

# Dec23-Jan – Feb – Mar24 Report

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In regard of this project, we hereby present the report of the following activities that took place from January and February 2024

WhatsApp, Phone call or text messages.

Adama Lowe  
Kumba Bah  
Ida Drammeh  
Saffiatou Jobarteh  
Bubacarr Jallow  
Mariama Badjie  
Mariama Sallah  
Satang Jaitheh  
Kaddijatou Jallow  
Janduwa Sidibeh  
Fatoumatta Singateh

(They call or text for education about insulin intake before or after meals and they ask for doses if they have high sugar levels and also how to treat high sugar levels and we try by all means to help, support and assist them with the diabetes management and control).

On the 04<sup>th</sup> December 2023, we visited Mariama Sallah family in Bundung village, a 12 years old girl for the first time and as the family didn't know much about diabetes and we made them understand a lot we made a lot of changes because her sugar was always high with levels from 25 mmol to 32 mmol average but Isatou Jallow adjust her Mixtard dose and ask her to improve on measuring her levels.



17<sup>th</sup> December 2023, we visit Saffiatou Jobarteh at Kunkujang (Borehole Junction) with 20 years of age as she diagnosed at the age of 14 to 15 years and she is suffering from Cataract (eye problems) and has no diabetes education (insulin and measuring) and hopes that she will cope



On the 20<sup>th</sup> of January we visited Mariama Sallah family in Bundung village, a 12 years old girl as it was an open discussion with the family about Mariama's health and education for a better future, she and the family needs diabetes education as she will grow up, insulin teaching was done with her for more control and management.

Her sugar level was measured 7.3 mmol



We called up a general meeting on the 10<sup>th</sup> February at the beach with 17 people attended as we discuss about the activities we want to do this year like camp, monthly contributions, world diabetes day, home visits, community outreach and school visits.

Kumba Bah, Muhammed Jaiteh and Mariama Baldeh represented us on a Red Cross capacity building camp for them to learn first aid and also lead us to organize the camp for this year



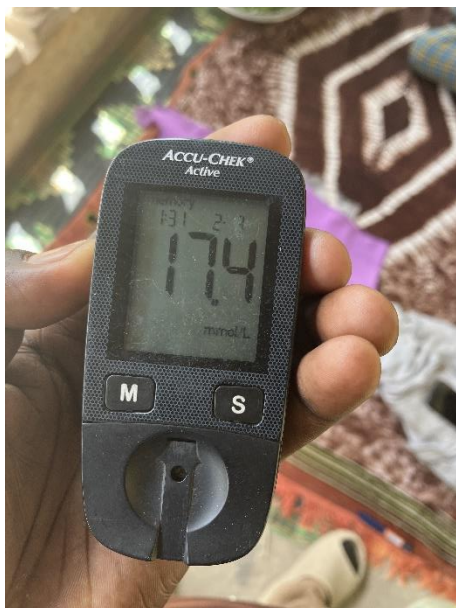
On the 25<sup>th</sup> February we visited Ida Drammeh in Jabang village, her insulin was finish but she was having 5 pens of NOVOLIN which is a fast acting insulin and Roland helped in educating about the insulin intake and how it works different from other fast acting insulin.



2<sup>nd</sup> March, I went to Gudrun Medical Lab to pick test strips and later visited Karamo Bojang to check on him and honestly going through a lot as he is suffering from diabetic foot ulcer and his diabetes management and control background is poor but lately I think he can overcome it by having good levels to save himself.

I advise him to increase his basal insulin dose from 16 U to 20 U for the main time until what is expect from him is done alongside his mealtime insulin too.

He measured his sugar level and the result was 17.4 mmol and he should do a lot to help himself



On the 8<sup>th</sup> March, we went to the lab to pick a meter and test strips for Amadou Ceesay (2 years old) and later on went there to see Amadou and the family to give them the meter and 2 boxes of test strips, Amadou's father Sarjo Ceesay already bought an Accu-Chek active meter but it was a mg/dl type of meter so we changed it with the new one from Gudrun Medical Lab.



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