



TDC



TALABI DIABETES CENTER

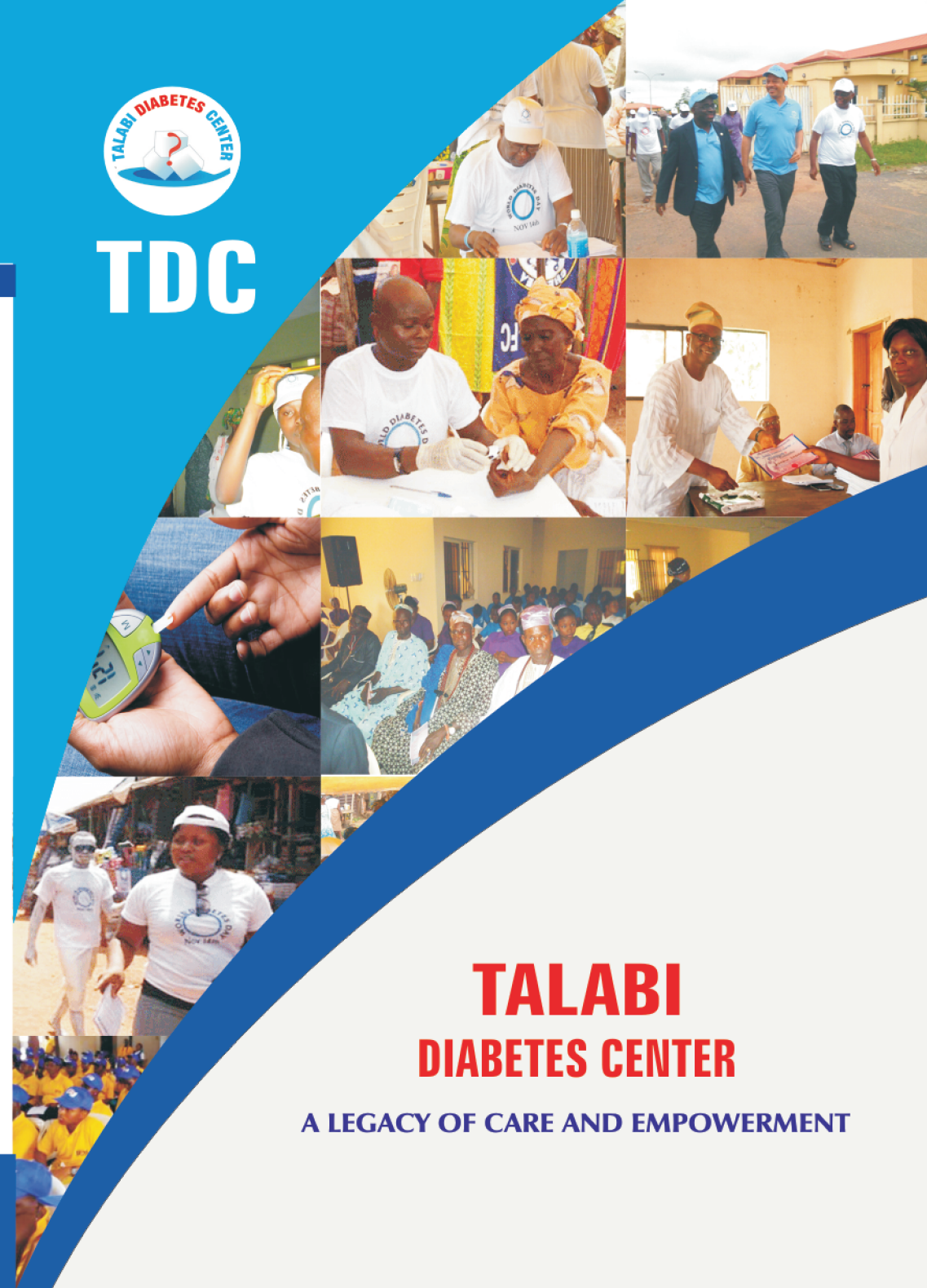
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...Making Impacts, Touching Lives



TALABI DIABETES CENTER

A LEGACY OF CARE AND EMPOWERMENT



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EMPOWERMENT**

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Who We Are

Talabi Diabetes Center is a not-for-profit organization established in 2005 by the Olumuyiwa Talabi Family of Isara in the Remo North Local Government area of Ogun State of Nigeria with the intention of collaborating with the Olabisi Onabanjo University, Ago Iwoye and the Olabisi Onabanjo University Teaching Hospital, Sagamu (both institutions of the Ogun State Government). The collaboration was concluded in September 2016 with the signing of the Memorandum of Understanding by representatives of the collaborators.

