

VENEZUELA

Venezuela's program on "Teaching the Diabetic Patient" arose from the need to educate and train recently diagnosed and "repeat" patients as well as their family members and friends about the use of drug treatment and lifestyle changes to achieve a better quality of life.

Institution in charge of implementing the program _____

FUNDIABETES

Target population _____

People with type 1 and type 2 diabetes, their family members and friends, and the larger community

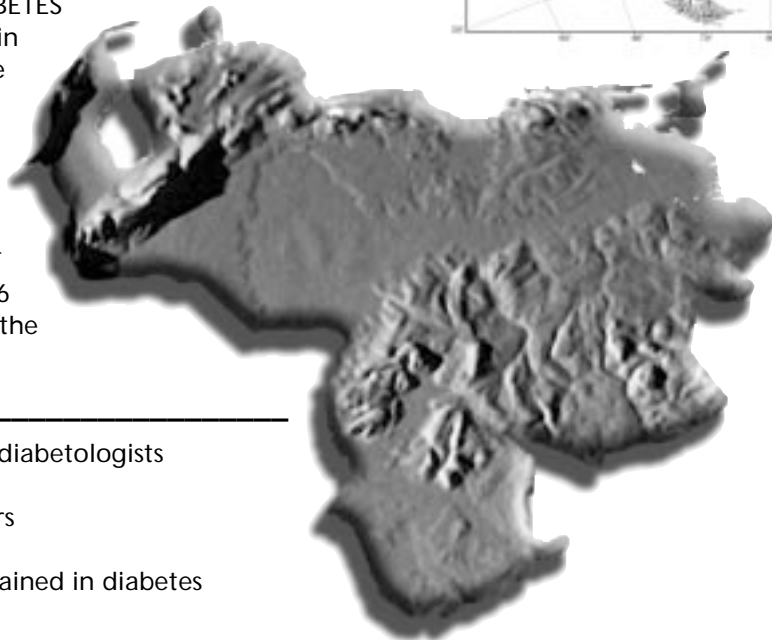
Context _____

- Patients referred by public hospitals
- Patients referred by private clinics
- Patients referred by other patients
- Patients who find out about the program through the various radio programs on prevention in which the Institution's president participates

The program is carried out almost exclusively at FUNDIABETES headquarters located in the capital region. The only extension of this program is the one headed by Dr. Yalitz Carrizales (a geriatric physician) in Ciudad Bolívar, in the State of Bolívar, who received 6 months of training at the main offices.

Education team _____

- Endocrinologists, diabetologists
- Nutritionists
- Diabetes educators
- Nurses
- Medical visitors trained in diabetes education



Methodology _____

Interactive talks lasting 2-3 hours, given twice a week for three consecutive weeks.

Objectives of the program _____

- General:
Raise awareness of patients and those around them about the impact of poorly controlled diabetes, and strive to prevent the emergence of possible complications of the disease through proper use of diabetes education.
- Specific:
 1. Improve the quality of life of people with diabetes.
 2. Prevent complications
 3. Promote the importance of self-control
 4. Reduce the number of new cases in the community

Content and topics _____

1. General aspects, definition
2. Diagnosis
3. Classification
4. Physiopathology
5. Characteristics and manifestations
6. Acute complications
7. Chronic complications
8. Pharmacologic and nonpharmacologic alternatives for therapy
9. Management of complications
10. What is diabetes education?
11. Exercise
12. Nutrition
13. Self-control and its importance
14. Diabetes in social events, on vacations, and at school

Methodology _____

Schedules are used for each working day as well as slides, informative material, and scale models. There is an effort to integrate groups so the work is dynamic and participatory.

For more information contact:

Dr. Nancy Salaverría de Sanz
Fundación de Atención al Diabético
Av. Cajigal – Residencias Danubion,
Piso 2 – Apto.2-5
San Bernardino
Caracas, Venezuela
Telephone: (58-2) 552-8167
Fax: (58-2) 552-0476, 978-4502
Email: fad1@telcel.net.ve