



2019

ACTIVITY REPORT



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Word from the President



Dear Partners,

It is a great joy for us to share our 2019 activity report with you.

For over 25 years, APSA has succeeded in providing a quality service to thousands of people suffering from diabetes, all the while bringing hope and a smile to patients and their families.

This past year has been no different. We have continued to offer quality services at the APSA Diabetes Care Centre, be it in the Foot Care Clinic, education sessions or the nutritional workshops. Each year, the team makes every effort to meet the needs of patients and their loved ones.

Last year, APSA collaborated with the World Health Organisation (WHO) along with various local NGOs including Le Pont du Tamarinier, Kolectif Rivier Nwar in order to meet the needs of the Black River population and the neighbouring regions. It is also to be noted that APSA opened a new branch in the region which has been a step to reach out to a vulnerable population and improve their health capital.

I wish to sincerely thanks all those who have had a part in these accomplishments in one way or another. Thank you, dear partners and sponsors, APSA's Board of Directors and the entire ADCC team.

2020 presents new challenges and innovative projects as APSA is constantly looking for ways to optimise its actions and make full use of its expertise.

To take up the coming challenges, we are once again counting upon the support of the National Social Inclusion Foundation and that of the private sector. We remain confident that we can continue to count upon your support this year to take up the challenge which allows APSA to offer a quality service to the Mauritian population.

Together with APSA against diabetes!

Audrey Hardy

President

Word from the Clinic Manager of the APSA Diabetes Care Centre



Hello to all! I am Dr Samia Hafez Amir and I am the new Clinic Manager here at APSA.

I joined the team in May 2019 with the vision of bringing my contribution and expertise in the fight against diabetes that has touched our island. It is to be noted that at present, there are 257,442 people suffering with diabetes in Mauritius.

I obtained my degree from the University of Manipal, India, and I am currently completing a Master's degree in diabetes management with Cardiff University, United Kingdom. I have 2 years of clinical practice experience from my time in Malaysia, where the situation is just as alarming as in Mauritius where 3.5 million people live with this disease, hence my interest in diabetes. Upon my return to Mauritius, I realised that a better holistic approach is needed in the management of diabetes.

I joined the team as a volunteer / intern and a few years later, I applied for the post of Clinic Manager. It is with a true team spirit and group of professionals that APSA is able to propose an array of services.

I have particular interest in the prevention of Type 2 diabetes in young adults who are pre diabetic and are not even aware that they have been affected.

2019 has been a rich year with numerous activities, including awareness campaigns and screenings. The pinnacle point was the World Diabetes Day, celebrated in November, which was on the theme of the family and around 400 people were screened that day. A follow up is provided for all of those that need one from the results of the screening. One of the ways that the association provides support is through education and support of those suffering from diabetes and accompanying members of their family.

In 2020, in addition to further strengthening our care and support for families with diabetes, we also aim to target young people to prevent the primary and secondary complications of this epidemic.

On behalf of the APSA team, I would like to thank our sponsors and partners for their infallible support towards the association.

Wholeheartedly,

Dr Samia Hafez Amir

Diabetes – A Plague of Society

The prevalence of diabetes has seen a considerable increase since 1987. According to the 2015 Non-Communicable Diseases report from the Ministry of Health, 22.8% of Mauritians, aged between 25 and 74 years old, are diabetic. This report also highlights that more than 1 out of every 2 Mauritians, from the same age group, is either overweight or obese.

Diabetes has become a health issue worldwide as it is affecting more and more young people. Due to it being a chronic disease, young diabetics live with the disease for a number of decades which then increases the damage and long-term complications on various organs of the body. Diabetes slowly damages the body over time which leads to the failure of vital organ failure notably, the kidneys. For this reason, screening and early detection of diabetes is crucial.

What is more alarming, is that this portion of the population tend to ignore the symptoms of the illness due to a lack of education and knowledge about diabetes.

Mauritius forms part of the countries that are the most affected by diabetes

500 amputations yearly

11 people die daily due to diabetes-related complication

Mauritius is ranked among the top 10 countries in the world for having the most Type 2 diabetics



Family and Diabetes

The family plays a very important role in diabetes management. However, the International Diabetes Federation (IDF) has found that a number of people would struggle to identify the main signs of diabetes in their loved ones. It is to be noted that the theme for both the 2018 and 2019 World Diabetes Day was centred on the family and diabetes.

Early diabetes detection includes the family

1 out of 2 diabetics remains undiagnosed. Early diagnosis and treatment are essential to help prevent or at best delay the onset of potentially life threatening complications.

Type 2 diabetes prevention includes the family

A number of type 2 diabetes cases can be avoided by adopting a healthy lifestyle. Reducing the risks for your family starts at home.

When a family eats healthily and exercises together, each family member benefits and encourages behaviours that will help to prevent type 2 diabetes.

Managing diabetes includes the family

Diabetes management requires daily treatment, regular check-ups, a healthy lifestyle and ongoing education. Family support is essential.



