DIABETES ASSOCIATION OF JAMAICA

- Non-profit, Non-governmental Organization, started in 1976, incorporated in 1983
- Work with government and private sector
- Provide primary and secondary level care to diabetics
- Primary prevention is done through medical screening and diabetes education conducted in communities.
- Diabetes Medical Centre provides secondary and tertiary level treatment - One Stop Shop Concept - 1998
- 4 branches and support groups islandwide
- Outreach activities in the communities - Screening/Medical checks - Diabetes education
MISSION STATEMENT
DIABETES ASSOCIATION OF JAMAICA

IS TO OFFER SERVICES AND SUPPORT
FOR ALL ACTIVITIES,
WHICH WILL LEAD
TO A BETTER QUALITY OF LIFE
FOR THOSE AFFECTED BY,
OR AT RISK OF DEVELOPING
DIABETES MELLITUS
To empower individuals/families to take a greater responsibility for their health and hence quality of life

to ensure more widespread practice of healthy lifestyles

to provide quality healthcare at affordable cost
Services Offered by the Diabetes Association of Jamaica

- Diabetes Education – in-house and in communities
- Medical Consultation and Referral Clinic
- Retinal Screening
- Nutrition Counseling
- Physical Activities
- Clinic and Outreach Screening - Blood Glucose, Blood Pressure, HbA1c, BMI, Cholesterol, ECG, Micro Albumin, Haemoglobin, Vision Screening, Foot Care, Blood Circulation
- Transient Hemodialysis
- Life For A Child Programme in collaboration with MOH
Best Practices:

Lay Diabetes Education pilot program:

- **Modifiable Risks:**
  - Unhealthy eating
  - Physical inactivity
  - Dangers of Tobacco use

- **Intermediate risk factors:**
  - Elevated blood glucose and blood pressure
  - Elevated Cholesterol/lipids
  - Obesity
# STANDARDS OF DIABETES CARE

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Frequency</th>
<th>Targets</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Medical</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>Each visit</td>
<td>less than 130/80 mmHg</td>
</tr>
<tr>
<td>Eye Exam</td>
<td>Annual</td>
<td>Ophthalmologist</td>
</tr>
<tr>
<td>Dental Exam</td>
<td>Every 6 months</td>
<td>Teeth and gum exam</td>
</tr>
<tr>
<td>Brief Foot Exam</td>
<td>Every visit</td>
<td>Remove shoes and socks</td>
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<tr>
<td>Complete Foot exam</td>
<td>Annual</td>
<td>Visit the chiropodist/podiatrist if high risk</td>
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<tr>
<td><strong>Laboratory</strong></td>
<td></td>
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<tr>
<td>HbA1c</td>
<td>Every 3-6 months</td>
<td>less than 7%</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>Annual</td>
<td>less than 1.7 mmol/l</td>
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<tr>
<td>Cholesterol total</td>
<td>Annual</td>
<td>less than 5.0 mmol/l</td>
</tr>
<tr>
<td>LDL Cholesterol</td>
<td>Annual</td>
<td>less than 2.2 mmol/l</td>
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<tr>
<td>HDL Cholesterol</td>
<td>Annual</td>
<td>greater than 1.0 mmol/l - men</td>
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<tr>
<td>Microalbuminuria</td>
<td>Annual</td>
<td>less than 30µg/mg</td>
</tr>
<tr>
<td>ECG</td>
<td>Annual</td>
<td>normal pattern</td>
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<tr>
<td><strong>Education</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Treatment goals</td>
<td>Each visit</td>
<td>Discuss with patient</td>
</tr>
<tr>
<td>Self Blood glucose monitoring</td>
<td>Individualized</td>
<td>Recommend based on patient's control goals</td>
</tr>
<tr>
<td>Self Blood glucose monitoring</td>
<td>Fasting/2 hours pp</td>
<td>Fasting less than 7; 2hrs. less than 8 mmol/l</td>
</tr>
<tr>
<td>Healthy Eating</td>
<td>Each visit</td>
<td>Recommend always</td>
</tr>
<tr>
<td>Physical activities</td>
<td>30 mins. 5 times/week</td>
<td>Recommend always</td>
</tr>
</tbody>
</table>
Achievements

- Opportunities to meet our mandate of:
  - Raising awareness of diabetes
  - Offering clinical care
    - Offering screening and education across communities islandwide
    - Offering Retinal Screening
Achievements

- Retinal Screening of Diabetics
- Lay Diabetes Program
- Island wide medical screening
- Life For A Child Program
Lessons learned & challenges

- Lessons learnt:
  - The impact of culture and community interactions in the management of NCDs

- Challenges/barriers
  - Sustainability of NGOs
  - Devaluation of the dollar
  - Competition from Insurance companies, Government agencies etc. threatens the very survival of NGOs
Key Points

- Given the burden of NCDs on families, communities and country up to USD422 Million,
- Increase public education and awareness on NCDs in schools and communities.
Recommendations

- Educate the public on how to make good nutrition choices. Make information readily available
- More ongoing public education
- More Health Screenings with referral and follow ups
- Better access to medication through health centers?
- Improved presence in schools and communities
- Advocacy on healthy eating habits and improving physical activities
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