DIABETES
ASSOCIATION OF
TRINIDAD AND
TOBAGO

BERNICE DYER-REGIS
EDUCATION OFFICER
DATT

- SCREENING - counsel/refer
- EDUCATION - Prevention and management
- RESEARCH
- ADVOCACY
ANNUAL RESIDENTIAL CHILDREN’S CAMP

- For the past 15 years - one-week residential camp in July for children living with diabetes

- Newly diagnosed with older ones as peer counsellors

- Camp counsellors, nurses, physicians, craft facilitators, dietitian, PE instructor, cooks

- The incorporation of peer centered learning about diabetes management, together with fun filled activities is an experience which leaves a lasting positive impact on the lives of these children.
ANNUAL RESIDENTIAL CHILDREN’S CAMP

- 2016 - invitations extended to children living with diabetes (CLWD) in other Caribbean islands - Belize, Guyana, Dominica, Curacao, and St Lucia responded.

- 2017 - financial constraints resulted in a two-day workshop for parents and newly diagnosed children in July.
  - For the first time Tobago hosted a 3-Day residential camp for 22 CLWD
SCREENING

- Blood glucose and blood pressure, limited cholesterol - screen, counsel, refer

- On request at health fairs, work places, malls, stores, supermarkets - branch members volunteer

- At two (2) sub-offices with diabetes educators

- **2017**: 287 volunteers; 2,915 hours; blood glucose 5,803; blood pressure 5,467; cholesterol 682; referred 1,462
RESEARCH – Children Living With Diabetes (CLWD)

In collaboration with M. Ed Health Promotion Prog. at UWI, St Augustine

- School Experiences of Children Living with Diabetes
  - Qualitative case studies - 2013 Tobago and Antigua; 2015 Trinidad
  - Findings revealed that the students' diabetic condition adversely affected their educational and recreational experiences
Findings revealed that the students’ diabetic condition adversely affected their educational and recreational experiences:

- Lethargic feelings vs ADHD - teachers sometimes misunderstood students’ symptoms as signs of laziness or attempts to escape school work so they were punished.
- Spending time in the sick bay away from classes or resting their heads on the desks during class time – limited learning experience
- Prevented from participating in sports/games, field trips or extra curricular activities
- Self-administered insulin in insanitary washroom
Policy Recommendations Re: *School-based Diabetes Management*
submitted to Ministry of Health for inclusion in National School Health Policy.

- Care Responsibilities and Leadership – school nurse/DHV/school health team
- School Staff Education and Training
- Self-management for Students with Capability
- Field Trips and Extracurricular Activities
- Involvement of Parents/Guardians
- Participation in examinations
- School Meals
RESEARCH – CAM & PLWD

- The Use of Complementary and Alternative Medicine (CAM) among Persons Living with Diabetes (PLWD) in TT

- CAM- supplements, herbs such as leaves, flowers, seeds, bark or root of plants as well as juices, oils and powders
Anecdotal evidence suggest – CAM increasingly used by PLWD, some at considerable cost and most without medical supervision.

Despite a lack of evidence-based information about efficacy, safety and drug interactions, popularity of CAM use is increasing among PLWD.

Phase 1: In progress - Data collected from 7 of 17 branches to date
Phase 2: Health Centre Chronic Disease clinic clientele

Expected Outcome – Government would consider WHO guidelines to promote proper use of CAM
RESEARCH – CAM & PLWD

- To determine the different types of CAM used by persons living with diabetes
- To explore the reasons for CAM use among persons living with diabetes
- To determine the perceived effect of CAM use on the disease condition among persons living with diabetes
- To ascertain the monthly expenditure on CAM products by persons living with diabetes
- To determine whether or not PLWD and using CAM have so informed their healthcare providers
COMPREHENSIVE DIABETES EDUCATION AWARENESS PROJECT (COMPRE-DEAPS)

- Gov't and Gov't Assisted Primary schools – Standard 3
- DEAPS introduced to primary school students in 2002
- COMPRE - DEAPS : grounded in the Ministry of Health’s Draft Childhood Obesity Prevention Policy; Ministry of Education’s Health and Family Life Education (HFLE) Regional Curriculum Framework For Ages 9-14; Caribbean Charter for Health Promotion
COMPREHENSIVE DIABETES EDUCATION AWARENESS PROJECT (COMPRE-DEAPS)

- Development of COMPRE-DEAPS Student Handbook – emphasis on diabetes prevention

- Facilitators’ Training - Certified Diabetes Educators of DATT to train a cadre of lay facilitators

- Diabetes Awareness and Screening Sessions for Teachers, Parents, School cafeteria staff and Itinerant vendors near schools

- Delivery of COMPRE-DEAPS contents to Standard 3 students (ages 8-12) and their teachers
Think About the Children... not later but now