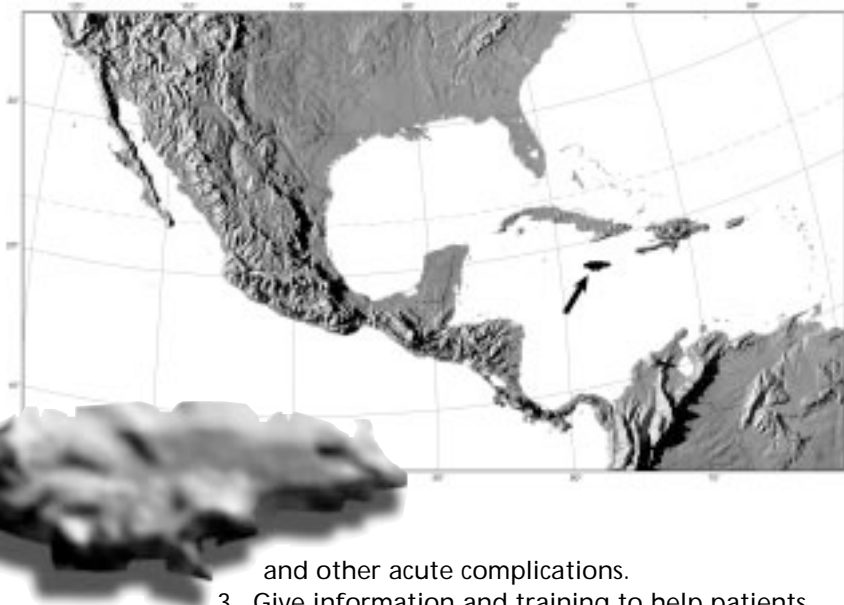


# JAMAICA

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The Ministry of Health and the Diabetes Association of Jamaica work together to control the problem of diabetes in Jamaica. An important strategy for control of this pathology is to support education for people already affected and for those in high-risk groups.

The Diabetes Association of Jamaica was created in 1976 and has responsibility for developing and implementing a national plan for treatment, education, and training about diabetes. The team directing the program consists of representatives of the Lions Clubs of Kingston and St. Andrew, citizens, and health professionals such as physicians, nurses, and physical therapists.



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

The objective is to promote education about diabetes for patients as well as for doctors, nurses, dietitians, and other professionals. After carrying out training with the "Lay Diabetes Facilitator Program," the facilitators, who are not diabetics but are interested in the disease, educate people with diabetes in their communities; for example, by providing information and monitoring.

The Association currently plans to develop a major education program aimed at people with diabetes and their family members. This will not be a medical education program geared to members of the health team but rather a program of simple, easily understood information for people with diabetes and their families. Communicating information to people with diabetes is expected to have a "domino effect" in the community.

Since 1997 the Ministry of Health and the Diabetes Association of Jamaica have had a pilot program for training diabetes educators and facilitators, who then become responsible for the education of people with diabetes.

## Objective \_\_\_\_\_

The general objective is to show the results of training diabetes facilitators who in turn help people with diabetes.

## Specific objectives \_\_\_\_\_

1. Offer education about the need for self-care to people with diabetes, especially recently diagnosed patients.
2. Offer information about methods of self-care and managing emergencies, such as hypoglycemia

- and other acute complications.
3. Give information and training to help patients achieve the lifestyle changes that are recommended as part of their treatment (diet, physical exercise, glucose monitoring).

This program is aimed at volunteers who want to be trained to help people with diabetes in the community.

## Content and topics \_\_\_\_\_

1. What is diabetes and what are its complications
2. Self-care
3. Diet
4. Exercise
5. Foot care

## Material \_\_\_\_\_

- Printed material provided to the facilitators
- Text: Quality of Care in Diabetes Mellitus
- Pamphlets on diet and basic information about diabetes

## For more information, contact:

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