MISSIONS AND ACHIEVEMENTS



- **Prevent the onset of diabetes** and cardiovascular disease by early detection of risk factors
- **Help diabetes** sufferers have a better quality of life and **prevent complications** linked to poorly controlled diabetes
- Provide a **comprehensive care approach** for people suffering from diabetes

1985: Creation of APSA International (Association pour la Promotion de la Santé) – specialising in the health sector

1994: APSA focuses its activities in the fight against diabetes. Launching of the 'APSA Diabetes Club', a centre offering care and follow-up services tailored to the diabetic patient's needs in order to prevent complications

1994 to present: Development of programmes to fight against diabetes: prevention amongst the Mauritian population, education, care & follow up of people with diabetes or at risk of diabetes related complications

2010: Opening of the first Diabetes Foot Care Unit in Mauritius with a multi-disciplinary team of healthcare professionals dedicated to the comprehensive management of people suffering with diabetes and at risk

2014: Launching of 'APSA Foot Care Caravan'. This mobile unit moves throughout the island and offers screening, education & foot care to people suffering from diabetes

2015 -2017: Knowledge & Prevention Program through bi-monthly radio program and broadcasting of 'Saveurs et Santé' on the national channel

2017: Launching of APSA International's identity

2015-2019: Weekly radio programmes aimed at diabetes prevention and related topics

2019: Opening of the APSA branch in Black River. Collaboration with WHO for awareness sessions and screenings in the West region of the island. Partnership with the MRC on the project 'Fighting Diabetes at the workplace'

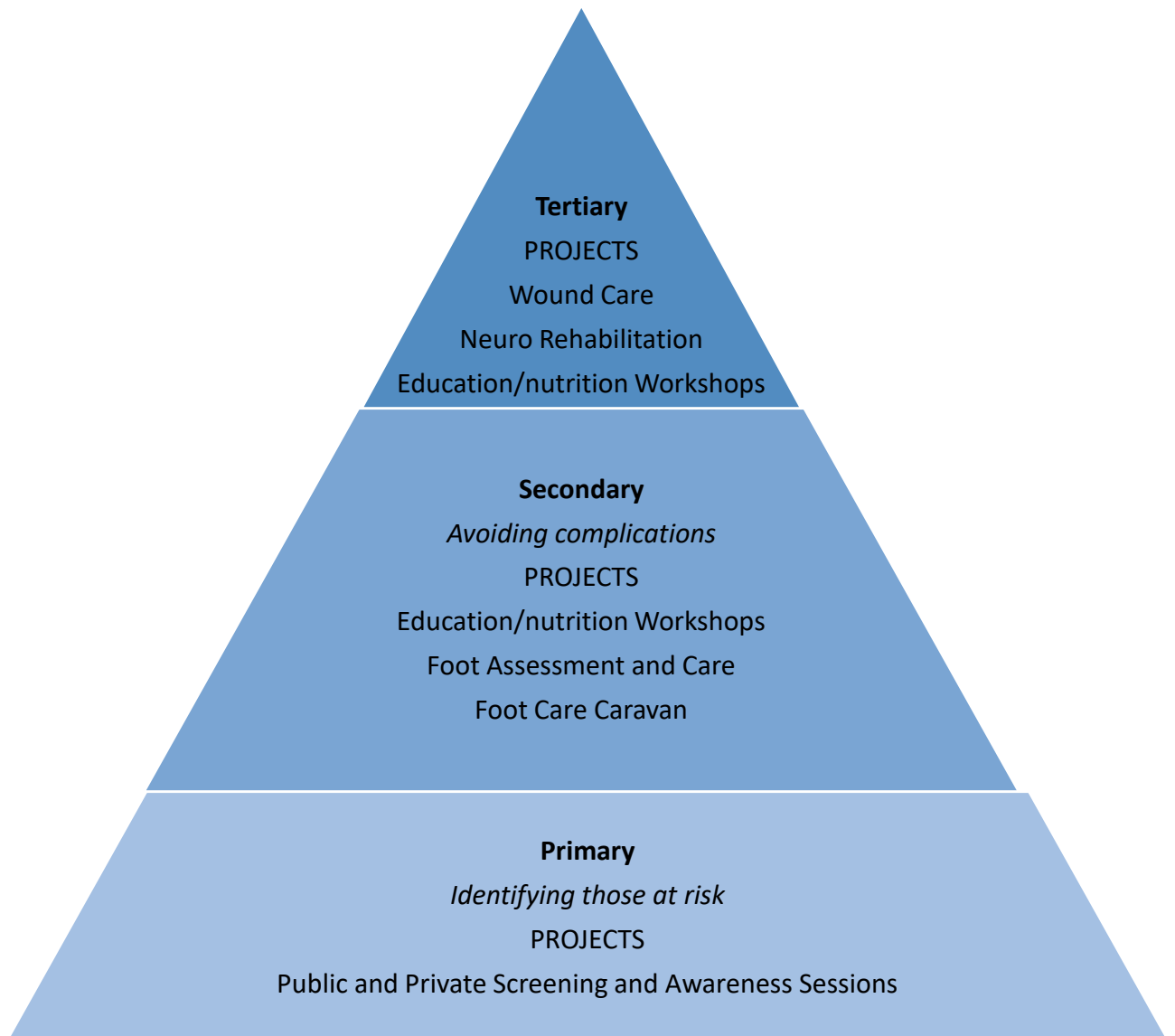
PREVENTION

Prevention focuses mainly on 3 levels as defined by the World Health Organisation (WHO):

Primary Prevention: consists of educating the general public on diabetes and its risk factors

Secondary Prevention: mentor those with diabetes to avoid complications

Tertiary Prevention: help to improve the quality of life of those living with diabetes-related complications



PRIMARY PREVENTION

HEALTH SERVICES IN COMPANIES

As a means of primary prevention, APSA offers public screenings as well as additional services to corporates.

Did you know that 70% of diabetics work in companies?

Half of those with diabetes do not even know it. Furthermore, poorly controlled diabetes or a pre-diabetic state has immediate repercussions on an employee's performance: tiredness, reduced output, absenteeism, frequent replacements of personnel. APSA offers a solution through its health service programme in companies.

In 2019, APSA provided screenings for diabetes and cardiovascular risks and awareness sessions on diabetes risks and complications to an array of companies. It is worth mentioning the positive impact that these programmes have had on employees and their health.

