

COSTA RICA

A diabetes education program was launched in Costa Rica between 1995 and 1996, based on a German education program called "Diabetes Treatment" (Berger et al., 1996), which later served as a basis for PEDNID-LA. Currently, however, no information is available about its continuation.

This program was offered to patients recently diagnosed with diabetes and their family members. It was carried out at the Mexico Hospital and was led by a professional nurse.

The program consisted of four units, each 2 hours long, given once a week for 4 weeks.

Unit 1: Glucose self-control

Unit 2: Nutrition

Unit 3: Foot care

Unit 4: Exercise

Methodology _____

Active participation

Materials _____

Flipcharts of color illustrations

Booklets with illustrations of food

Booklets with questions

Set of educators' guides

Evaluation _____

Carried out and published

In addition, the Costa Rican Social Security Fund has educational material consisting of pamphlets:

- General information about diabetes mellitus
- Modules 1 and 2

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