The Center is duly registered with the Corporate Affairs Commission of Nigeria; its Registration No is: RC 706145. It is also a registered member of the Diabetes Association of Nigeria. It won the Association's 2011 Award of the Most Active Non-Governmental Organization involved in Diabetes Education and Care in Nigeria.

Its purpose-built Clinical Complex sited at Isara was completed and officially commissioned on March 11th, 2010, though clinical services had become operational a month earlier at the site. Attendance at the Clinic has been remarkable; the Center's patient's registration has risen to nearly two thousand as at August 2017. Patients benefit immensely from the Center's Drug Revolving Fund which has made it possible for the Center to offer subsidized services — Laboratory tests and drug purchases.

CARE, AWARENESS CREATION and EDUCATION are very dear to the Center as it strives among other things, to empower the people living with the

condition to independently manage their condition — thereby giving them FREEDOM.

The Center's activities are primary healthcare based so as to bring health care as close as possible to where the people live and work and to provide the people with promotive, preventive, curative and rehabilitative services.

Being a Primary Care Level Center, a smooth referral system has been put in place for its patients needing higher levels of healthcare. Also, for comprehensive diabetes care, the Center has a Collaborative Agreement with the Deseret Community Vision Institute (Eye Foundation) at Ijebu-Imusin by which its patients are attended to by ophthalmologists from the Institute.

The Center's Set GOALS:

- i. Enhance the lives of people living with diabetes, and prevent or at least delay its onset in those that are pre-disposed to the condition.
- ii. Prevent or at least delay the onset of the consequences/complications of the condition in those living with it.
- iii. Collaborate with other related institutions and partner with the government to come up with acceptable and workable Guidelines for diabetes prevention and management.
- iv. Serve as a Center of Exchange with National and International institutions.

Objectives/Mission

The objective of the Center is to make a difference in the fight against diabetes.

Its VISION is to overcome diabetes through the development of a sustainable, cost-effective and user-friendly intervention management strategy.

The Center's programs are primary healthcare oriented; its strategy is the mobilization of the grassroots through sustainable initiatives covering:

A. Short Term:

- i. Provide awareness of diabetes mellitus and its debilitating effects through innovative and socio-culturally sensitive strategies.
- ii. Design and provide home grown and appropriate technologically driven intervention and treatment programs for Nigerians with diabetes.
- iii. Run educational and training programs, workshops, seminars and symposia in diabetes and allied diseases as it deemed fit, for patients and healthcare personnel and the general community.
- iv. Ensure the acquisition of up-to-date how-to-skills of diabetes prevention and management for persons with diabetes, the health care providers and the

community at large.

B. Long Term:

- i. Carry out research and consultancy services for the enhancement of general health.
- ii. Disseminate Talabi Diabetes Center's research findings to health care providers and the community and provide a 3-way attack – diagnosis, education and support, to various groups and associations with similar objectives.
- iii. Gradual introduction of innovative, well designed and scientifically executed clinical researches into local herbs and foods that will not only enhance diabetes management but will also be user-friendly to those living with the condition.
- iv. Continually run its purpose built Clinical Complex at Isara as a Primary Care Center for Diabetes (within the non-communicable disease scenario) working in collaboration with related secondary and tertiary healthcare level institutions.
- v. Give and receive research

grants, establish short term fellowships, award prizes and endow Professorial Chairs in Diabetology.

- vi. The development of a Health Retreat Arm to the facility. For this future development, 19,458 hectares of woodland has been

secured for:

- Recreational facilities
 - Conference Center complex
 - Mixed farms including herbs cultivation.
- vii. Diabetes Advocacy Drive for sufferers in Ogun State, Nigeria.

Advocacy

The International Diabetes Federation's (IDF) scorecard of 2014 rated Nigeria's weakest area in diabetes management as financial support of diabetes services. The scorecard also noted the non-universal nature of services for diagnosis, and lack of diabetes services for vulnerable population groups. The World Health Organization's statistics indicate that Nigeria has the highest number of people living with diabetes in sub-Sahara Africa and has a relatively high diabetes related morbidity and mortality as most of those living with the condition cannot manage the financial burden of treatment regimes.

Furthermore, the Diabetes Association of Nigeria (DAN) posited that Nigeria's top national diabetes priorities should include equitable, universal access to care, and the development/implementation of a National Diabetes Program.

In Ogun State, Nigeria, the WDF sponsored SIDCAIN project (World Diabetes Foundation project 08-321) found a prevalence of 5.05% in the

people screened (Community based diabetes risk assessment in Ogun State, Nigeria. Indian J Endocrinol Metab. 2013 Jul-Aug; 17(4): 653-658).