Screening

Awareness session
BMI, Waist Circumference, Blood Pressure,
Glycaemia
Personalised advice
Statistics report
Health Cards

Awareness Session

Diabetes
Nutrition
Food Care
Moving in Business
Obesity

Foot Care Caravan

Awareness session on Foot Care
Presence of the caravan within the company
Foot assessment / Advice
Statistics report



Awareness session in company



Screening in company



The training was very successful and informative to our family members. The response was very positive and the presentations were interesting, good slides and videos that kept our family members engaged. I think everyone took away some good action plans. Zilwa attitude

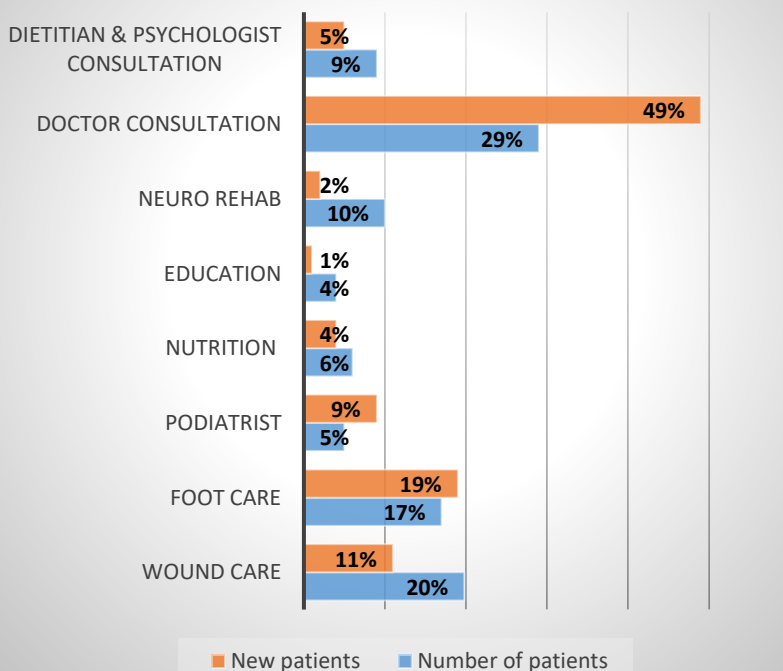


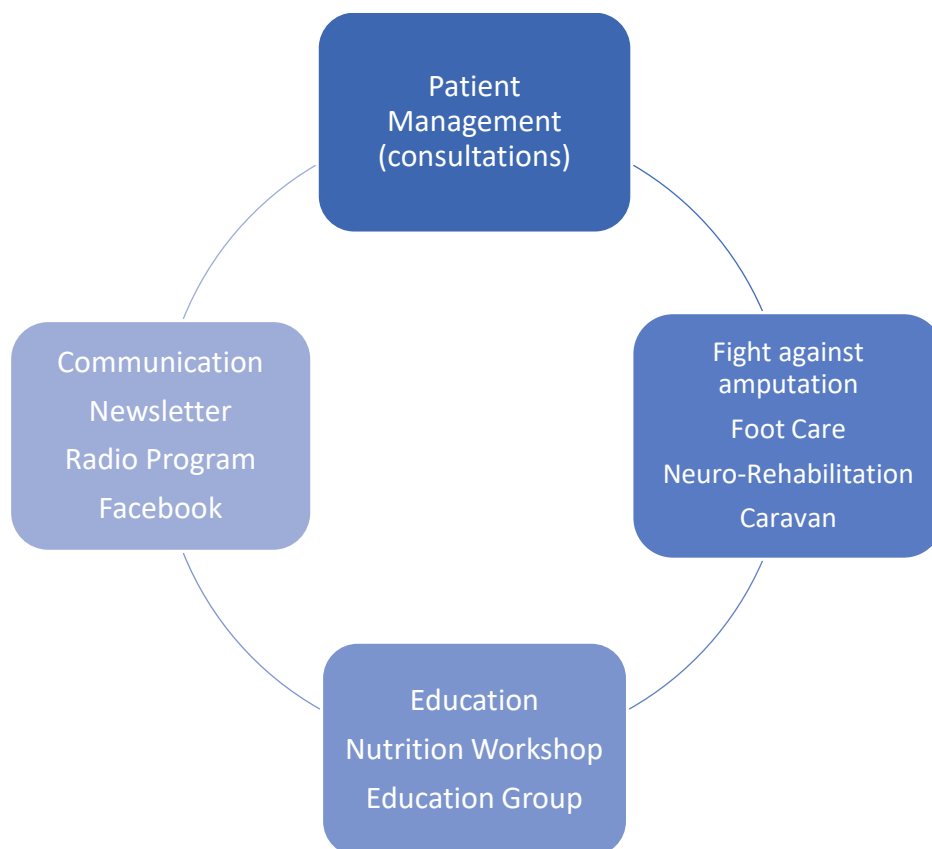
ACTIVITIES AT APSA DIABETES CARE CENTRE

APSA Diabetes Care Centre exists since 2010. APSA offers a **variety of services** for diabetics and pre-diabetics in the areas of secondary and tertiary prevention including, foot care, neurorehabilitation, nutrition workshops and education. Each of which is monitored by a health professional. In addition, we offer **consultations** on appointment with doctors, diabetologists, podiatrists, psychologist and dietitians. There is also a free shuttle service made available to patients. The centre is open Monday to Friday from 8:00 a.m. till 3:30 p.m.



Number of consultations in 2019





APSA welcomes a new COO

In 2019, APSA worked with several consultants to be able to face the growing developments in our activities towards the public in the areas of care and prevention.

Part of their inputs allowed for a restructuring of the organisation, the presentation of a new organigramme, the creation of a HR department and the recruitment of a Chief Operating Officer (COO), which has been filled by Mrs Veronique PIPART SAINDOU BOINALI under a regional cooperation mission with the Department from Reunion Island. This has been in effect since December 2019 and is for a duration of 10 months.

