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Celebration of World Diabetes Day: Summary of Activities in a Family Medicine Residency Program in Haiti

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Introduction

The International Diabetes Federation and the World Health Organization created World Diabetes Day (WDD) in 1991 (held on November 14th) to raise awareness and draw attention to the global burden of this disease. The objective of this study is to present a summary of three years of activities carried out as part of the celebration of WDD in the Family Medicine Residency Program (FMRP) at Saint Nicolas Hospital in Saint-Marc.

Method

The FMRP has a non-communicable disease clinic that provides standardized care and group education sessions for patients with these conditions. It started celebrating WDD in 2016 and continued this initiative every year. The organizing team was composed of faculty, nurses, and FMRP residents. The targeted participants were diabetic patients followed in the Family Medicine Unit or in other departments like internal medicine and surgery. They are the one who were invited and who benefited the medical evaluation, other people in the hospital could just assist other activities. Activities included a medical evaluation, a demonstration of healthy behaviors, sharing experiences and lessons learned from diabetic patients and their families, and an award for diabetic patients' champions. Data generated by these activities were analyzed with descriptive statistics.

Result

From 2016-2018, 384 diabetics attended the celebration, 86 in 2016, 87 in 2017 and 211 in 2018. Among them, 89.50% were women, 56.85% were between 45 and 64 years old, and 43.40% had a normal body mass index. Their mean blood glucose was 171.82 mg/dl (SD 76.61), their mean systolic and diastolic blood pressure was 140 mmHg (SD 21.60) and 85.72 mmHg (SD 13.09) respectively. In addition, 63.50% had foot abnormalities such as fungal infections, neuropathy, diabetic foot. 64.60% had abnormalities of the urine (UTI, proteinuria, glycosuria) and 92.75% had abnormal ophthalmological evaluations (cataract, glaucoma, retinopathy). Thirty-three participants benefit dental prophylaxis, 22 dental restoration, and 16 electrocardiograms. Twelve diabetics or their relatives shared their experience living with the disease, twenty received awards for their knowledge and their proper management of the pathology.

Conclusion

The celebration of WDD at the FMRP has had growing success in terms of participation over the years. It was a learning process and a unique opportunity to involve the whole team to teach, learn, listen, honor, and educate diabetic patients. We were also able to detect and treat several complications related to diabetes that were found.