Although the fall-outs from the Center's on-going WDF co-funded project will lightly touch some of the issues raised above, the Center is shopping for funding assistance for its Diabetes Advocacy Drive for sufferers in Ogun State. It is the Center's desire to collaborate with other relevant institutions and the State Government to develop and adopt a State Guideline for DIABETES PREVENTION AND MANAGEMENT.

Our Contact:

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The journey so far

Grassroot Intervention:

Since inception, TDC has been using public address system, town criers and Radio jingles in the vernacular to undertake public sensitization campaigns/outreaches on diabetes and hypertension amongst market women and the general public across Ogun State of Nigeria, reaching out to all the nooks and crannies. During the exercise:

- i. The public is educated about the symptoms and signs of diabetes and is encouraged to participate in the free screening exercise for diabetes and hypertension that goes on concurrently.
- ii. Those diagnosed with diabetes or its complications during the exercises are promptly referred to the appropriate level of care.

Building the State's Healthcare Workers capacity:

The Center has a rapport with the Ogun State Local Government Service Commission-(which has the oversight responsibility for the Primary Healthcare Workers of the State) as well as the Remo North Local Government, Isara-Remo. These institutions are intimated about and involved in the activities of the Center so

as to enhance the Center's major interest—the grassroots. Through its programed Update Courses on Diabetes for Primary Healthcare Workers over the years, TDC, in conjunction with the Ogun State Local Government Service Commission has been gradually building the State's Primary Healthcare Workers capacity. This has helped the workers to deliver enhanced care to individuals living with diabetes in their communities. Conscious of the fact that it is not enough for the healthcare givers to be proficient in the theory of diabetes management; but that they needed to be empowered with diabetes management tools and equipment to deliver the services as desired, the Center shopped for means of consolidating the gains of its training program. To this end, it applied for and got a World Diabetes Foundation co-funding grant of \$100,000 (one hundred thousand United States dollars) to execute its project titled: Enhancing Diabetes Education and Care in Ogun State: WDF15-1257. The two-year project which will run from October 2016 to November 2018 will cover all the 20 Local Government Areas of the State that constitute the 4-Zones of the State. It is being executed in conjunction with the Ogun State Local Government Service Commission and the Ogun State Chapter of the Diabetes Association of Nigeria.

The Goal of the project is to:

Improve the knowledge and strengthen the skill of Primary Healthcare Workers of Ogun State to enable them deliver basic diabetes care.

The Objectives are:

- i. Improve the knowledge base of 1,000 primary healthcare workers on diabetes.
- ii. Improve the ability of 1,000 primary healthcare workers to deliver good diabetes education and care thereby improving the lives of people living with diabetes in their communities.
- iii. Furnish all the participating 100 Primary Healthcare Centers of the State with glucose monitors, strips and blood pressure monitors.
- iv. Offer free diabetes screening for 25,000 individuals who present to the various Primary Healthcare Centers during the project period.

Intended project results are:

- i. 1,000 Primary healthcare workers across the 20 Local Government Areas will be trained in diabetes care.
- ii. 2,000 copies of Diabetes Training/Education Manuals will be produced and distributed to the participants and the various Primary Health Centers

of the State.

- iii. 100 monofilaments, that is 100 monofilaments per Primary Health Center; 25,000 glucometer strips, that is 250 strips per Health Center; 200 glucometers that is 2 glucometers per Health Center and 100 blood pressure monitors, that is 1 blood pressure monitor per Health Center will be distributed to the participating Primary Healthcare Centers.
- iv. 25,000 individuals will be screened for diabetes in the various participating Primary Healthcare Centers.

Fall out from the project:

In the absence of a universal health insurance scheme in Nigeria, this project will:

- i. Help to reduce the current inequity in the healthcare system and will give those in the low socio-economic class access to meaningful diabetes education and care.
- ii. To a large extent, break the existing vicious cycle between diabetes, its complications and poverty.

Planned activities to reach the project objectives:

- i. 3-day Up-date Courses on Diabetes.

To ensure that the project execution does not paralyse the daily activities of the participating Health Centers, 2 cycles of training are organized for each of the 4 Zones to which the 20 Local Government Areas of the State are divided. 125 Primary Healthcare workers will attend the course from each Zone.

- ii. 20 lectures on the various aspects of diabetes will be delivered. All the lectures delivered will be compiled into a Training Manual for distribution to participants. In all, 2,000 copies will be produced.