Her role is to accompany the different teams within the structure which is constantly evolving and subject to new challenges due to the fact that the pathologies linked to 'DIABESITY' (diabetes and obesity) are experiencing exponential growth on our island.

For this reason, our teams are currently working on an education programme to prevent this national epidemic.

Medical and Paramedical Team

General Practitioner / Senior Medical Advisor: 1

General Practitioner / Clinic Manager: 1

Diabetologist: 2

Plastic Surgeon: 1

Dietitian: 2

Podiatrist: 2

Psychologist: 1

Occupational Therapist: 1

Health Care Assistant: 3

Nurse: 4

Projects 2019

The projects can now be called 'programs' as they have proven to be reliable and durable. The **National Social Inclusion Foundation** has become a key component through their finance and considerable help in the success of our projects. Nevertheless, **the support of private companies remains essential** for the sustainability of our activities.

Types of Intervention	Services	Location	Finances
Fight against amputation	Foot Care	ADCC	100%
	Neuro Rehabilitation	ADCC	Private CSR + Foundation
	Caravan	Regional	Private CSR
Education	Nutrition Workshop	ADCC	Private CSR
	Education	ADCC	100%
Projects of Close Proximity	Branches Intervention Regional Proximity	Regional Black River	WHO + Private CSR
Services in Companies	Screening Awareness Caravan	Companies	Companies

Foot Care Clinic Project

The Foot Care Clinic has been operational since 2009 and is registered with the Ministry of Health. Our experienced team specialises in care of the diabetic foot to avoid the onset of complications. A variety of services are available including foot assessments, preventive care for nails, corns and calluses and wound care.

Resource persons: Dr Abbas, a surgeon (supervises wound care), nurses, health care assistants and a medical secretary

To note: We have a new Clinic Manager, Dr Samia Hafez Amir, since May 2019

Results

January 2019 to December 2019

- 468 patients
- 1933 consultations
 - 293 foot assessments
 - 533 foot care
 - 1107 wound care



Dr Abbas, consulting a wound care patient

Healed Wounds

49%



Healing of a patient's wound

“The Clinic was able to achieve the objectives set for 2019 in regard to the number of consultations to be conducted. We welcome patients on a regular basis that are conscientious about their health. The wound care patients are satisfied with their care and in fact, there are several patients whose wounds are improving nicely.”

Géraldine Chantoiseau, Head of Foot Care

Neuro Rehabilitation Project

This programme is supervised by a doctor and an occupational therapist that allows patients suffering from neuropathy (affects the nerves) to regain sensitivity in their feet and reduce pain and cramps so as to improve balance and walking. Patients carry out specific exercises, receive nerve stimulation and education on proper foot care. This programme has a direct impact in reducing risk factors of amputation.

Resource persons: Doctor, Occupational Therapist, HCA

To note: Dr Arshad Peerbux, specialist in internal medicine, is also consulting patients suffering from neuropathy.

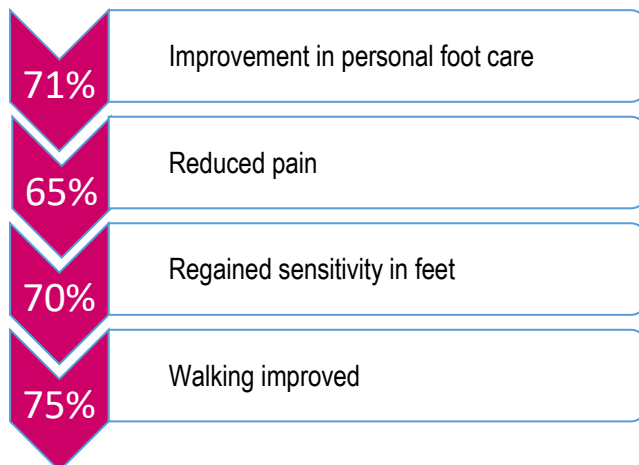
Results

January 2018 to December 2019

- 173 diabetic patients
- 1436 individual consultations



Sensitivity exercise on the foot



Stimulation

“People are aware of the problem of diabetic peripheral neuropathy and its impact on daily life. Due to the increase in professionals on this project, we have been able to provide more sessions each week. Patients understand that their health and their feet are very important. Some have even mentioned that they no longer experience burning sensations or swelling after their therapy sessions.

Kiran Seeboruth, Occupational Therapist

Foot Care Caravan Project

With the help of the Foot Care Caravan, the APSA team comprised of a podiatrist, nurses, dietitian and health educators travel throughout Mauritius to meet with those suffering from diabetes. This programme consists of foot assessments, check-ups and foot care education.

To note: We offer screenings as well as educational sessions on nutrition. The aim is to create awareness about diabetes, the risk factors and complications.

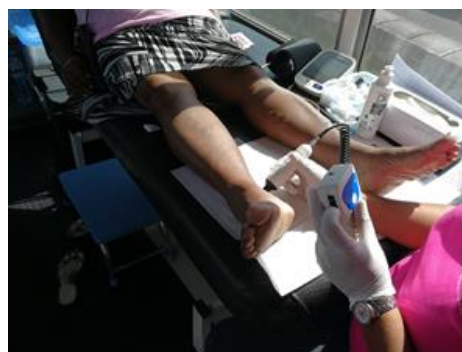
Results

January 2019 to December 2019

- 7 villages visited
- 623 patients
- 291 foot assessments
- 291 people educated on foot care
- 291 foot care booklets distributed
- 623 people screened
- 10 nutrition groups



Public Screening



Nurse examining blood flow

“The aim of the nutrition sessions in the caravan is to prevent primary and secondary complications brought about by diabetes. We share easy and nutritious recipes with all those that we meet. It is encouraging to see that these recipes are appreciated by the population and is a first step in changing the lifestyle of Mauritians.”

