

## DIABETES AND FOOT CARE EDUCATION

IN KUMI, UGANDA

INYOBO ADEKA NA ESUKAALI?

Erono adeka na esukasil nol ido epedoni ajaut ne ejassi idwe ka tunga luspolok da Einakin adeka na esukasil akuan kon ajaut ka esukasil lomam ibecokino kotoma ackot. Ajaut ka esukasil io likiara kotoma adikt, nuiswamas ka adeka na esukasil eyauni adonis toma opina ka amoori niutolosete ackot.

FPONE BO ALLA JENLINIA FONG ERE KIJA KEDE ADEKA NA ESUKAALI?

NUNYOIKA EPEDORETE ATAKANUN

ARAI EMAMEI AMUKIAN?

FPONE BO ANI IMUKEERE ADEKA NA ESUKAALI?

### **PURPOSE**

To increase diabetes awareness. understanding and prevention in the Kumi district of Uganda and to educate patients living with diabetes or leprosy about proper foot care and the consequences of responsible health management.

### BACKGROUND

Diabetes has historically been considered a disease of the affluent, but in recent years it has been found at ever increasing rates in some of the poorest regions of the globe. including Uganda.

In 1972, only 254 people in Uganda had officially been diagnosed with diabetes. Today there are 560,000 patients who have been diagnosed with diabetes, and it is believed that a total of over 1 million people in total are living in Uganda. Raising diabetes awareness in rural communities is an important part of diabetes prevention and treatment.

In developing areas of the world, where much of the population is living in poverty and highly dependent on manual labor to survive, it is particularly important for patients living with diabetes or leprosy to properly care for their feet. The neuropathy and peripheral vessel damage characteristic of advanced diabetes and leprosy leads to numbness, which is a risk factor for injury, infection and foot amputation.

Posters containing educational information about diabetes and foot care were designed by Annette McCabe. All photographs present in the posters were taken at Kumi Hospital with the informed consent of photographed persons. Poster translations into Ateso were completed with the assistance of Grace Among and Augustine Otella of the Kumi District Health Office. English and Ateso versions of posters were printed at CAD center, Plot 4 Pilkington Road Kampala Uganda and posted at Kumi Hospital, Kumi Health District, Kumi Health Center, Artutur Hospital and Mulago Hospital endocrine unit. Foot care instructions and healthy living habits were explained to patients participating in the diabetes treatment program at Artutur Hospital. Similar instructions were explained to patients in the orthopedic unit of Kumi Hospital, where patient recovery after foot amputation or other procedures induced by foot injury takes place.

### **RESULTS:** EDUCATIONAL POSTERS

#### **ENGLISH ATESO**

# **Poorly managed**

can cause BLINDNESS and AMPUTATION Many people who have diabetes don't know it!

### WHAT IS DIABETES?

abetes is a very serious disease that can welop in children or adults. Diabetes keeps our body from regulating the amount of sugar in sociated with diabetes are harmful to your blood



#### HOW DO I KNOW IF I HAVE DIABETES?

ny sia п atigue or dizziness lumbness or tingling in your feet



#### WHAT IS THE TREATMENT FOR DIABETES'

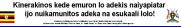
medical doctor in an approved health unit can ive you medication that helps control your blood

### WHAT CAN HAPPEN WITHOUT TREATMENT?









ARAI MAM IMUKEO EJOK EPEDORI

ADEKA NA ESUKAALI

AYAUNI AMUDUKANUT KA ATUBORIO NA AKEJU

Inu itunga lu ejaas ka adeka na esukaali konve komam ejenetel

English and Ateso versions of educational posters about diabetes were posted in Kumi Hospital and

### **ENGLISH**



#### NUTUPITONO KOWAI LO AIDAR AKEJE

### **ATESO**



English and Ateso versions of posters instructing diabetic and leprosy patients about proper foot care were displayed in Kumi Hospital and other locations.

### **RESULTS: PATIENT EDUCATION**

### **FOOT CARE AND LIFESTYLE EDUCATION FOR DIABETIC PATIENTS**

At Artutur hospital, foot care instructions and healthy lifestyle choices were discussed with patients enrolled in the diabetic treatment program. A similar discussion was held in the orthopedic recovery ward of Kumi Hospital.





### **PARTNER PROJECT: affordable** footwear for diabetic patients







Christine Harris, my IHOP partner in Uganda designed a project to provide comfortable and durable footwear for underprivileged diabetic patients enrolled in the diabetes treatment program at Atutur Hospital

## CONCLUSIONS

This project increased awareness of diabetes and its related health concerns, including injuries resulting from foot numbness and poor foot care. As the prevalence of diabetes continues to increase throughout Uganda, education remains an important portal to prevention and treatment. The impact of diabetes is particularly acute in rural, underserved populations because the symptoms of advanced diabetes can interfere with daily activities necessary for livelihood. Since the prevention and treatment of diabetes are largely behavioral in nature, education and empowerment of underserved populations