

# EL SALVADOR

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El Salvador's diabetes education plan is a joint project of the Salvadoran Diabetics Association (ASADI) and the Ministry of Health of the government of El Salvador.

The general education plan includes the following:

1. An introductory basic course for people with diabetes and their family members;
2. Continuing education workshops; and
3. A variety of publications, including newsletters and a magazine on diabetes (Diabetes and Me), published by the Salvadoran Diabetics Association.

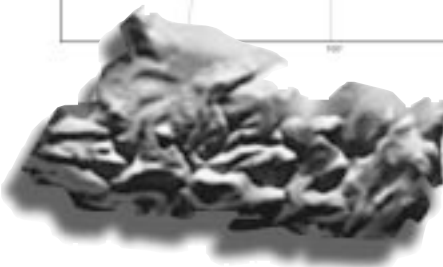
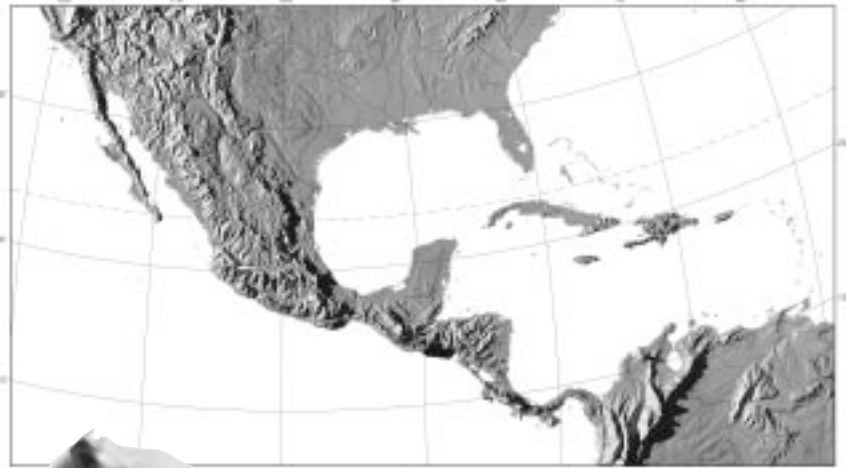
The introductory course and the workshops are given by an interdisciplinary group of health care workers made up of endocrinologists, health educators, and psychologists.

## Introductory basic course \_\_\_\_\_

This introductory course is offered twice a month to people with type 1 and type 2 diabetes. Patients and their family members are invited to participate. The course consists of five modules on the following subjects.

## Content or topics \_\_\_\_\_

1. General information on the disease (physiology of diabetes)
2. Nutrition and exercise
3. Diabetes treatment
4. Complications of diabetes
5. Importance of diabetes education for self-management of the disease



## Workshops on diabetes \_\_\_\_\_

These workshops are based on information and motivational talks offered to large groups (300– 500 people) and are usually held at conference centers and hotels.

These workshops are also offered on a smaller scale to groups affiliated with the Salvadoran Diabetics Association, such as the diabetic clubs in the country. In these workshops, specific information not included in the introductory course is provided to the patients. The talks cover a broad range of subjects: complications of diabetes (nephropathy, neuropathy, retinopathy), learning to live with diabetes, healthy menus for special occasions and holidays.

## For more information, contact:

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