Aroushinee Goorapah, Dietitian

Nutrition Workshop Project

This project is supervised by a dietitian and teaches about eating healthily and preparing balanced meals with the goal of improving health and quality of life.

The laboratory tests included in this project are taken after the nutrition workshops. They act as benchmarks for the dietitian and the patient during the 2 planned individual consultations and also as performance indicators for the project. Consultations with the doctor and psychologist are provided upon reference to ensure an individualised patient support. The patients also conduct 'supermarket tours' to help them to read food labels.

To note: In 2019, a 'sharing' group activity was held in collaboration with Les Moulins de la Concorde Ltd. The purpose was to allow our patients to discover different types of flour and how to prepare them at home.

Results

August 2018 to December 2019

- 107 participants
- 10 groups
- 6 'sharing' groups
- 137 individual consultations



Flour presentation - Les moulins de la concorde

Decreased HbA1C

67%

patients

Weight Loss

82%

patients



Supermarket tour

“The results are encouraging. Patients understand that they need to take their diabetes in to their own hands. Thanks to these workshops, they have once again found pleasure in eating well. It has to be said that the psychologist has a very important role to play in patient management.”

Teenusha Seebaluck, Dietitian

Education Project

A healthy lifestyle is one of the major pillars in the management of chronic diseases like diabetes. This educative programme is overseen by a dietitian and her team and provides group workshops that assist patients take ownership of their illness, become more independent and benefit from an improved quality of life.

To note: We have recruited a nurse to work on this project

Results

January 2019 to December 2019

- 84 participants
- 9 groups

Improved glycaemic rates
60% of patients



Education Session- conversational map



*Use of an educational booklet on
Cardiovascular Risks*

“In these workshops, patients learn how to better manage their diabetes on a day to day basis. Many topics are discussed over the course of the sessions including nutrition and physical activity. What is more important, they then put these things into practice at home. They feel that they are being accompanied in their journey and that we, health care professionals, are always attentive.

Shirley Mohun, nurse and educator

PROXIMITY PROJECT

APSA Branch in the West

One of APSA's main objectives has always been to prevent the onset of Type 2 diabetes within the Mauritian population through screenings, medical care and education across the island. In our desire to extend our activities and become an NGO that works closely with the community, APSA opened a branch in Black River in 2019.

For the time being, the centre offers basic services to diabetics and those at risk of developing the disease including education sessions on diabetes and cardiovascular diseases along and foot assessments. Note that those needing more in-depth care are redirected to APSA Diabetes Care Centre in Trianon.

The purpose of the centre in Black River is to help those that are vulnerable within the region. This helps them to take care of their health and to create awareness about non-transmissible diseases as well as obesity.

What is more important, APSA has the support of other NGOs in the region notably, Le Pont du Tamarinier and Kolectif Rivier Nwar.



Education Session – Educational Booklet on Cardiovascular Risks



Checking a patient's blood pressure

One-time Projects

World Diabetes Day

The World Diabetes Day is celebrated each year on November 14th and serves as an opportunity to sensitise the Mauritian population on this disease and its complications. In order to mark the occasion, we organised a public screening on Saturday 16 November at La City, Trianon. The programme included :

- Screening (glycemia, blood pressure, waist circumference)
- Advice from Health Professionals
- Food tasting
- Activities for children
- Photo booth

A big thank to our sponsor, Anchor Life, for supporting this project.

420 people were screened



Screening in La City, Trianon

APSA in the West

Due to our desire to extend our activities and become an NGO that works closely with the community, APSA carried out a service to the community in the West in collaboration with another NGO, Le Pont du Tamarinier. Together, we came up with a pilot project that consisted of foot assessments and education sessions on diabetes and cardiovascular diseases. A large screening was also conducted and took place on the football field in Black River.

Through this programme, we strive to reach out to the local population on the short, medium and long term through collaboration and training of **local health ambassadors** at work in the community.



Screening in Black River

‘Fighting diabetes at the workplace’ – initiative of the Mauritius Research Council (MRC)

Through the project, *‘Fighting Diabetes at the Workplace’*, initiated by the Mauritius Research Council, the APSA caravan was posted within the premises of Omnicane Ltd, L’Escalier. The purpose of this project was to prevent amputation and other complications associated with the diabetic foot. Foot assessments and foot care were provided and educational booklets, ‘Je prends mes pieds en main’ were distributed.

A total of 126 employees were reached and educated on proper foot care. Additionally, this programme will continue on in 2020 to further benefit Omnicane employees.



International Project

In 2019, the International Project Manager, Véronique La Hausse, and the Head of Education and Prevention, Kamla Pandoo, travelled to Botswana to train medical and paramedical staff of clinics located in the regions of Ramotswa and Gaborone.

This is the result of a request made by the international association, Humana People to People and the Ministry of Health of Botswana. Let's be reminded that Botswana is an African country with a high prevalence of diabetes.

With the use of the booklet, *Learn to Control Cardiovascular Risks*, the team has been trained to help patients take their diabetes in to their own hands. The emphasis was placed on the necessity of adopting a healthy lifestyle so as to avoid complications.

It is to be noted that it is not the first time that APSA has conducted this type of project. In past years, several missions were carried out in other African countries with the collaboration of the World Diabetes Foundation.



Media and Communication

Flag Day - communication

APSA is always very active on social media over the course of our Flag Day. This year was no different and the main goal was not only to create public awareness on DIABETES, our No.1 enemy in Mauritius but also to call out for national solidarity to support APSA and its activities in fighting this pandemic. APSA is able to continue its activities thanks to all the donations and support of the Mauritian population.



