

## DIABETES-PROJEKT THE GAMBIA e.V.

### JANUARY AND FEBRUARY REPORT, 2018

This year was started with an evaluation of 2017 HBA1c result. Especially with those who have got poor records of greater than 14 percent. Let's look in details.

Amie Jobe lives in Banjul and has been a Type1 Diabetic for a decade now. In history her mother was the first patient this project got but she has died couple of years ago. May her soul rest in eternal peace.

Amie a young adult in her twenty's is one of the project benefactor who has difficulties to manage her diabetes on daily bases,. This problem is not about lack of Insulin or Glucose Meter but her ATTITUDE toward her health. Recently she got a diabetic foot and her resistant to attend to treatment for her foot is a case to look at because is not easy to state if her foot is much better or worse than before, since I last visited her at home.

To my evaluation she need continues advice, may be some day she will change her attitude and become responsible with her diabetes.



In couple of months ago our lost member for four years has been found again. Sait Dem, age 20 years was off our records for four years while he was taken to his native village in the rural area but Faith brought him back to us. He was sick and there was no way he could get all the required support he needed

at the main Hospital of The Gambia Edward Francis Small Teaching Hospital. He was referred to Pakala Clinic to seek help from Dr Gaye and Roland as two kind and generous fighters for young people living with diabetes in The Gambia. Thanks to Diabetes-Projekt The Gambia e.V. for coming to his aid with enough medication. It will not do justice if I don't mention that all these project benefactors are admitted at Pakala Clinic whenever they get sick. Pakala Clinic has become their second home because it is the only place they can turn to whenever they are sick for properly treatments and the administration of Pakala and its staff are part of the Diabetes Family.

Sait, after many admissions, he has once again become well capacities with the knowledge and understanding of how to deal with his diabetes everywhere or at anytime been it high or low sugar level. He has spent a month with Lamin Dibba, one of the project benefactors and also well conversant with Insulin, Diet and Exercise therapy for people living with diabetes.

After a month Sait has gain his strength as a young man but started to cough seriously. He was taken to Pakala clinic again and the Dr referred him to a TB Center at Farji-Kunda Heath Center. He was put on several testes for a week before he finally got his result for the TB test. It was been confirmed that he has no TB infection but he is given many antibacterial and other medications to strengthen his health. It is with grate optimistic that Sait will finally be a happy young man with his diabetes. As a sense of reflection he has visited his village for a couple of weeks before coming back to town.

Basiru Njie a seven year old kid is now on a weekend sleep over at Lamin Dibba`s house as a way of close monitoring his progress, although we all know that diabetes is a day to day business but in this way, complimenting the efforts of parents who don`t know anything about diabetes and have the fear of applying treatment such each Glucose testing or insulin injections



is always required. All that Basiru need to live with someone who is like him. He`s a fast learner and likes to follow track if put on a close watch. He has been enjoying his weekend sleep over. It give him a sense of who he is and comfort. It was fun having Sait and Basiru in my house. This is just the beginning, more work and improvement of people living with diabetes will someday come to the door step of every family.



A home visit was also conducted at Ndey Fatou Bah`s house. She has problem with the use of Actrapid. After a whole day education on the use of Actrapid she is able to note that, if ones blood sugar is high you can use Actrapid to bring it down to normal Rang 3.7-8.7mmol. The required calculations have been taught to her. I hope she take good note of the teaching and applied it practically.



Oumie Kuyaiteh lives in Brikama Town and has always been on the list of those with poor HBA1c record over the years. She was having a terrible foot infection with a serious wound. Recently Oumie has taken a U-turn towards her condition. Her wound has completely healed as shown in the picture above on the left hand side, her values abit controlled



but too troubled with injections, testing and diet. More specifically her diet is the focal point her mother

