

YOUNG GAMBIAN DIABETES ASSOCIATION PROJECT

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PHASE TWO PROJECT REPORT

June to July, 2017

As this project entitles the improvement of the lives of Type1 Diabetic in The Young Gambian Diabetes Association, I hereby present June and July Report as Phase Three.



To begin with, Basiru Njie the youngest of all in the project have been taken to Senegal by the mother and the reason for doing so is unknown to me or any other young leaders in the group. I have been making a follow up on him and his mother but no answer about their status.

Although the family of the boy still doubt that Basiru is a Diabetic. Obviously their trip to Senegal may be and I repeat (may be) to find out what is wrong with him. Sincerely they have been putting him on Herbal Treatment since and up to date.



In addition, Kumba Bah of Sukuta Village was sick and been confirmed of malaria at Pakala Clinic this month. She has been given all the necessary medication on her visit to the clinic with her usual collection of diabetes supply.



Furthermore, Aisha Ann, another new member of the project from 2016, also have a foot infection this month and was completely scared about it. She get medication for it through her first visit to Pakala Clinic but called me later to make another appointment to check if the infection is healing up or needs more medication and dressing of the wound.

With an appointment with Omar Darboe a Diabetic Foot Nurse at Pakala she was given wound cream and lotion for the wound to heal as soon as possible. Her wound is much better now and will surely heal up in days or weeks.



Rilwan Lowe of Serrekunda had an educational session with me at Pakala Clinic. He has problems with his injection methods, insulin calculation especially with Novo Rapid as Meal Time injection and if his Blood Sugar is high.

In the first time, Rilwan injects his insulin through his shirt and this I address on the spot by teaching him that, this could have been the cause of his blood sugar been always high because the amount of Insulin that should have gone into his body would be stop by his shirt and also he could get infect through injecting with his shirt on.

In addition, he injects at a wrong spot on his arm instead of his stomach. With that I have taught him to always inject all his meal time on his stomach and not the arm because injecting the stomach it will help for the Insulin to start acting as fast as possible but with the arm the insulin won't start acting as soon as possible.

On another note, Rilwan cannot calculate or estimate how many Novo Rapid to inject if his Blood Sugars is High. I was able to teach him the

Maths. We took a sample of his own blood sugar that morning which was 18mmol, I ask him to choose a Normal Blood Sugar Rang between 3.7 to 8.7 and he choose 8. Then I told him to subtract 18-8 and got 10, which I told him to divide by 2 and the answer was 5.

So he was able to inject the 5 Units for his 18mmol to come down to 8mmol. Also, I told him in case he wants to eat and his blood sugar was high and he did the calculation of how much to inject, he should also estimate how much to inject for the food he is about to eat. Especially if the food have crabs or sugary. Example if he supposes to inject the 5 units for his 18mmol to come down to 8mmol but wants to eat a plate of Rice at the same time, he should estimate at least 5 Units for the Rice too. So in actual sense he supposes to inject 10 Units of Novo Rapid with the above situation.

Muhammed Willan



Finally, Muhammed William of Lamin Village have contact me that he wants to pay his family a visit to Senegal during this School because he is the only one in the family that is left to stay in The Gambia after the demise of both their Father and Mother.

I have asked him to pay a visit to Dr Gaye for clearance and to seeking for advice from Roland because he is about to go to another country. Let him take enough supply for his stay in Senegal and may God Bless him a safe journey till we meet again in The Gambia.

Footnote from Roland, 9th August:

We gave him 50€ for the visit!