

REPORT ON THE TWO DAY TRAINING OF MEDICAL DOCTORS AND NURSES ON DIABETES AND HYPERTENSION

A two day training of Medical Doctors and Nurses on diabetes and hypertension was held from the 10 to 11th August 2017, at Bambo Garden Hotel. The training is part of the WDF16-1368 capacity building component for Health Care Providers, which aims for early detection, proper care and effective management of hypertensive and diabetes patients.

In his welcoming remark Mr. Modou Njai, Director Health Promotion and Education, said training of Health Care Providers on diabetes and hypertension is a very key aspect of strengthening the Diabetes and Hypertension Clinic within the project intervention sites. He also reminded participants on the increasing trend of diabetes and hypertension in the country and hence the need for a multi sectoral collaboration to abate the situation.



Day1: was spent discussing hypertension and the sessions were facilitated by Dr.Margaret from Sibonor clinic, and her presentation included the following areas:

- What is hypertension?

- Signs and symptoms of hypertension
- The need for effective and adequate treatment of hypertension
- NCD/WHO PEN
- Hypertension in The Gambia
- Why early diagnosis
- How to run an effective hypertension clinic?



In her presentation Dr. Margaret said hypertension is a silent killer and a global public health crisis that contributes to 57 million (3.7%) disability adjusted life years, and 7.5 million (12.8 %) premature deaths annually. She stressed the need for screening, adding that it's very key in hypertension management as treatment can be initiated on time, thereby reducing the risk of further complication. She divided participants into four small groups to work on the key messages that should be communicated to patients with regards to:

- Why they should take their medications and as prescribed

- Why they should minimize their salt intake
- What foods they should eat more and the ones to be minimized
- Why the need for exercise and the types of exercises they can do

At the end of the group discussion, summaries were given to the larger group. The day ended with questions and answers session.

Day2: was spent discussing diabetes and the sessions were facilitated Dr. Alieu Gaye, and his presentation included the following:

- What is Diabetes?
- What causes diabetes?
- How can we prevent diabetes?
- If someone has diabetes, what are the signs?
- If someone feels he has diabetes, what should he do?
- What should a person with diabetes watch out for to avoid being seriously sick

In his presentation, Dr. Gaye stated that diabetes is on the increase and globally 366 million have diabetes in 2011 and the figure will rise to 552 million people by 2030. He further added that 80% of people with the condition live in low and middle-income countries and the greatest number of people with diabetes are between 40-59 years of age. He then added that it is sad to know that 183 million (50%) of people with diabetes are undiagnosed, which contributes to the high burden and mortality associated with the disease condition. His presentation was very interactive and was later followed by an open

discussion.



Discussion

Dr.Gaye's presentation triggered a debate on why there is an increasing trend in diabetes cases in the country and some of the challenges faced in the management of diabetics. The following were the key recommendations made after the discussion.

Recommendations

- Regular training (every six months) of healthcare providers on diabetes and hypertension to enable them to effectively manage patients.
- Awareness creation activities should not only stop at radio and television programs but should be intensified and scale up to community level.
 - Training of more community structures such drama groups, Traditional Communicators, Village Support Groups; who will in turn act as change agents and advice individuals to go for screening and take medications as prescribed.
- More funding is needed to make the diagnostic equipment and other logistics necessary for diabetes management readily available in the country.
- U40 insulin should be used with U40 syringes, if not available refer to the next level but never use U40 insulin with U100 syringe.

- The authorities should banned the importation, distribution and selling of U100 syringes in the country

