

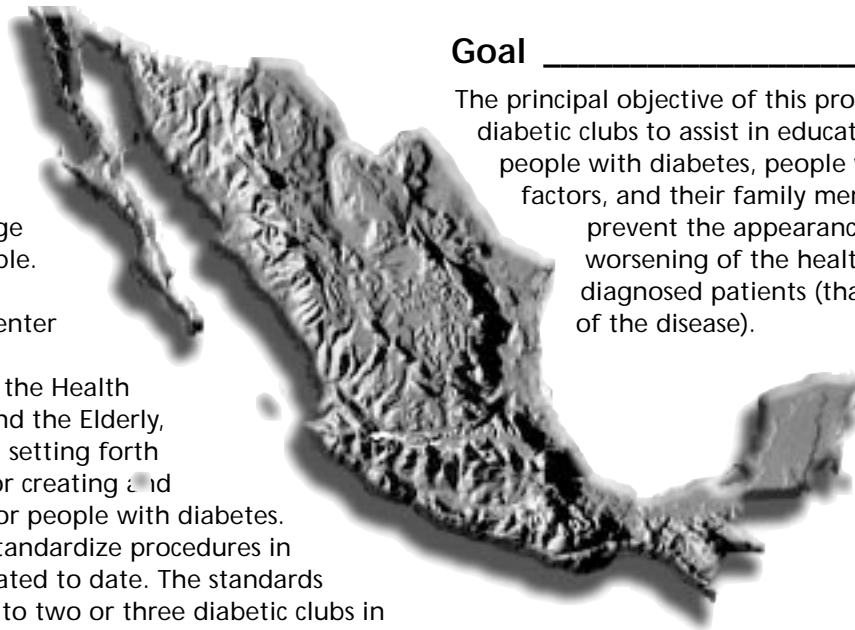
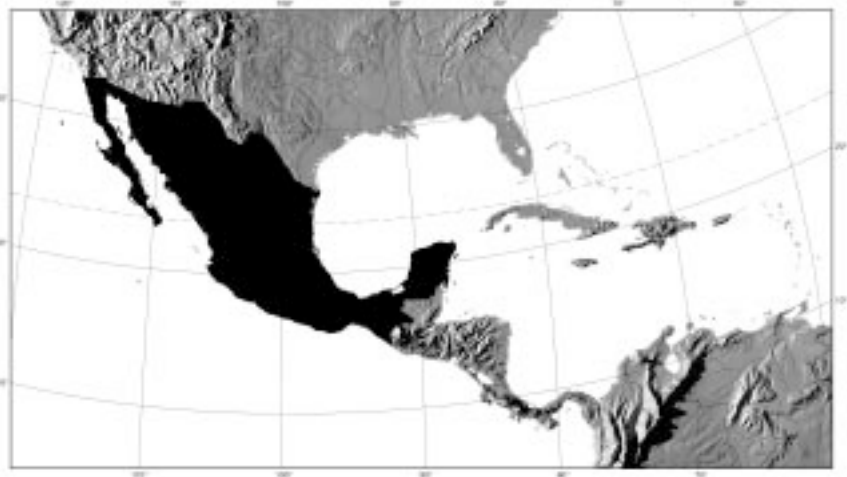
MEXICO

Background

In Mexico, the Mexican Social Security Institute has created and disseminated a fully elaborated education plan⁽¹¹⁾. At the national level, this Institute is classified as second in coverage of services in family medicine and as first in specialties. In 1997, it reported 130,309 new cases of diabetes, which represents 357 cases of diabetes mellitus diagnosed per day. Furthermore, 57,730 hospital discharges were recorded as well as 15,111 deaths (amounting to a mortality of 63.3 per 100,000 users of services, or 42 deaths a day). This mortality shows a constant increase in relation to the figures for 1996, when the daily average mortality was 40 people. In 1998, the Health Secretariat and the Center for Epidemiological Surveillance, through the Health Program for Adults and the Elderly, prepared a document setting forth technical standards for creating and implementing clubs for people with diabetes. The purpose was to standardize procedures in the diabetic clubs created to date. The standards were initially applied to two or three diabetic clubs in the health jurisdictions of the states. As a result, application of standards in the country was gradual.

Target population

The program is geared to people with diabetes and their family members. It also serves people at risk of developing diabetes (people with known risk factors; that is, having a family history of diabetes, being sedentary, or being obese).



Goal

The principal objective of this program is to use the diabetic clubs to assist in educating and training people with diabetes, people with known risk factors, and their family members in order to prevent the appearance of the disease and worsening of the health status of already diagnosed patients (that is, complications of the disease).

Content or topics

The basic introductory course covers the subjects outlined below. The program consists of five modules.

- **Module 1:** General information about diabetes (what is diabetes, what are the symptoms, what are the complications).
- **Module 2:** Components of diabetes treatment (diet, physical activity, drug administration, interaction of treatment components).
- **Module 3:** Objectives of diabetes treatment. How to evaluate and interpret indicators of metabolic control (glucose levels, arterial tension, body weight, and lipids).

11. Mexican Social Security Institute, Office of Medical Services, Office of Economic and Social Services.

- **Module 4:** Development of skills and abilities of the patient (information on nutrition, physical activity, self-management of diabetes treatment, correct use of drugs, prevention of complications, management of crises and emergencies).

Methodology

The teaching team is made up of the diabetic club coordinator, a nurse, a social worker, a nutritionist, a physician's assistant, and an endocrinologist. The educational sessions vary according to the club. Some clubs offer courses once or twice a week; others offer them every month.

The subjects selected (see section on content) are addressed by using various teaching methodologies: talks or conferences, cooking classes, group discussions, and case studies. The group discussion sessions are very important because they offer participants a social support structure and a forum for exchanging their experiences, their knowledge, and their fears.

Materials

Diabetic clubs have the following educational resources available:

- Slides, transparencies
- Technical documents
- Units on diabetes mellitus
- Modification to the Mexican Official Standard (NOM-015-SSA2-1994) for the Prevention, Treatment, and Control of Diabetes
- Project on the Mexican Official Standard for the Prevention, Treatment, and Control of Hypertension
- Technical standards for operating diabetic clubs
- Standards for training or educating people with diabetes
- National Health Program for Adults and the Elderly, unit on diabetes
- State Health Program for Adults and the Elderly, unit on diabetes
- Pamphlets, leaflets, and other printed matter prepared at the national and state levels
- Other support documents
- A journal, *Diabetes Today for the Physician*
- *Diabetes Today*, a magazine aimed at people with diabetes.

Program evaluation

Monthly and semiannual evaluations of the treatment goals are carried out, including the following information:

- Name of patient
- Age
- Sex
- Pharmacologic and non-pharmacologic treatment
- BMI
- Blood glucose levels
- Arterial tension
- Physical activity
- Cholesterol levels

In a recent evaluation of several indicators, the following rates were reported:

- 80% of patients attend diabetic clubs,
- 80% of patients have received training,
- 50% were following non-pharmacologic treatment, and
- 80% achieved adequate metabolic control⁽¹²⁾.

Mexico has a master's degree program for diabetes educators.

For more information, contact:

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12. Metabolic control is defined as blood glucose levels lower than 110 mg/dl in the last three glucose tests.