

Diabetes Youth Camps in Kenya

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Introduction

Quality of life and chances of living a full life to adulthood for children with diabetes, in Kenya, is compromised by poor management of diabetes due to:

- Lack of or inadequate information on diabetes
- Inconsistent supply of insulin due to cost and / or accessibility
- Limited number of health care professionals competent to manage diabetes.

Objectives of Diabetes Youth Camps

Provide an opportunity for young people living with diabetes to interact
Empower young people living with diabetes:

- With skills and knowledge on diabetes self-management
- Deal with stigmatization in school and the community
- Become peer educators on diabetes prevention and management

Enrolment Criteria

Children and adolescents (6 to 21 yrs) with newly diagnosed or poorly controlled type 1 diabetes mellitus

Recruited from:

- Provincial hospitals
- DMI Centre from outreach activities

All children were sponsored to attend the camp

Methods

Ten, three-day residential camps

Held between April 2008 and April 2011 during school holidays

Activities designed to help the children understand their condition and how to manage it

Facilitators: diabetologists, clinical officers, nurses, nutritionists, diabetes educators

Results

Increased knowledge on diabetes and self-management

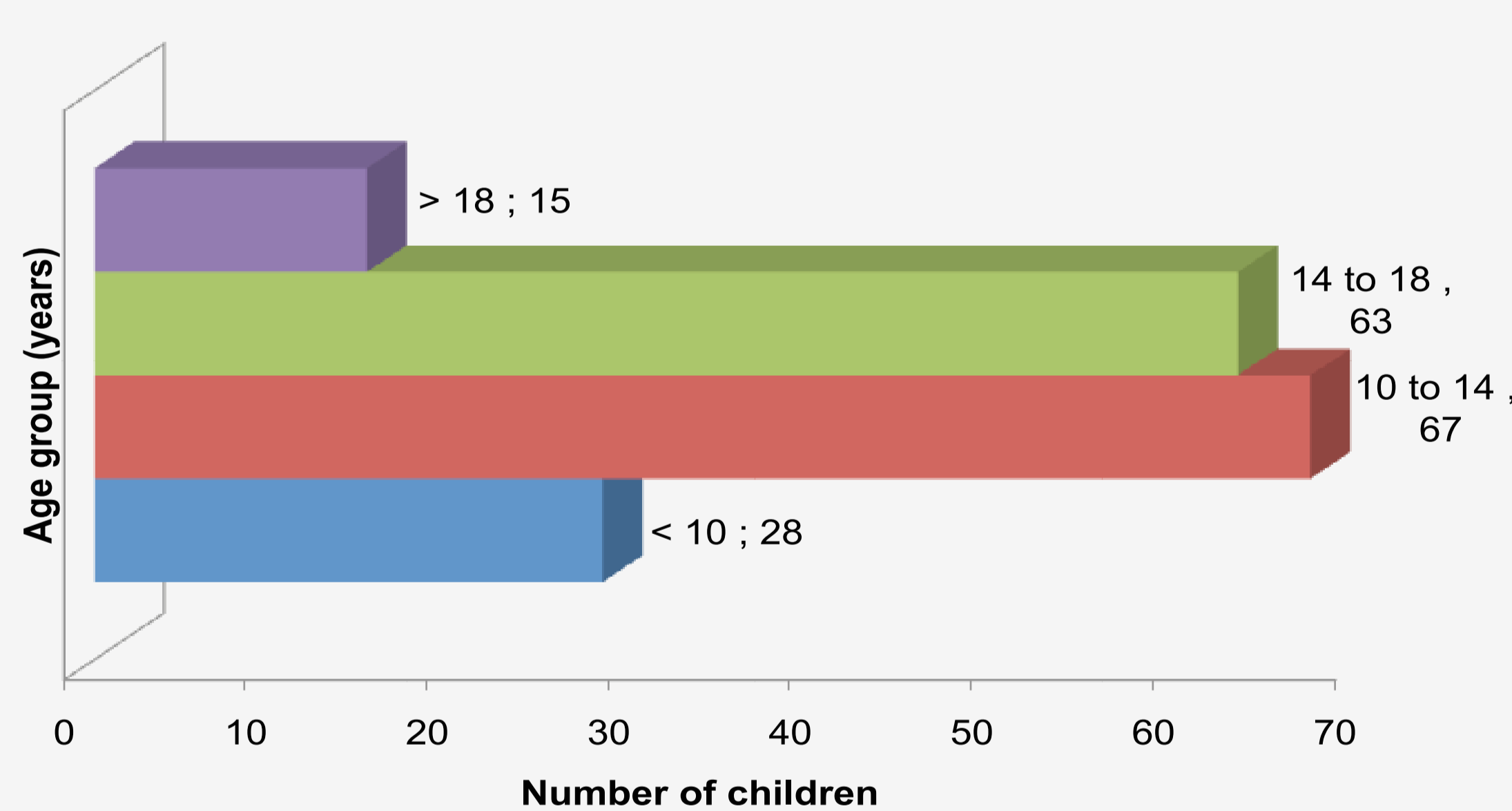
Improved blood glucose testing and insulin injecting techniques;