Click on the following link to watch the video:

<https://www.youtube.com/watch?v=AwaSwgDjzQI>

Pran ou Diabet en Main (PODEM)

Pran Ou Diabet en Main (PODEM) has now been in existence for over 5 years. Since 2018, the program has been broadcast every Wednesday at 10:30 – 11:00 with a specific topic and special guest speaker. An array of topics were addressed in 2019 such as; obesity, hypertension, polycystic ovaries and insomnia – all of which were linked to diabetes. A total of 50 programmes were broadcast. Listeners can also catch up on the programme every Sunday on the R1 website and on the Maurice Info webpage.

Special thanks to Jean Marie Richard, Radio One and Maurice Info



SANTÉ

Les jeunes davantage touchés par le diabète

En 2015, selon un relevé national, 20,5 % des Mauriciens âgés entre 20 et 74 ans étaient diabétiques. Quatre ans plus tard, ce taux est plus élevé mais un rajeunissement de la maladie est constaté. Qui sont ceux les plus vulnérables ? Pourquoi ? Explications à l'occasion de la Journée mondiale du diabète célébrée ce 14 novembre.

«J'ÉTAIS incontrôlable. Je mangais n'importe quoi. Je buvais beaucoup. Un soir après une fête, je me suis évanoui. Mes amis croyaient que c'était une crise. Or, après un examen médical, on a découvert que c'était le diabète. Je n'avais alors que 20 ans, confie Stacey, employée dans un centre d'appels. En deux ans, sa vie a complètement changé. Alimentation saine, prescription d'insuline, traitement médical : les nouvelles habitudes ont vite pris le dessus pour l'aider à gérer le diabète.

Une maladie qui touche environ 300 000 Mauriciens, estime Audrey Hardy, présidente de l'Association pour la promotion de la santé (APSA). Une situation des plus préoccupantes, d'autant que Maurice se classe parmi les pays au monde ayant le plus de personnes diabétiques de type 2. Un autre constat inquiétant : le rajeunissement des diabétiques. «Le diabète touche une population de plus en plus jeunes. Et il existe malheureusement

des milliers de personnes qui en souffrent mais ne le savent pas. D'ailleurs, le Dr Mehia-been Boobejaan, de la City Clinic Port-Louis et Grand Bay Clinic du City Clinic Group, estime qu'une personne sur deux demeure non diagnostiquée. «Il est important que les proches des personnes diabétiques se fassent dépister afin de prévenir des complications à long terme, dont les problèmes de vue, les amputations, un dysfonctionnement des reins, des troubles cardiovasculaires, etc. Les patients mauriciens sont de plus en plus jeunes».



À Maurice, le diabète touche près de 300 000 personnes, selon la présidente de l'APSA.

De son côté, le Dr Mike Sooknundun, directeur de la Clinique du Nord, affirme que la catégorie des 20-40 ans ainsi que la population adolescente est plus vulnérable :

«La prévalence du diabète et de l'état pré-diabétique est en hausse chez les adolescents.» Ce constat est également partagé par l'association T1Diams. Encadrant enfants et jeunes vivant avec le diabète de type 1, l'organisation a recensé une augmentation en termes de personnes diagnostiquées : «A nos débuts, nous avions 75 personnes. En 2019, nous en sommes à 300. Chaque année, le taux est plus élevé», explique une représentante. À titre d'exemple, lors de la détection, le plus jeune patient était un bébé de 18 mois.

Pourquoi cette génération est-elle davantage touchée par le diabète ? Le style de vie et la sédentarité y sont liés, souligne-t-on à l'APSA : «Plus on tarde à se faire dépister ou prendre son diabète en main,

plus les risques de complications augmentent», précise Audrey Hardy. Et les autres tranches d'âge ne sont pas en reste. Si les statistiques nationales ne seront disponibles qu'en 2020, le Non Communicable Diseases (NCD) survey de 2015 tirait déjà la sonnette d'alarme, avec un taux de 257 442 de Mauriciens dont 19,6 % d'hommes et 21,3 % de femmes âgés entre 20 et 74 ans. «C'est un problème de santé majeur avec des cas qui ne cessent de croître d'année en année», soutient Anshad Sarwar, pharmacien.

Mondialement, si on le calcule, 425 millions d'adultes vivaient avec le diabète en 2014, comparés à 108 millions en 1980 : «Ce rapport mondial de l'OMS sur le diabète souligne l'énorme ampleur du problème.» Ce taux devrait atteindre 522 millions

COMPRENDRE L'ÉTAT PRÉDIABÉTIQUE

Selon le Dr Mike Sooknundun, pré-diabétique lorsque son taux de sucre est situé entre 5,6 à 7,0 mmol/l, signes avant-coureurs indiquant au diabète. Cela dit, un test doit être effectué au moins une fois par an 20 % des Mauriciens sont le médecin. De son côté, Ars explique que l'hérédité constitue un risque chez les pré-diabétiques il faut consommer des aliments sains et une activité physique d'entretien et perdre du poids, ajoute le

d'ici 2030. En rien qu'en 2017, le diabète a causé quatre millions de décès dans le monde. Évaluant que 25 % des Mauriciens en sont atteints, la doctoresse indique que ce chiffre devrait monter en flèche si nous n'agissons pas : «Plus de 50 % des cas de diabète peuvent être évités.» Pour ce faire, la médecine préventive et un mode de vie sain sont vitaux.

La recherche médicale continue représente également une solution ainsi que des traitements plus efficaces sur le marché, suggère Mike Sooknundun. Au même titre que l'inculcation des habitudes alimentaires saines auprès des parents et enfants par les enseignants. Selon le Dr Mehia-been Boobejaan, l'éducation doit aussi se focaliser sur l'importance d'un indice de masse corporelle optimal et l'encadrement d'un diététicien : «Lors du diagnostic, cela peut aider le patient à comprendre le concept de sucre caché. Par exemple, une plus grande portion de pain blanc a une plus forte incidence sur la glycémie, comparée à une petite assiette de riz basmati», soutient-elle.

