



# DIABETES ASSOCIATION OF TRINIDAD AND TOBAGO

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# 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



# RESEARCH – Children Living With Diabetes (CLWD) cont'd

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



# RESEARCH – Children Living With Diabetes (CLWD) cont'd

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





# RESEARCH – CAM & PLWD

- ▶ 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

