

DIABETES-PROJEKT THE GAMBIA e.V.

MARCH AND APRIL REPORT, 2018

On the 02nd of March, Amie Jobe was given a New Accu Chek Active machine after the lost of her old machine. As I speak to you at the moment the wound on her foot has completely heal and everything is ok with her. She is responding to her diabetes management at home. As a young lady Amie is seeking for help to better her life and I have advice her to wait on Roland to personally states what her need are.



If you can remember, I spoke of a young man by the name Sait Dem, who we have lost track off but finally been found and back on her supply as a benefactor of this project. Sait has developed TB Armenia since February. It was a blow because he has been struggling with his diabetes but his condition has been better after several tests were done and he is put on medication. Since he was diagnose with TB Armenia he is staying with me because the situation is hard for his family due to the expenses involve. He is still on treatment which should last for the next four months to come, meaning TB Armenia treatment last for six months. Sait has a special talent and he will love to develop that talent as his future career. Sait is good in Hand Drawing and I have witness some of his Free Hand Drawings at home. Please if there is any help to be offered, this young man will take his change to make his living through the creation of his hands. He will be happy to see himself in a Skill Training School where he could develop his talent. I have changed his machine from Accu Chek Guide which is in mg to Accu Chek Active in mmol.



Basiru Njie was with me for a two week holidays when school was close. It was a exciting moment for him because he have the believe and the will to take his Insulin as expected, the right does at the right time with three times daily glucose testing. Basiru might be very young but he is very committed to his diabetes, his problem is for someone to monitor him on daily bases. So far sure good his condition is becoming much better as he stays with people who have diabetes like himself. That is a motivating factor to him.



Aisha Ann from Ebo Town was also visited at home in March. It was another success; she is on Lantus as Basal Insulin. Injecting 16units at 20pm every evening. Using NovoRapid, as Meal Time Insulin. Aisha`s HBA1c last test in November, 2017 was not good. Her score was >14%. This result may have been cause by not injecting the right does for her High Blood Sugars all the time. I have taught her the calculation methods to apply whenever she has a High Blood Sugar to get her a Normal Value.



Ebrima Secka of Nema-Kunkung, diagnosed on the 14th February, 2013. Ebrima is on Lantus as Basal Insulin and Apidra as Meal Time Insulin. Ebrima, has a lot of problems. He has problem with choosing the right diet at the right time, injecting regularly and appropriately, testing his blood sugar on regular bases. So in summery Ebrima`s problem falls in a Triangular Shape as Diabetes works in a Triangular Shape. I have given him all the basic to change his condition and improve his life style. He has been complaining of stomachache all the time with a lot of high sugar values. Teaching him the calculation of eliminating high blood sugar was effective but the issues is will he apply the method? I hope his HBA1c result to improve from >14% to a good value.



Another benefactor of the project, Medina Jarju is from Nema-Kungbi, age 20years. Medina was diagnosed in 2010; she has live with Diabetes for Eight years to date. Her HBA1c has little improvement but need more efforts to improve more. She got a score of 11.7% for HBA1c in November, 2017. She is using Lantus as Basal Insulin, 18units at 20pm every evening and NovoRapid for Meal Time Insulin. Her Meal Time injection depends on her value before any meal and the food she is about to eat.



Kumba Bah of Sukuta Village was also visit in March. She lives with mum, dad, sisters and brothers. Her family has a history of Diabetes from her matrilineal side (mother`s side). Her mother is a person with Type2 Diabetes. So the condition is not a new thing in her blood line as her mother told me. A lot of their family member has died due to diabetes and many more live with diabetes as of now.

Kumba is a girl of twelve years old attending primary school. Her HBA1c for November, 2017 was 11% which I hope will improve due to teachings I have done to her and her mother. Kumba complains about her feet. She said it hurt sometimes and I ask if it does do you check your blood sugars she said no. I connect her machine to the Accu Check Smartpix Software to read her values. It indicates that, Kumba`s blood sugars is mostly high and do not test her sugar often. The statistic shows that her test frequency is Ones a day. Kumba uses Accu Chek Nano Glucose Meter.