- iii. The diabetes treatment kit - monofilaments, glucose monitors and strips as well as the blood pressure monitors, will be distributed at the end of the first training cycle to the participating Health-care Centers. This will ensure immediate implementation of the goals of the project.

- iv. All the Health Centers will be encouraged to actively screen individuals who come to the Centers for routine care for diabetes.

will be mandated to charge and account for a minimal fee for each glucometer strip used. The proceeds therefrom will be ploughed back into the Glucometer Strip Revolving Fund for the replenishment of glucometer strips stock. Thus, strips will be available for continued diabetes screening services at the Health Centers.

5. TDC will bear the cost of a biannual interactive session with some of the trained staff and the Local Government Service Commission in order to have continuous evaluation of the initiative

distributed to the 100 participating Primary Healthcare Centers.

- v. 2,000 Training Manuals have been produced – 1,880 of these have so far been distributed.
- vi. 100 Primary Healthcare Centers have been strengthened and empowered to offer basic diabetes management.

Project sustainability

To ensure sustainability of the project, the following are being put in place:

1. The Local Government Service Commission which has oversight responsibility for the Primary Healthcare Centers and Primary Healthcare workers will be encouraged and supported by Talabi Diabetes Center to continue to:
 - give annually scheduled Training/Update Course to its Primary Healthcare Staff.
 - Undertake periodical diabetes screening campaigns.

To this end, multinational and indigenous companies' assistance will be pursued through their

respective Corporate Social Responsibility Scheme.

2. TDC will encourage the Ogun State Branch of the Diabetes Association of Nigeria to continually partner with the Local Government Service Commission to help with the mobilization of supports to sustain the project.
3. The Local Government Service Commission will be encouraged to vote more funds for the Health Centers for the establishment of a Glucometer Strip Revolving Fund.

4. All the Primary Health Centers

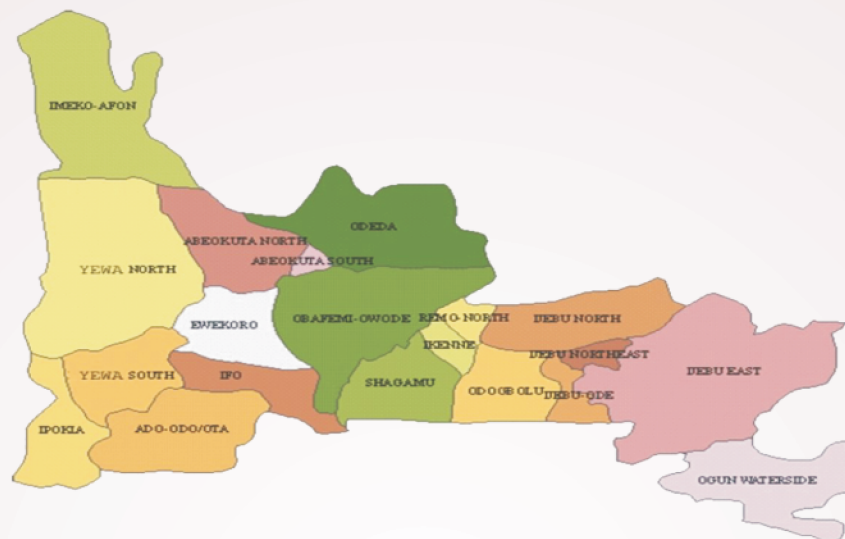
Project Progress:

Three phases of the project had since been completed and the following milestones reached:

- i. 880 Primary Healthcare workers have been trained on Diabetes Care.
- ii. 5,150 individuals have been screened for diabetes in the participating 100 Primary Healthcare Centers.
- iii. 4,510 individuals have been screened for Hypertension in the participating 100 Primary Healthcare Centers..
- iv. 25,000 glucometer strips, 200 glucometres, 100 blood pressure monitors, 1,000 monofilaments have been purchased and

Benefits Realised

The State's one hundred Primary Healthcare Centers which previously did not have capacity to screen for diabetes are now able to screen for and manage uncomplicated diabetes through the educational intervention and service delivery capacity building engendered by this project. They are also able to refer complicated cases to the appropriate level of treatment. The empowering of these Primary Healthcare Givers and their Centers with knowledge and basic diabetes equipment has led to early diagnosis and reduction of the incidence of late presentation when complications will have set in. This is an invaluable economic gain to the State, the communities and the individuals living with the condition. Indeed, the Healthcare Workers also individually benefitted from the project as their confidence in managing cases of diabetes has been greatly enhanced.



Map of Ogun State of Nigeria showing the location of its 20 Local Government Areas.