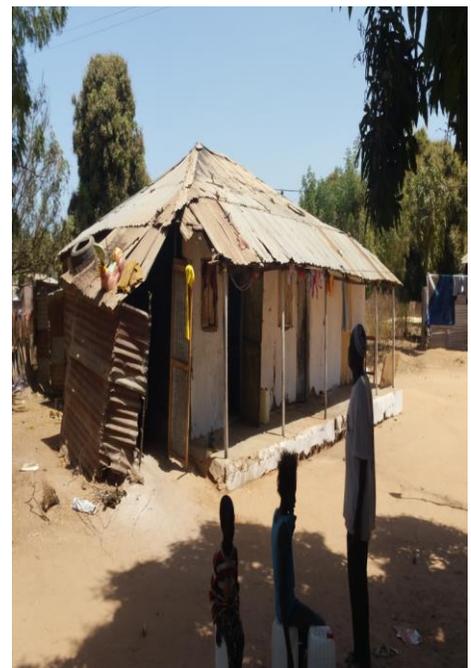
complained about and that is the case of most of the kids living with diabetes. Her mother is very concern and complains about Oumie attitude towards her condition. It feels relief for parents to see me on the home session her mother said to me during my visit because they have someone to talk to and lunch their worries, stress and anger about their kid's attitude toward diabetes. I am not perfect but it's easy with me to link parents with their kids on mutual understanding about diabetes, I replied her mother. Anger, stress and fights won't curb the situation but support, monitoring and self love is the order of the day.



Diabetes-Projekt The Gambia e.V. is an outstanding project for young people having the condition, because the will, passion and courage this project coordinators have is beyoung measure. They will move mountains by seeing that young people living with diabetes have access to Insulin, Glucose Meter and the right education to manage and control their condition. I will use Musa Sanneh as a leading example who recently got a new Accu Chek Active machine and was happy to say (thanks to all stakeholders of Diabetes-Projekt The Gambia e.V.



Lamin Village has three benefactors in the project. Fatoumatta Singhateh, being one of them, lives with her mother, father and nine children including herself. Fatoumatta is the only diabetic in the family. Recently her family has suffered a great lost due fire. Their house got burned with all materials in it. Luckily her meter has safe and few Insulin. During my visit and chat with both parents at





home, her mother told me that she recently gave bath to twin babies, both males and she is very concern with Fatoumatta`s diabetes. She cannot follow her everywhere and can`t monitory what she eats outside. She further said their condition at home is so hard and stressful and will seek for support in all forms especially, cloths and house materials. Fatoumatta also told me her needs such as books, school bag, school shoes and school Uniforms. Although, I wrote a note for her to use in order to pick Insulin and teststrips supply from Dr Gaye at Pakala Clinic which she did. She and her family are looking forward to you for aid.

Muhammed Willan also lives in Lamin Village at his Aunty`s house. He is an orphan lost both parents and separated

from his brothers and sisters who are also given to other family relatives for adoption but he is the only diabetic among his biological family. Muhammed is a high school student and as a young man he is managing with his condition but has problems with the mitigation of high blood sugar through the use of Novorapid. Looking at his last HBA1c result he got 12.5percent which he promised to improve to 10percent or below in May.



Teaching, monitoring and encouragement is a good tool to put most of these young adults on track but self discipline counts a lot. Hopefully Muhammed, may proof his promise.

In addition Fatima S Mendy also from Lamin Village was visited a couple of weeks ago. She has the most attention from her loving mother who is a Primary school teacher. Fatima has the best support from her mother at home for her diet management, timely Insulin injection but her blood sugar testing is a problem her mother said. This have caused her not to get her Meter properly set. The time and date are wrong since



November 2017. I was able to notices that she cannot apply the calculation if she has a high blood sugar to inject Actrapid that will bring her level to Normal Range. The home visit was concluded with teaching of balancing Actrapid with crabs, using Actrapid to bring her blood sugar to normal range. I was able to set her machine and encourage her to test three times daily.

Ebrima Mendy another young man was admitted week before last at Pakala Clinic. He got DKA but has fully recovered and discharged. With Ebrima`s case, I will like to put across his education situation as a concern from the mother. He is not going to school. One key thing I discussed with him is, what kind of schooling does he want to attend because there are Formal Schooling that is from Grade 1 to 12 and Informal Schooling that is the Skill Training Centers. You will have a result of what Ebrima and his mother decides about his schooling because it is a family issues. We can only support but not decides.

Finally for January and February report, Muhammed Jaiteh`s home was the last place I visited last week on the 25<sup>th</sup>. Muhammed is 15yeras old. He is on Analog Insulin Lantus for Basal Insulin and Novorapid for Meal Time Insulin. Muhammed is not helping himself at all. There is lack of self discipline in his manners towards his condition. He goes to war with his parents about the basic principles of living a normal and productive live if you are a person living with diabetes. Muhammed eats, drinks anything at anytime and anywhere with a believe that if he injects Novorapid he will be fine. He doesn`t even know how much to inject if he has a high glucose level. Testing is done but often and with my analysis through the Accu Chek Software App in my labtop made me notice that he only got one Normal level out of all his blood sugar testing from November to date. The rest are all High blood sugar level.