Kalifa Bojang and Karamo Bojang, from the Bojang family in Sukuta Village. These two are blood brothers. Kalifa is on Mixtard as Basal Insulin and NovoRapid as his Meal Time Insulin to support him regulate his High Blood Sugar. It's factual that, the staple food of The Gambia is Rice and poverty been the backbone of most of our societies. Kalifa have said to me openly that they cannot afford a balance and good meal to improve their diabetes. He said they eat rice for all the Three Square Meal a day. His last HBA1c in November, 2017 was >14%.

With Karamo Bojang, he uses NovoMix as Basal Insulin 16 units at 8am and 6 units at 20pm with Actrapid as supporting Meal Time Insulin to correct his high values. Karamo is having the same problem as Kalifa. Precisely, balancing Food with Insulin. A lot of teaching was done for both of them to be able to regulate their Hyperglycemias. He also got >14% as HBA1c result in November, 2017. I hope to see better result this May, 2018.



In April, a group came to my house for an Educational Session. It was fun because they all said their problems they face at home with their diabetes, in school and at work place. As I always say to them Diabetes is a life time friend for people living with it.

We reflected on our poor HBA1c results in November and tried analysis what was our problems and what resolution can we develop or apply for a better HBA1c this May.

A three Sugar Testing time was set on a chart, with our Names and first values for the morning on it. This was a method to resolve the misunderstanding of what must use to said (I do inject my Insulin) but my Sugar Value is always high. Why?

I was able to break down the two main uses of Meal Time Insulin.

1. Meal Time Insulin is use for controlling a high blood sugar to normal level.
2. It is also use to regulate the crab content of a meal one is about to eat, by injecting the corresponding units to the amount of crab one is about to eat.

We were able to cook our own lunch as a group with the right ingredients and it was fun as a group work, support and motivation of each other for a better living with diabetes.



In that same month two new patients were introduced in the project, a boy and a girl.

Ousman Jallow from Nemasu Village, 13 years old. Ousman was diagnosed on the 15th of March, 2018 and he is put on NovoMix 15 units at 10am and 10 units at 22pm. He has no glucose meter at the moment but responding to treatment as Dr Gaye has prescribe for him. Ousman need a Glucose Meter for close monitoring with the help of his family.



Aji –Yasin Ceesay, lives in Farji-Kunda. Aji –Yasin is 18 years old and was diagnosed in February, 2018. As a new patient she is put on Humulin Insulin 16 units at 8am and 16 units at 20pm, with NovoRapid as supporting Meal Time Insulin. Although with all that Aji-Yasin has problems with Injection sits, how much to Inject when her sugar level is high, regular Injections and balancing Meals with Injection, as all new patients have once been before when newly diagnosed. She will also need a Glucose Meter to better equip her manage her diabetes at home.



Fatou Janha, who was living in Tabokoto with her family have now moved with her family to Sinschin-Alhagie Village. Fatou is on Lantus as Basal Insulin 20 units at 20pm and NovoRapid as Meal Time Insulin. Her HBA1c in November, 2017 was 11.7%.

She is very happy because she has fixed her teeth and she look very happy with her new image. She complains of always having High Sugar Level in the morning. I gave her an ultimate answer that she mostly goes to bed with High Sugar Level that is why automatically wake-up with High Level. Some teachings and adjustment has been done to correct her problem.



Finally the last home visit was conducted at Arfang Janneh`s house. Arfang is a young with ambition to become self reliance through education. His plan is to get all his credits for University Admission next year as he told me during our discussion. We all have a story to tell and to die with but live still goes on. I cannot give account of what I hear from him when we chat as young people at his house but surly one day things may change in the lives of people who have grate barriers between them and their biological parents and families.

Arfang is on Novomix 10 units at 11am and 15 units at 23pm, while using Actrapid as Meal Time Insulin, 5 units for each meal. I have taught him to increase his meal time injection units if he has high sugar level. We did the calculation of how much to inject whenever he has high sugar level. His HBA1c was >14% in November, 2017. Hopefully we may see difference this coming HBA1c this month.



That is the outcome of March and April work. Let`s see what May and June have for us. Thank you all.