School Club

In its attempt to catch them young, the Center is striving to educate school children about diabetes, hypertension and general healthy lifestyle practices through the establishment of its School Health Clubs in some secondary schools in the State and Inter-School debates. Notable among the goals of the Club are:

- i. To enlighten the youths about the importance of health to an individual and the society at large.
- ii. Educate and inculcate in the youths what healthy living means.

- iii. Educate and encourage them to imbibe healthy living practices.
- iv. Use them as a Peer Group both among their mates and their parents - many of whom are not informed.



Some School Club Members

World Diabetes Day (WDD); World Diabetes Congress (WDC)

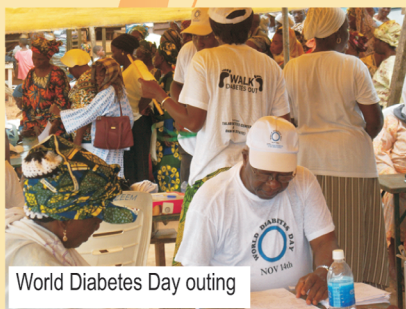
From inception the Center has been celebrating World Diabetes Day in accordance with the theme of each year. Similarly, it has been an active participant at the World Diabetes Congress since 2011 during which its Abstracts, listed below were accepted for presentation:



- **2011:** Reaching The Community With Diabetes Health Service At The Grassroots - A Nigerian Experience: Adesina OF, Talabi JE, Solarin MT, Johnson T.
- **2013:** Collaborative Diabetes Care Services in Nigeria – The Talabi Diabetes Center Experience in Primary Care - Adesina OF, Johnson T, Talabi JE.
- **2015:** Educating the Primary Healthcare Worker on Diabetes Care in Nigeria – The Talabi Diabetes Center Experience - Adesina OF, Talabi JE, Adediji D, Jaiyeola BJ.
- **2017:** Enhancing Diabetes Education and Care in Ogun State, Nigeria - Adesina OF, Talabi JE, Adediji D, Jaiyeola BJ, Solarin MT, Akinsanya AI, World Diabetes Foundation.

TDC Donor, Olumuyiwa Talabi presenting Certificate of Attendance to a course participant

2013 World Diabetes Walk flag-off by the Ogun State Commission for Health, Dr. Olaokun Soyinka (in the middle) Supported by Olumuyiwa Talabi on the right and Dr. Olowonyo, Permanent Secretary, Ogun State Ministry of Health.



World Diabetes Day outing



Vice Chancellor Olabisi Onabanjo University's visit to TDC

1st row from right: Prof. T. Johnson; Prof. Saburi Adesanya the VC; Olumuyiwa Talabi Founder TDC; his wife, Jejeola Talabi.

2nd row from right: Dr. Adetola Talabi, Founder's son; third from right is Prof. Alfred Jaiyesimi, Chief Medical Director, Olabisi Onabanjo University Teaching Hospital, on the extreme left is Dr. Olubiye Adesina, the Coordinator, Talabi Diabetes Center.



Eye Testing during an Outreach



TDC patients at an interactive session with a dietitian



Taking Diabetes awareness to the market



Outreach participants waiting to be screened



A Lecture session at TDC's Clinical Complex: Community Heads are involved in the Center's programs.



Master plan of Talabi Diabetes Center

Moving Forward...

Although Talabi Diabetes Center has come a long way since its inception in 2005, it still has a lot more to do to enable it accomplish its goals and objectives. Listed below are some of the initiatives we are currently working on and for which we are seeking support:

1. Tools and Resources:

- i. To consolidate the gains of the WDF project that will be concluded in November 2018, the Center is seeking assistance for the development of tools and resources that will enable it to continuously assess the care delivery practice of the State's Health Centers that participated in the project. This is to enable the Center periodically review current practices and introduce changes that will bring about quality care delivery.
- ii. A patient-centered Self-Assessment module for deployment to the Health Centers. This will go a long way in assisting the Center to realize one of its basic goals (the acquisition of up-to-date how-to-skills of diabetes prevention and management) listed at (iv) page 4.

2. Clinical Trial Collaboration:

The Center is open for collaboration opportunities with organizations conducting clinical trials in the areas of new diabetes medications; educational materials; equipment; obesity/weight control etc.

3. Collaboration/Exchange Programs:

The Center is looking forward to collaborating with organizations involved in grassroots diabetes undertakings.

4. Advocacy Drive for diabetes sufferers in Ogun State:

This involves the development and adoption of a State Guidelines for Diabetes Prevention and Management.

Please join us in our fight to reduce and ultimately eradicate the effects of diabetes in our communities. To assist or partner with us in any of the aforementioned areas, or in whatever way you will want to assist us, please reach us at:

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