

# **VAHA CREATES DIABETES CLINIC IN MESAJE**

## **IN INTRODUCTION**

World Diabetes Day (WDD) aims to be the leading platform to promote diabetes advocacy efforts, promote the importance of taking coordinated and concerted actions to confront diabetes as a serious global health threat, draw attention to the key issues and keep diabetes firmly in the global public and political spotlight. For the past 4years, VAHA has supported the establishment of 5 community diabetic clinics; 4 in the North west region and one in the south west region of Cameroon. The aim of which is to improve access to primary health care for these patients as a means to reduce complications and pre-mature mortality. Activities in these clinics include; education and counseling, This year World Diabetes Day is celebrated under the theme “The Family and Diabetes”, aimed at raising awareness of the impact that diabetes has on the family and support network of those affected, as well as promoting the role of the family in the management, care, prevention and education of the condition.

## **EXECUTIVE SUMMARY**

Value health Africa in collaboration with Misaje Health Center on the 14<sup>th</sup> of November, 2019, in commemoration of the World Diabetes Day organized an event in Misaje Subdivision, as a means to raise awareness of Diabetes in this community, and also to promote the role of the family in the management, care, prevention and education of the condition.



The event started at 7:00am at Misaje Health Center with a welcome speech by Dr Emile, the Chief of Center, Misaje hospital. This was immediately followed by a 45minutes sports walk around Misaje led by the hospital staff. This motivated the participants to be involved in physical activity.

### ***Testimonies***

*“I use to be very physically active, but I stopped due to a very busy work schedule and other distractions from home. After receiving this education on healthy lifestyle, I am motivated, and I’m going to be more physically active and I’m sure my family would be encouraged to join me”*, says **Madam Odette, a beneficiary of Diabetic clinic project**

Thereafter the participants were administered questionnaires to test their knowledge on diabetes and they were educated on the condition and the role they could play in the management, care and prevention of diabetes. This was followed by free diabetes screening of 132 participants. After the screening, participants were given snacks, since most of them left their homes without eating.

The program ended with the installation of **a diabetes clinic at Misaje Hospital and handing of equipment to the Chief of Center by the Coordinator**, who concluded with words of appreciation to the hospital staff for their relentless efforts in making the program a success, and the Chief of Center thanking VAHA for their kind gesture.



## RESULTS

Over 150 people who showed up for this event and total of 132 people were screened, because some people came when the screening was over. Results reveal 14 cases are suspected for diabetes and 38 for hypertension.

VAHA SCREENING DATA FROM MISAJE									
				<b>Hypertension</b>					
<b>70/40 - 90/60 mmHg (Hypotension)</b>		<b>90/60-129/84 mmHg (Normal)</b>		<b>130/80-139/90 mmHg (Pre-hypertension)</b>		<b>140/90 - 200/100 mmHg (Hypertension)</b>			
M	F	M	F	M	F	M	F		
1	9	16	47	7	12	11	27		
<b>Total</b>	<b>10</b>	<b>Total</b>	<b>63</b>	<b>Total</b>	<b>19</b>	<b>Total</b>	<b>38</b>		
				<b>Diabetes</b>					
<b>&lt;70 mg/dl</b>		<b>70-115mg/dl</b>		<b>116-200mg/dl</b>		<b>&gt;200mg/dl</b>			
M	F	M	F	M	F	M	F		
1	1	28	86	3	8	1	2		
<b>Total</b>	<b>2</b>	<b>Total</b>	<b>114</b>	<b>Total</b>	<b>11</b>	<b>Total</b>	<b>3</b>		

## REMARKS

**Madam Beatrice Cheka, Second Deputy Mayor Misaje:**

*“I would like to thank the government for this initiative. In the past people would stay in their homes and they are diabetic and are not aware. Some would prefer to go to herbalists or other places where they would not get help. The creation of a diabetic clinic would help many people know their status and would be taught on how to live healthy lifestyle. I know people here will welcome it and hope the center would help sensitize the population through their visits to homes*



*or churches to make the population know that there is something the government has given them free of charge to help them live a healthy life. I pray for more initiatives like this, so that the people of Misaje would know there is somebody out there who cares. I would like to thank VAHA because it is not easy to leave your comfort to come to the aid of people in need free of charge, with all the challenges the country is experiencing. We wish them well and hope they keep up with this wonderful gesture.”*

**Mr. Boniface Management chairman of Misaje Hospital:**

*“First of all I would like to thank VAHA for coming to carry out such an activity here. And I’m very excited about the turn out in spite of the short notice, this means the people here really care about their health. I’m really excited about the idea of the installation of a diabetic clinic here; before people would leave Misaje to Nkambe, Bansa or Bamenda for checkup, which of course is very tedious and expensive. Having a clinic here would mean people having easy access to healthcare. I would like to say a big thank you to VAHA; we greatly appreciate this kind gesture. We cannot thank them enough and I pray God gives them the ability to keep carrying out such activities not only in Cameroon, but to other countries in Africa.”*

**Mr Soule, From Bua Bua, a neighboring village:**

*“I came for the screening and I’ve just been screened. The Doctor said I’m healthy and that makes me very happy. I’m going to create awareness in my community and sensitize them on the importance of adopting a healthy lifestyle. Much appreciation to VAHA for this initiative, may the Almighty God continue to bless you and cause you to prosper. I hope they get to do more of this in other communities.”*