

COLOMBIA

There are several diabetes education programs sponsored by the Colombian Diabetes Association (ACD), located in Bogotá.

ACD offers group and individual education programs for people with diabetes, coordinated by the ACD Department of Education. Health personnel of the ACD Department of Education include health educators, psychologists, nutritionists, physiotherapists, and nurses.

Some of the courses offered by ACD include group activities, such as instruction in physical exercises (especially for people with diabetes), cooking classes, a workshop on different techniques of glucose self-monitoring, a workshop on diabetic feet and related complications, and a variety of recreational activities such as weaving and art classes.

Individual education includes sessions on management and techniques of insulin administration and glucose self-monitoring. These individual sessions are offered every day of the week.

ACD coordinates two education programs tailored to people with diabetes and their family members: an introductory basic course and a continuing education program.

Introductory basic course

Content or topics

1. General information on diabetes (what is diabetes?)
2. Diabetes treatment (diabetes education, physical exercise, and diet)
3. Diabetes treatment, continued (insulin, oral hypoglycemic agents)
4. Metabolic control (glucose self-monitoring, laboratory tests)
5. Acute and chronic complications of the disease

Continuing education

for people with diabetes and their family members

Every month, health care personnel from the Colombian Diabetes Association give a talk on a subject of interest to people with diabetes and their families. Patients, family members, and friends are invited to attend.



Materials

- Booklet for people with diabetes
- Sheet for self-monitoring

Colombia also has courses for training educators.

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