Improved blood glucose management

Better acceptance of their condition

A willingness to live positively with diabetes

Figure 1: Age at first camp



173 children (87 male; 86 female) attended at least one camp
Average number of children per camp 43 (30 to 72)

Figure 2: Random Blood Glucose Concentration (mmol/L) on Arrival

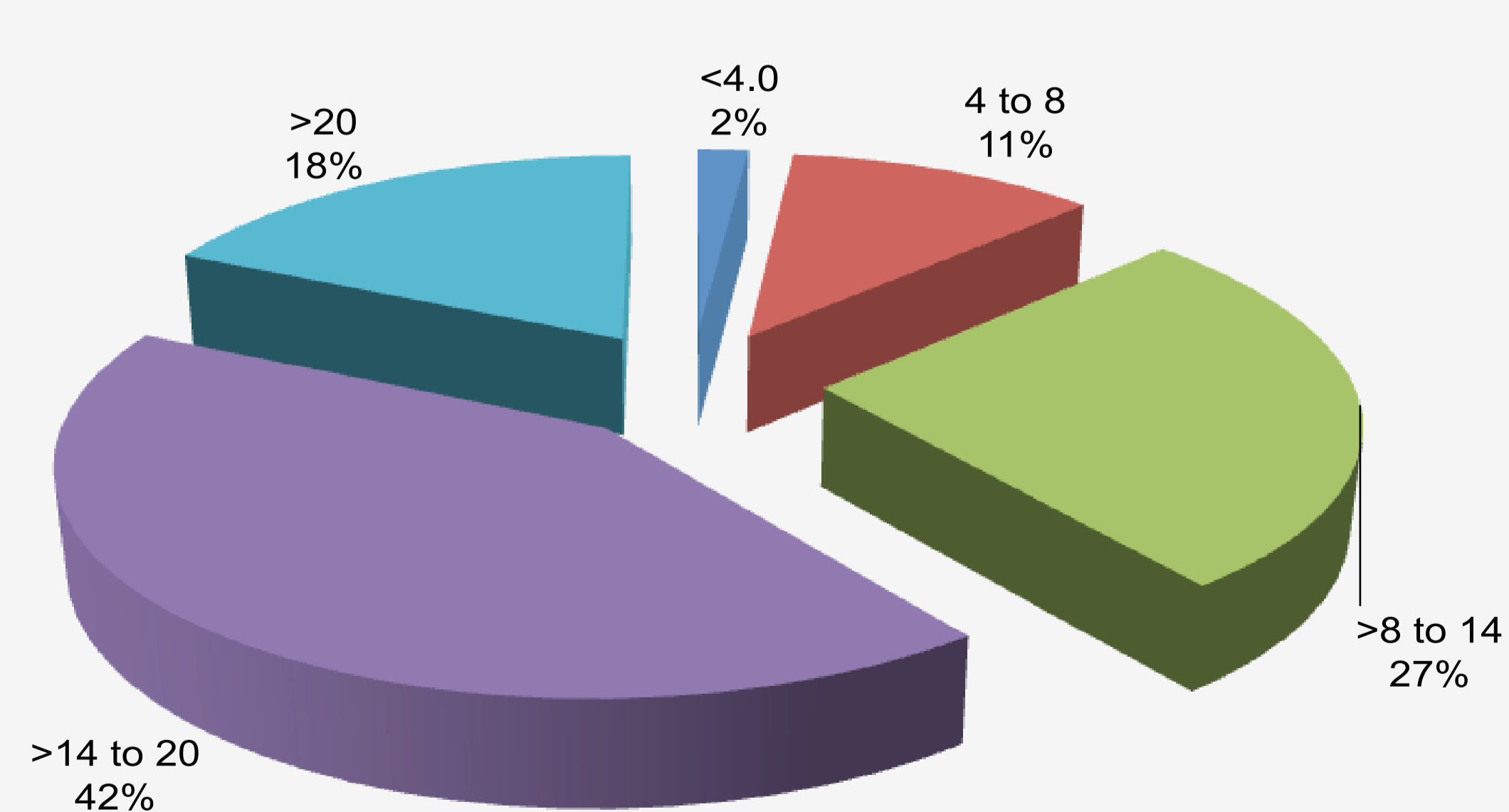


Figure 3: Bedtime Blood Glucose Concentration (mmol/L) Day 1

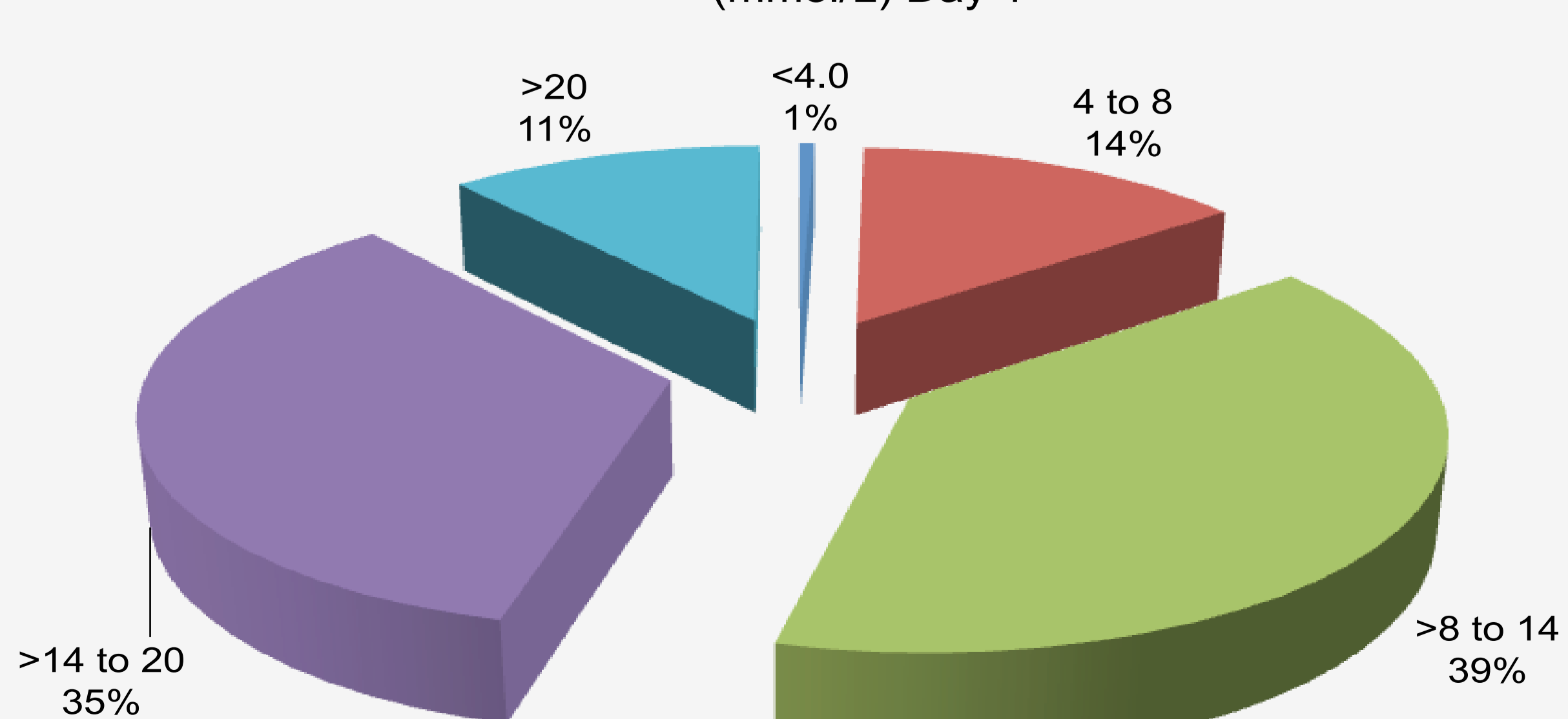


