SEVEN YEARS OF EXPERIENCE IN INTEGRATED CARE AND EDUCATION ON DIABETES IN CUBA: PROJECT "SWEET MY LIFE, NOT MY BODY".

Author: Dr. Rocío Rodríguez Sánchez¹
Co-author: Dr. Manuel Vera González²

Ing. Mabel Gómez Albertus³
Arq. Ricardo Machado Jardo⁴

Lic. Daili Carnero Gonzalez⁵
Arq. Oliesky Fabré Del Castillo⁶

INTRODUCTION

The research is based on the experience of a project founded seven years ago promoting monthly meetings to orientate and educate healthy life style in young people with diabetes & their relatives.

GROUP DESCRIPTION

EDUCATIVE PROGRAM

EXPECTED RESULTS...?

General Evaluation criteria of the educative program (permanence, new incorporations, better metabolic control, knowledge measurement). Acceptance of being a person with diabetes and enjoy a healthy life style. Diminish or delay the onset of diabetes complications.

HOW...?

Identifying different methods that will be used in the planned activities.

Methodological values:

- participation-action
- collective production of knowledge
- start from the practice in the educative process.
- application of different educational techniques.

WHAT TO DO...?

Identify the topics and activities suitable to the main goals and the target audiences.

- workshops
- recreational activities
- community participation and inclusion

WHY...?

To identify the educative & informative needs (levels of information, interaction, and dysfunctional family).

WHAT FOR..?

To select the main goals of the educative program.

Examples:

- strengthen the knowledge about diabetes.
- encourage the interaction between people with diabetes and their relatives.
- stimulate background related with healthy life style.
- emphasize the importance of diabetes as a social problem, not only a disease.
- acceptance of the condition of been a person with diabetes.

TO WHOM...?

To the target audiences:

- People living with Diabetes
- Relatives (parents, friends, colleagues, couples)
- Soport networks
- Scientific community

*Main Topics:

- 1.Living with diabetes: hypoglycemia, hyperglycemia, sweetening, foot care, oral health / 2.Diabetes and fashion : piercing and tattoos, physical exercise./ 3.Diabetes and sexuality : couple and diabetes, diabetes and pregnancy, sexual infections and contraceptives./ 4.Diabetes and nutrition: healthy food, sweet the spirit, not the body./ 5.Myths and prejudice: the family facing diabetes. / 6. Self-esteem, 7.Dysfunctional families / 8.Special situations / 9.Among others.

METHODOLOGY

We studied qualitative and quantitative perspectives, supported by inquiries, interviews and focal questionnaires. Aims: To systematize the experience in education and integrated care on diabetes in Cuba. To develop a proposal for a diabetes educational program.

MAIN TOPICS*

Relative's interest

Young member's interest

¹roci2sanz@gmail.com
²manmar@infomed.sld.cu

³mabelitaga90@yahoo.es
⁴rmjardo8306@gmail.com

⁵daili.carnero@havanaclub.cu
⁶ofabre@gmail.com