Mehia BISSIÈRE

TÉMOIGNAGE : BERNARD, 67 ANS, AMPUTÉ

«De janvier à juin 2019, je suis resté à l'hôpital. J'ai été amputé des cinq doigts du pied droit. Ce n'est pas facile, déclare Bernard, 67 ans, diabétique. En 1994, il ressent un malaise alors qu'il est au travail. Ancien pompier, il se rend à l'hôpital. Des traces de diabète sont détectées. Les médecins lui conseillent juste de faire attention. Cela dit, après quelque temps, la maladie empire. Sa condition physique change. Il fait un diagnostic au privé et en découvre la gravité : «Ma circulation n'était pas bonne. Mes reins et mes jambes étaient aussi affectés.» Quelque temps plus tard, au bout d'une demi-journée de marche, il constate des enflures aux pieds. Une petite blessure s'amplifie graduellement, le conduisant alors à l'hôpital. Après l'admission et l'amputation, Bernard se réadapte graduellement : «Le contrôle de la maladie est continu. Je dois prendre des précautions. Maintenant, je recommence à marcher».

IPRO AFRICAN MARKET LEADERS FUND

CLASS (I2) INSTITUTIONAL CLASS (a class fund of IPRO Funds Ltd)

Week-End - dimanche 20 octobre 2019 21

Dans le Sud

La Foot Care Karavan d'APSA fait une centaine d'heureux

111 habitants du Sud ont fait des tests de dépistage du diabète et 49 diabétiques de la même région ont bénéficié d'un diagnostic de leurs pieds et de conseils des infirmières de l'Association pour la promotion de la santé (APSA). La Foot Care Karavan d'APSA était en effet dans l'enceinte du centre social de Plaine-Magnien durant la semaine écoulée, et ce grâce au soutien de l'Omnicare Foundation. «Nous procédons ensuite à la vérification du taux de glycémie et de la tension artérielle. Il est important que l'on sache également si le patient prend déjà des médicaments. Une fois toutes ses étapes parcourues, nous commençons les examens des pieds. Nous vérifions la circulation sanguine, les sensations aux pieds, s'il y a des cors entre les orteils et des champignons sur les ongles et des fissures au niveau des talons. Ensuite, nous prodiguons des conseils et des soins adaptés à la personne», explique Djemilla Marianne, infirmière.

Il est à noter que trois sessions de nutrition ont été animées par Archishnee Goorapah, diététicienne à l'APSA. «Vingt-cinq habitants de la région y ont assisté. Nous avons eu des sessions de prévention nutritionnelle contre le diabète. Des thèmes importants, tels que l'alimentation, la graisse, le sucre et le sel ont été abordés ainsi que le dosage de portions des différents mets dans une assiette. Nous avons aussi proposé des dégustations», a indiqué la nutritionniste. Il faut noter que la Foot Care Karavan en est à sa sixième sortie dans le Sud grâce au parrainage de l'Omnicare Foundation.

2 mardi 20 août 2019

QUEST | Ce samedi

Sessions sur les maladies cardiovasculaires et le diabète

En collaboration avec l'Ong Le Pont du Tamarinier, l'Association pour la Promotion de la Santé (APSA) animera deux ateliers le samedi 21 août de 13h à 14h et de 14h30 à 15h30 dans l'enceinte de l'île. L'objectif de ce programme est de dépister 600 personnes, de sensibiliser 400 personnes et d'assurer un suivi éducatif ainsi que le bilan podologique pour 200 à 250 personnes. Pour rappel, Maurice compte, selon l'APSA, plus de 300 000 diabétiques.

Désireuse d'étendre ses activités et d'être une Ong de proximité, l'APSA s'associe à l'Ong Le Pont du Tamarinier, active depuis plus de 15 ans à Rivière-Noire pour mettre sur pied un projet pilote régional. Celui-ci consistera notamment à organiser des sessions d'éducation sur le diabète et les maladies cardiovasculaires. Les ateliers, animés par un médecin et une infirmière, sensibiliseront sur l'importance des exercices physiques, au lien entre la glycémie et l'alimentation. Deux sessions sont prévues le samedi 21 août, soit de 13h à 14h et de 14h30 à 15h30.

17h, sur le terrain de football de Rivière-Noire, les habitants pourront bénéficier d'un ensemble de tests, dont la prise de glycémie, l'hypertension et le tour de taille ainsi que des conseils prodigués par une équipe médicale et paramédicale.

L'APSA soutient que l'un de ses objectifs a toujours été de prévenir le diabète de Type 2 parmi la population mauricienne, et ce en offrant gratuitement des dépistages et séances d'éducation à travers l'île. «Sensibiliser et éduquer la population sur les causes et complications liées au diabète afin de mieux les gérer reste une des priorités de l'association», indique-t-on.

Ce projet a pour vocation de toucher les populations locales sur les court, moyen et long termes à travers la collaboration et la formation d'ambassadeurs de santé locaux à Trévère dans la communauté. «Les Ong amèneront, pour leur part, le suivi de l'éducation avec la collaboration de l'équipe de l'APSA. Celle-ci et les ambassadeurs locaux, formés pendant le programme, collaborent à ce que toute personne diabétique

éducatif personnalisé sur une durée de cinq mois. De plus, un suivi éducatif du public ciblé sera effectué au-delà de la durée du projet. Toute personne souffrant de diabète, souvent victime de complications graves au niveau des pieds, avec risques d'amputations, bénéficiera aussi d'un bilan podologique et de soins adaptés», a-t-on expliqué.