Figure 4: Fasting Blood Glucose Concentration (mmol/L) Day 2

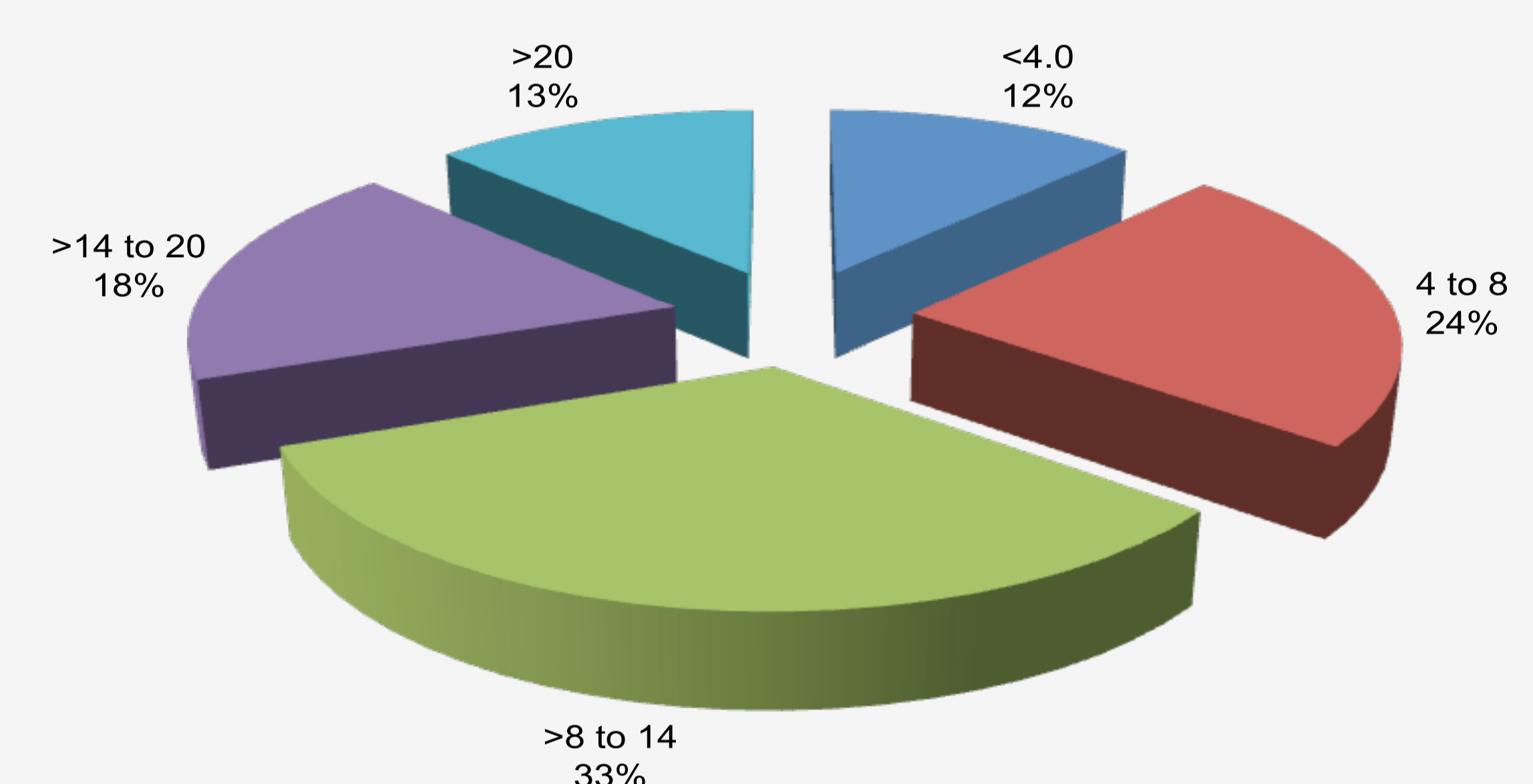


Figure 5: Bedtime Blood Glucose Concentration (mmol/L) Day 2

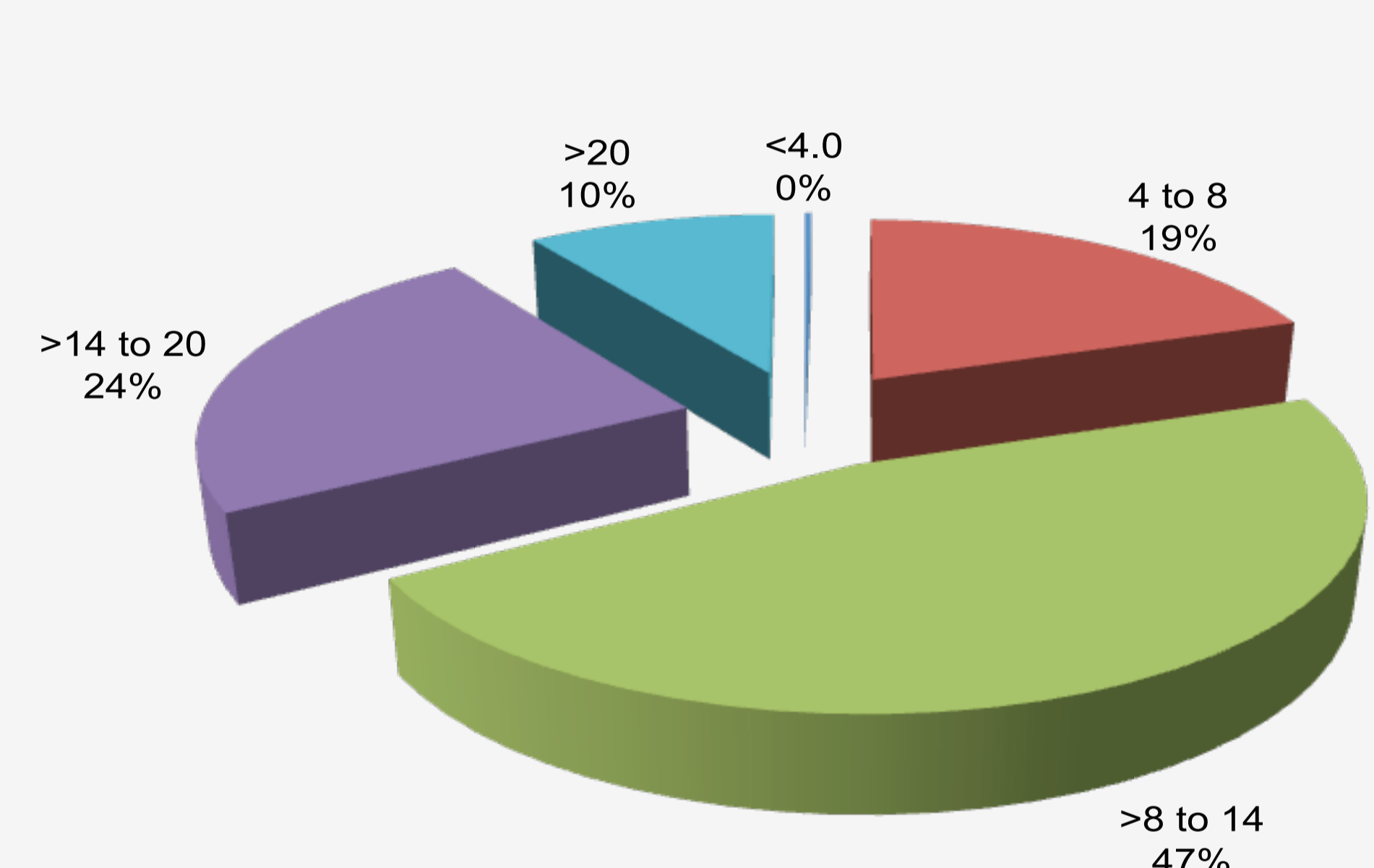
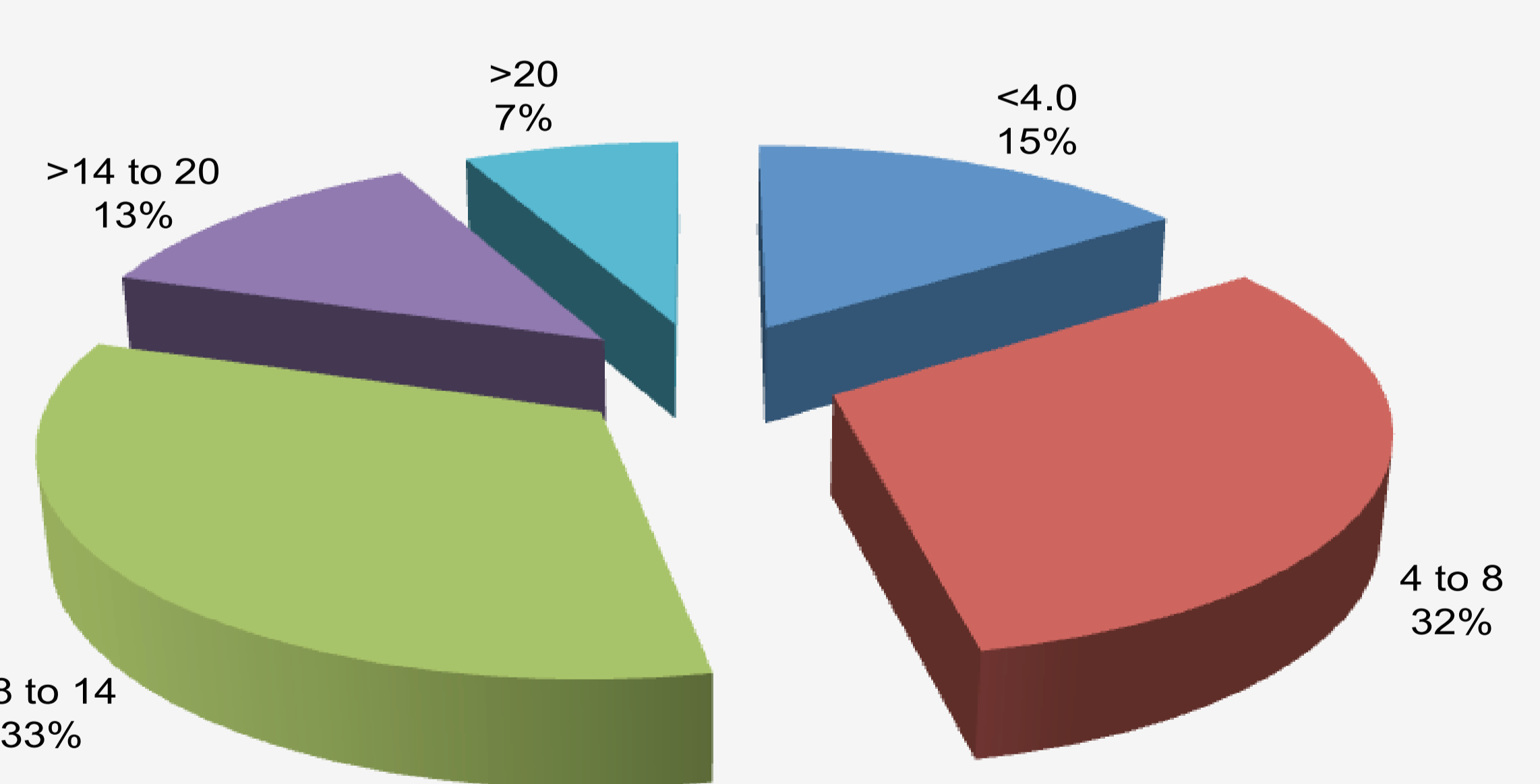


Figure 6: Fasting Blood Glucose Concentration (mmol/L) Day 3



Conclusion

Diabetes youth camps present an informal forum for young people with diabetes to:

- interact with healthcare providers to learn and enhance their skills of diabetes self-management
- meet, share experiences and motivate each other towards positive living with diabetes
- make contact for future follow up by healthcare providers



Group excursion to Lake Nakuru

Acknowledgements

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