

DIABETES CAMP FOR AFRICAN CHILDREN, 14TH TO 16TH APRIL, 2017 PROGRAM GUIDE

YOUNG GAMBIA DIABETES ASSOCIATION

Friday 14th April, 2017

- ARRIVAL (for all)- 12 pm
- ROOM ALOCATION
- REFRESHMENT
- ORIENTATION
- **FRIDAY PRAYER (JUMA)- 14pm to 14:30pm**
- BLOOD SUGAR TESTING FOR CAMPERS BY GROUP LEADERS AND HEALTH CARE PROFESSIONALS
NOTE- All results most be delivered to Gudrun and Roland at nearby deck with for analysis
- LUNCH (for all)- 15pm to 16pm
- LEISURE TIME- 16pm to 17pm
- **LECTURE ON IMPORTANCE OF INSULIN BY Roland- 17pm to 18pm**
- BATH TIME- 18pm to 19pm
- INSULIN INJECTION FOR CAMPERS WITH THE MORNITORING OF GROUP LRADERS AND HCP`s - 19pm to 20pm
- DINNER (for all)- 20pm to 21pm
- BED TIME BLOOD SUGAR TESTING FOR CAMPERS BY GROUP LEADERS AND HCP`s- 22pm
NOTE- All results should be delivered to Gudrun and Roland for analysis
- LATE NIGHT BLOOD SUGAR TESTING AND MORNITORING BY GROUP LEADERS AND HCP`s – 02:00am

Saturday 15th April, 2017

- FASTING BLOOD SUGAR TESTING WITH INSULIN INJECTION FOR CAMPERS BY GROUP LEADERS AND HCP`s – 08:00am to 08:30am
NOTE- All results be delivered to Gudrun and Roland to a nearby deck for analysis
- BRAKEFAST (for all)- 09:00am to 10:00am
- **LECTURE ON DIABETES WITH EXERCISE AND FOOD BY Roland- 11:00am to 12:00pm**
- **MOTIVATIONAL SPEECH FROM NANCY NJIE- PAKALA CLINIC- 12:30 to 13:00pm**
- SNACKS
- **KEY NOTE MESSAGE FROM MR JOHN- GAMBIA DIABETES ASSOCIATION- 13:30 to 14:00pm**
- BLOOD SUGAR TESTING FOR CAMPERS BY GROUP LEADERS AND HCP`s- 14:00pm to 14:30pm
NOTE- All results most be delivered to Gudrun and Roland at a nearby deck for analysis
- LUNCH (for all)- 15:00pm to 15:30pm
- SHORT BRAKE- 15:30pm to 16:00pm
- **LECTURE ON DIABETES AND LATE COMPLICATIONS IF NOT CONTROL PROPERLY BY DR GAYE- 16:00pm to 17:00pm**
- **FUN ACTIVITIES (for all)- 17:00pm to 19:00pm**
- DESERT (for all)

- BATH – 19:00pm to 20:00pm
- INSULIN INJECTION FOR CAMPERS WITH THE MONITORING OF GROUP LEADERS AND HCP`s- 20:00pm
- LEISURE TIME- 20:15pm to 21:00pm
- DINNER (for all)- 21:00pm to 22:00pm
- SOCIAL NIGHT- 22:00pm to 00:00pm
- BED TIME BLOOD SUGAR TESTING FOR CAMPERS BY GROUP LEADERS AND HCP`s- 00:00pm
- NOTE- All results should be delivered to Gudrun and Roland at a nearby deck for analysis**
- LATE NIGHT BLOOD SUGAR TESTING AND MONITORING BY GROUP LEADERS AND HCP`s- 02:00am

Sunday 16th April, 2017

- BATH- 07:00am to 08:00am
- FASTING BLOOD SUGAR TESTING FOR CAMPERS BY GROUP LEADERS AND HCP`s-08:00am to 08:15am
- HBA1c TESTING FOR CAMPERS BY GUDRUN- 08:15am to 09:00am
- BREAKFAST (for all)- 09:00am to 10:00am
- PACKING TIME (for all)- 10:00 to 10:30am
- **FEW WORDS FROM ALL STAKEHOLDERS- Camper, Group Leader, HCP and Gudrun- 10:30am to 11:30am**
- **CLOSING REMARKS FROM SUKAI KAH, CAMP SUPERVISOR- 11:30am to 12:00pm**
- **DEPARTURE- 12:00pm**