	50	6.5		11.4			
12		Iola Cham	164	88	9.7		12.5			
13		Guifo Ben	149	48	6.8		8.7			
14		ESSa Jallou	152	71	17.3		8.1			
15		Maden Jallou	158	54	7.4		6.6			
16		Ya Sira Njie	168	84	15.2	15.2	>14.0			
17		Peter Janyu	173	75	10.8		7.7			

Group Pat.No.	Date: Name / Prenom	Height	Weight	Fbg	Rbg	HbA1c	RR	Pulse	Tuning Fork
18									
19	Abdourahman Jatta	182	79	14.3		7.5			
20	Felhoumatta Singhal	152	35	4.4		>14.0			
21									
22									
23									
24									
25									
26									
27									
28									



In loving memory of Ndey Fatou Bah and Lamin Dibba. Rest in Peace.