



DIABETES AND FOOT CARE EDUCATION IN KUMI, UGANDA

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.

METHODS

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, Arttutor Hospital and Mulago Hospital endocrine unit. Foot care instructions and healthy living habits were explained to patients participating in the diabetes treatment program at Arttutor 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

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

WHAT IS DIABETES?
Diabetes is a very serious disease that can develop in children or adults. Diabetes keeps your body from regulating the amount of sugar in your blood. The high blood sugar levels associated with diabetes are harmful to your blood vessels and nerves.

HOW DO I KNOW IF I HAVE DIABETES?
Some signs and symptoms of diabetes include:
•Constant thirst
•Excessive urination
•Unexplained weight loss
•Dry skin
•Fatigue or dizziness
•Numbness or tingling in your feet
•Blurred vision

WHAT IS THE TREATMENT FOR DIABETES?
A medical doctor or an approved health care worker can give you medication that helps control your blood sugar. Blood sugar management, healthy diet and exercise are all part of diabetes treatment.

WHAT CAN HAPPEN WITHOUT TREATMENT?
Failure to treat diabetes can result in:
•Foot ulcers and amputation
•Blindness and kidney damage
•Stroke and heart disease
•Kidney damage
•Impotence
•Difficulty or pain in passing urine

Talk to a medical doctor about diabetes today!

ATESO

ARAI MAM IMUKEO EJOK EPEDORI
ADEKA NA ESUKAALI
AYAUNI AMUDUKANUT KA ATUBORIO NA AKEJU
Ipu itunga lu ejaas ka adeka na esukaali konye komam ejenete!

INYOBO ADEKA NA ESUKAALI?
Erono adeka na esukaali noi do epedori ajat ne ejaas diew ka kanga lupadidi. Enarok adeka na esukaali akuan kon ajak. Ia esukaali lomam beccoko kotoma akot. Ajat ka esukaali lo kara kotoma akot, nuyomies ka adeka na esukaali eyony akot, toma opina ka amon nutotote akot.

EPONE BO ALI AJENUNIA EONG EBE KJA KEDE ADEKA NA ESUKAALI?
•Ajap ne ekoti amat ajipi kangolowava, ka epuda lo ematen lu ewnyali kwape nat esoda, eca beewny ka cie da konye akot okuam lo opol.
•Ajony
•Ajipi epedore ara akot akotokunat
•Ajap esumedeke kotoma akote kon
•Ajony amusanunin livenyi
•Emuata lo euse ara lo eoni

EPONE BO ANI IMUKEERE ADEKA NA ESUKAALI?
Epedori Emoron kon lo itubomb kotoma adeki nayapiatar ipi anakin ipi amunan na ingereke esukaali bece ajat kon amam akot. Adee esukaali, kotoma akot, komam kiar, inyonen ikajajate, jowam na isinyinyi lotere mam amon ipalawos, here etasa epone lo muare adeka na esukaali

NUNYOIKA EPEDORETE ATAKANUN ARAI EMAMEI AMUKUN?
•Kotola lo eyari aburio na akeju
•Amukunat
•Adeka na etay kana abwam esepi edipe
•Adeka na ingat
•Amamus lo epud lo aeto
•Ajap abinis kwasi

Kinerakinos kede emuron lo adekis nayapiatar ijo nuikamunitos adeka na esukaali lolo!

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

ENGLISH

KIDAR AKEJE KON EJOK KANU AITIKOKIN
EDOLA KA ATUBORIO NA AKEJU KON
AMAR AKEJE EOKI BRAI BORE YEN EPOR. NOI KANE EAJI NGINTINGANAN ATTERAKET
NOI NGIBI EPI BAAAS KA ANKA NA BIKAKAZI ARAI BO NAT ATAYON

EDOLA LO ESUKAALI
AKEJU NU ENGALEETE

AKEJU NA ETUBORITAI

NUTUPITONO KOWAI LO AIDAR AKEJE

- Konapenelei duc amuka nuibeccoko**
Epudore anara akot kon konye amungani ka du lu eyara abinis kon ka.
- Kidar akeje kon kolaete**
Ajap nutam akot apedore abinis akot na ayari amungani na erowokota abinis kon ka.
- Kirerenelei akeje kon kanu aaryun arai ejaas ka idola, ajajinis nu epukoro, ka arai idubonito**
Inarok mam ipi podon apap ajipi kotoma akot kon epedore ke amiti lo adeka na opol.
- Korap ajajinis nuetauro kede acapan nuetaete**
Ajajinis nu epukoro epedore akot abinis kon ara mam akot do konap.

ATESO

TAKE CARE OF YOUR FEET TO AVOID ILLNESS AND AMPUTATION
PROPER FOOT CARE IS IMPORTANT FOR EVERYONE, ESPECIALLY PEOPLE WITH DIABETS OR LEPROSY
DIABETIC FOOT ULCER **HEALTHY FEET**

PROPER FOOT CARE **NEGLECT**

AMPUTATION

FOOT CARE INSTRUCTIONS

- Always wear proper footwear**
Shoe protect your feet from injury and harmful germs
- Keep your feet clean**
Dry feet can get infected and lead to sores and serious injury
- Check your feet for sores**
Even if you can't feel foot injuries, they can make you very sick
- Cover open sores with clean bandages**
Open wounds will become infected if they are not clean and protected

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 Arttutor 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, myIHP partner in Uganda designed a project to provide comfortable and durable footwear for underprivileged diabetic patients enrolled in the diabetes treatment program at Arttutor 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 are essential.