

BARBADOS

The government of Barbados recognizes diabetes mellitus as a chronic non-communicable disease that affects about 10% of the population. Therefore, it has implemented a control program and legislated free medical care along with drugs and diagnostic measures for diabetes.

Moreover, the Diabetes Association of Barbados is a very active organization and is constantly promoting public education and information about diabetes and about methods for controlling this disease.

Some other groups, for example the Lions Club, also regularly sponsor health activities in this regard.

Education program in Barbados _____

The Diabetes Association of Barbados offers a diabetes education course for people with diabetes and their family members. It is directed mainly to recently diagnosed patients and to people with type 2 diabetes.

The education team is made up of health care professionals, such as diabetologists, nutritionists, graduate nurses, and psychiatrists.

Objective _____

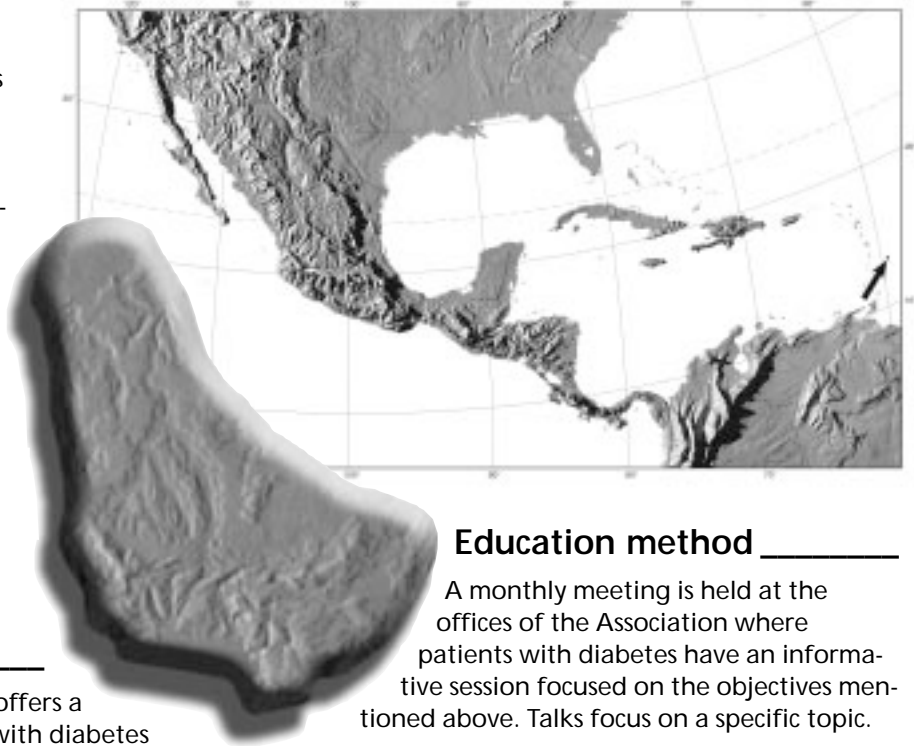
The objective of the program is to offer information to people with diabetes and help them overcome the initial reaction of denial that typically occurs when one is diagnosed with this condition. They are helped to understand that knowledge about the disease and its treatment will enable them to improve their lifestyle.

Specific objectives _____

1. Offer health education to people with diabetes, especially those recently diagnosed, giving them all the information they need for self-management.
2. Provide information on self-care to help patients avoid life-threatening emergencies, such as hypoglycemia and some acute complications.
3. Offer information, training, and support for necessary lifestyle changes to help patients follow treatment recommendations such as diet, physical exercise, and control of blood glucose.

Population _____

All people with diabetes are invited to participate in the Association and in the education program.



Education method _____

A monthly meeting is held at the offices of the Association where patients with diabetes have an informative session focused on the objectives mentioned above. Talks focus on a specific topic.

Methodology _____

- Presentations by a health professional or monitor, using the participatory method and a question-answer period
- Group discussions
- Experiences of the participants

Content and topics _____

1. What is diabetes?
2. Diagnosis
3. Treatment with insulin, educational management, acute complications
4. Nutritional program for diabetes
5. Physical activity
6. Foot care

Materials _____

Printed materials

For more information, contact:

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