

# HONDURAS

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The Honduran Foundation for the Protection of People with Diabetes has carried out educational activities since 1995. These activities are directed to people with diabetes, their families, health workers, and the population in general. The education program has been carried out at the San Felipe Hospital since 1997.

## Education program for people with diabetes \_\_\_\_\_

Held the last Saturday of every month with the assistance of members of the foundation.

## Objectives \_\_\_\_\_

Promote an optimistic vision of the approach to diabetes with participation of the family and society in comprehensive management of the disease.

## Two levels \_\_\_\_\_

### First level

- Concept of diabetes
- Physiopathology of diabetes
- Clinical manifestations
- Risk factors
- Diagnosis and treatment. Education—as well as nutrition, physical exercise, and treatment—is emphasized.

### Second level

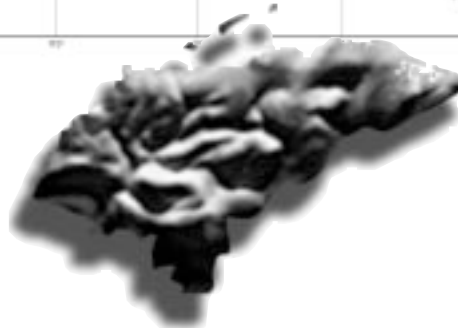
- Drug treatment
- Correct technique for self-injection
- Acute and chronic complications
- Psychosocial aspects of diabetes

## Methodology \_\_\_\_\_

Strongly participatory

## Materials \_\_\_\_\_

- Videotapes
- Slides
- Practical demonstrations



## Evaluation \_\_\_\_\_

At the end of each educational day, self-care goals are established that are later evaluated.

Weeks of Prevention and Struggle against Diabetes (since 1997).

## Health promotion activities \_\_\_\_\_

Seminars, workshops, etc., directed to health workers, patients, and family members.

These have been carried out in communities such as Tegucigalpa, San Pedro Sula, and La Ceiba.

## For more information, contact:

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