

BOLIVIA

Although diabetes education activities have been carried out in different cities in Bolivia for several years, they are mostly isolated and do not meet the requirements of a specific program.

However, since 1997, when PEDNID-LA started in the San Gabriel Hospital in the city of La Paz, this education program has been implemented consistently.

In 1999 in the city of Cochabamba, PEDNID-LA was implemented with some modifications as a basic education program; various specialists, educational field trips, diabetes fairs, and camps maintained "traditional" education in the form of bi-weekly talks for children with diabetes.

Education program _____

PEDNID-LA
Continuing education

Population _____

People with type 2 diabetes
People with type-1 diabetes (other types of activities, without a formal education program)
Family members

Context _____

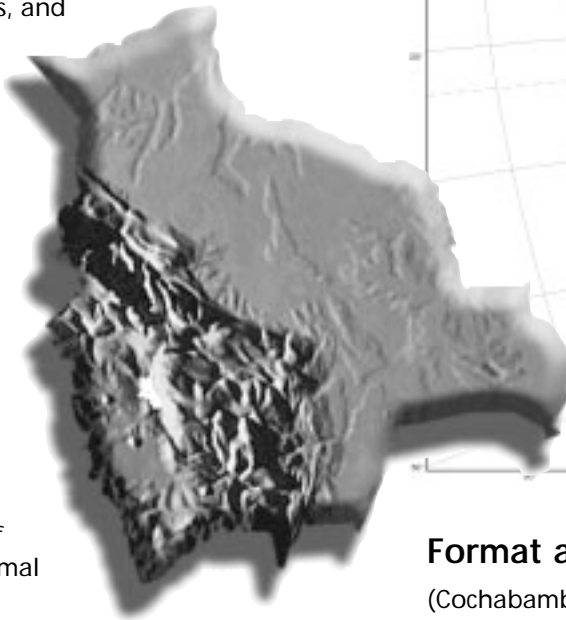
San Gabriel Hospital, La Paz
Living with Diabetes Center and Cochabamba
Diabetes Association in Cochabamba
Oil Fund for Health of Cochabamba

Educational team _____

Endocrinologists
Nutritionists
Psychologists
Social worker
Diabetes educators

Objectives _____

1. Ensure that patients with diabetes collaborate with their physicians to control the disease.
2. Impart knowledge and attitudes that improve their quality of life.



Format and content _____

(Cochabamba):
Application of PEDNID-LA in a basic course of eight sessions, twice a week for 2 hours each
Session 1 (week 1): Presentation and group discussion
Initial evaluation by psychologist
Physical activity
Session 2 (week 1): Concept of diabetes, hyperglycemia, and hypoglycemia
Physical activity
Session 3 (week 2): Obesity and insulin resistance
Physical activity
Session 4 (week 2): Diet, classification of foods
Theoretical/practical session
Physical activity
Session 5 (week 3): Care of the feet, general recommendations
Theoretical/practical session
Physical activity
Session 6 (week 3): Inter-current diseases
Physical activity
Session 7 (week 4): Clinical and biochemical controls
Physical activity

Session 8 (week 4): Complications of diabetes

Physical activity

Capillary blood glucose testing is done at each session, with instruction in self-monitoring.
Eight patients per group, each with a family member.

Continuing education _____

Bi-weekly talks by specialists

Methodology _____

Group and participatory

Materials _____

PEDNID-LA

- 25 color slides
- Structured guidelines for developing sessions
- 60 color photographs of foods
- Cards with questions
- Control agendas
- Patient manual
- Evaluation questionnaire

Continuing education _____

- Wall charts
- Slides
- Transparencies
- Videotapes
- Booklets
- Material for practical classes (e.g., dietary classes)

Evaluation _____

Not carried out

For more information, contact:

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