



## 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

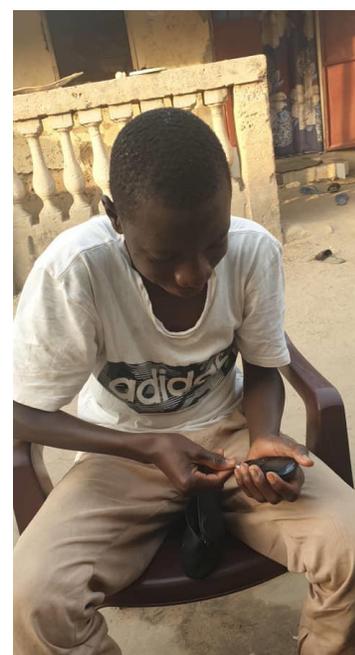


Figure 1.3 Khalifa being run through machine use.



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 NOVAPID 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>1C</sub>

**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	5	120					
Pat. No.	Name / Prenom	Height	Weight	Fbg	Rbg	Hba1c %	RR	Pulse	Tuning Fork
1	Lamin Bojang	144	33	14.6		>14.0			
2	Zainal Jabang	148	46	5.8		>14.0			
3	Fahma S. mendy	156	47	12.7		>14.0			
4	Sherrif Samaras	164	49	6.8		11.0			
5	Karwio Bayans	167	58	17.8		>14.0			
6	Kalika Bayans	157	47	4.7		10.0			
7	Manawa Badjie	135	29	9.2		9.6			
8	Alley fahon Badl	159	58	12.2		11.2			
9	Rohay Alam	167	95	14.0		>14.0			
10	Ousman <del>Alidara</del>	165	58		20.8	>14.0			
11	Dunnie Kayyfd	158	45	5.8		>14.0			
12	Mariam Kazan	165	60	5.6		6.6			
13	Alamel Badjie	169	69	8.5		8.2			
14	Kunhs Badl	164	51	15.3		10.4			
15	Muhammed Jaidel	165	46	18.2		>14.0			
16	Rasini nyie	181	26	12.5		11.1			
17	Medina Tanju	176	64	14.3		11.6			

Pat. No.	Name / Prenom	Height	Weight	Bp	Rbg	HbA1c %	RR	Pulse	Tuning Fork
18	Ismaela Jallaq	165	59	9.5		11.9			
19	Sayerr Sarr	184	80	20.8		11.3			
20	Yassini Sustred	159	62	10.3		9.9			
21	Sahien Jammel	174	54	3.9		7.3			
22	Amie Jobe	160	70	20.3		>14.0			
23	Ramphonlie Jalkon	146	46	15.8		6.8			
24	Saminabon Cham	166	79	8.0		7.9			
25	Sirra Jalkon	150	44	12.6		8.0			
26	Fabou Jemha	163	58	7.4		11.5			
27	Ousman Oesry	172	63	9.7		8.0%			
28	Isafu 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:															
Pat. No.	Name / Prenom	Height	Weight	Fbg/m <sup>2</sup> /ll	Rbg	HbA1c %	RR	Pulse	Tuning F.							
1	Fahriwati Darba	159	25	7.5		>14.0										
2	Janduan Sidiyel	160	42	4.2		8.7										
3	Sherika Amardita	147	40	6.6		6.3										
4	Duman Jallow	147	33	14.1		>14.0										
5	Halima Merga	156	40	16.4		>14.0										
6	Tida Nilana	157.3	41	6.9		8.7										
7	Amineto Jammeh	171	85			8.8										
8	Ebrim Seles	159	42	14.9		>14.0										
9	Adama Loue	153	53	6.4		11.5										
10	Babecan Soue	156.4	59	9.4		>14.0										
11	Jainaka Peal	161	50	6.8		11.4										
12	Iola Cham	164	88	9.7		12.5										
13	Baifo Dem	149	48	6.8		8.7										
14	ESSa Tallou	152	71	17.3		8.1										
15	Molon Tallou	158	54	7.4		6.6										
16	Ya Sira Njie	168	84	15.2	15.2	>14.0										
17	Peter Tanjung	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 Singkabel	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.