Audrey Hardy, présidente de l'APSA, se dit «confiante» que les sessions d'éducation assurées par Kamla Pandos, responsable d'éducation et prévention à l'association, seront «très bénéfiques». Elle ajoute : «Avec plus de 300 000 personnes diabétiques à Maurice, il est plus qu'urgent d'éduquer la population sur ce fléau.» Ce projet, précise-t-on, a été rendu possible grâce à l'initiative et le soutien de l'Organisation mondiale de la Santé (OMS), qui remercie d'ailleurs l'APSA. Annelise Pigot, manager social du Pont du Tamarinier, salue l'initiative de l'OMS et de l'APSA, qui permet l'inclusion et la formation des Ong locales pour un programme qui devrait avoir un impact considérable sur la

TESTIMONIALS

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I visited the caravan when it was in Port Louis, from there the nurses encouraged me to come and follow the nutrition workshop. Upon arrival, I was a bit stressed but, I was warmly welcomed by the staff. I learned a lot from the workshop – how to eat and drink properly and also, how to read food labels. Teenusha explains in such a way that it is easy to understand. I now put in to practice what I have learned when I cook. My diabetes and blood pressure have started to improve.

Mrs Cassimir, Nutrition Workshop

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I have been diabetic for many years... I followed the education workshop and I have learnt how to manage my diabetes and how to face other complications... What I find interesting is that we are able to control this illness through nutrition and exercise... I follow these instructions at home. There has been a lot of changes in my life... Before, I used to just take my medication, doctors did not tell me how I ought to eat or live... My lifestyle has completely changed.

Mr Curpen, Education Workshop

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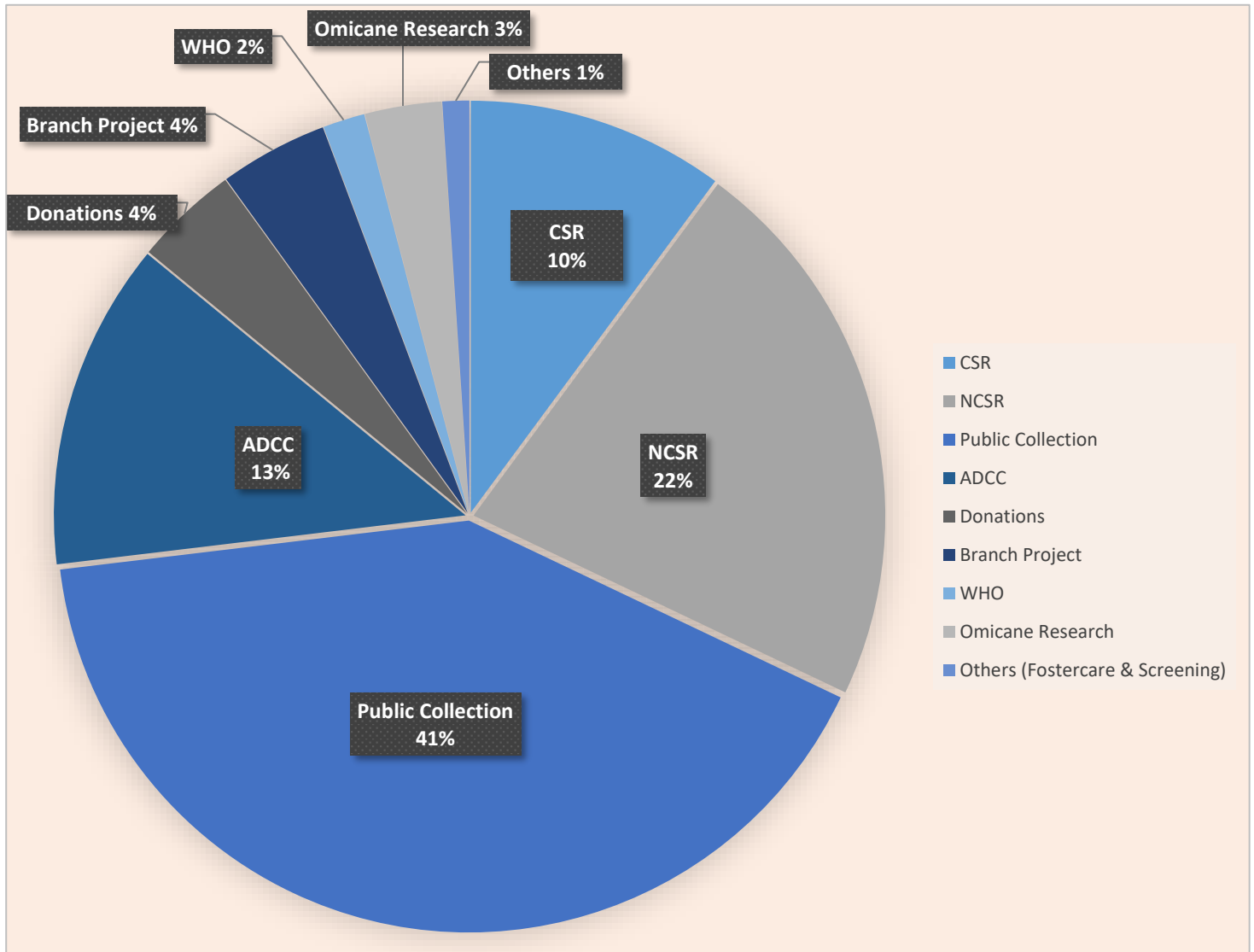
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I came to APSA because I had lost sensitivity in my feet... Whenever I walked, it felt as though there was a stone under my feet, I was unable to walk properly... I have followed my treatment at APSA and I am very satisfied... I followed 16 neuro sessions and the results have been good... I used to have varicose veins and I have been taking the necessary precautions and I feel much better now.

Mrs Dupré, Neuro rehabilitation

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