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Introduction

Pharmaceutical Society of Kenya and Aratus Health Limited, to celebrate World Diabetes Day (14 November 2016) held a Wellness Camp at Yaya Chemist, based on the Ground Floor of Yaya Shopping Mall.

The purpose of this mass screening campaign was to have an impact in reducing the cost burden associated with Diabetes through early prevention, detection and management.

The objective was that those with impaired glucose tolerance were referred and advised appropriately on nutrition / diet, exercise and lifestyle changes so that they could revert to normoglycemia. In addition with this class of individuals to review their treatment regime and determine if any changes need to be made as a result. Those individuals with undiagnosed diabetes to be started on therapy / treatment and appropriate cardiovascular risk prevention to avert the morbidity and mortality associated with Diabetes.

General observations made whilst analysing the data from Yaya Chemist.

- 1) Data captured on the forms were incomplete i.e. missing
- 2) Certain individuals required more training on completion of patient data form e.g. Karwimbo, Manyara and Mumu.
- 3) For new diagnosis and / or uncontrolled sugars and hypertension – there were no comments from Yaya chemist on any follow-up action.
- 4) Values for Blood Sugars and Blood Pressure although not in control – were labelled as ‘in control’ by Yaya Chemist.
- 5) Some of assessments were not conducted e.g. Blood Pressure / Blood Sugars.

NOTE: Only the data present on the forms was analysed to draw any concrete conclusions.

Yaya Chemist Screening Population Analysis

The 14th of November Wellness Camp, there were 90 individuals that were screened. Of the 90 persons screened, there were 45 males (50%) and 45 females (50%). The trends seen at the Yaya Chemist situated in a shopping mall showed that Males took as much interest in their health and welfare as women. This was a pleasant finding.

The age range of the 90 persons screened was between ages of 13-67 years of age.

NOTE: There were 2 individuals that did not provide their respective ages therefore, analysis was conducted on 88 person data.

Table 1 below shows that 50% of those screened were between the ages of 26- 45 years of age. Majority of the male population were in the ranges of 36 – 55 years (more than the females in this age categories). Females who were screened were predominantly in age groups of 13 – 35 years or 55 years +. One can assume that the younger generation of the female population may have more awareness of ensuring regular health checks. The older generation of females having health checks, had pre-existing conditions of Diabetes or Hypertension.

Table 1

Age Range	Total	Male	Female
13-25 years	6	0	6
26-35 years	25	12	13
36-45 years	20	11	9
46-55 years	21	13	8
55 years +	17	7	10

Of the 45 screened male population there were 4 smokers (an insignificant number to draw any conclusions) within the ages of 35 – 65 years. These smokers also consumed alcohol. A 35 year old male smoker requested to join a smoking cessation program in order to quit smoking. Of the 4 smokers, 3 were hypertensive, experiencing conditions such as wheezing, acidity and gout. Of the 2 smokers had high blood pressure readings of 170/105 and 159/102. These individuals require help without any delay as they are in Stage 2 of Hypertension. NOTE: None of Diabetic.

Of the 45 screen male population there were 12 whom consumed alcohol, of which, 1 was diabetic (uncontrolled sugars, 1 had hypertension, 2 suffered from Asthma and 2 had members of the family whom were diagnosed with Throat cancer. There was 1 male with BMI > 25, his reading put him on the obese side of the scale.

Of the 50 screened female populations there was only 1 smoker. However, there were approximately 2 females that consumed alcohol (occasionally) – an insignificant number to draw any conclusions. One the female had been diagnosed diabetic (7 mmol), was a breast cancer sufferer and they both had high blood pressure (both controlled). **The other female consuming alcohol is a new diagnosis of diabetes with sugars of 17.4 mmol (random blood sugar) with a BMI of 30.1 (obese).** This individual needs to seek immediate medical attention and to be put on diabetes medication / treatment.

Disease Area Analysis

Of the 90 individuals screened, the breakdown of disease areas were as follows:-

Disease Area	Total	Comments
Diabetes	10 number (11%)	<ul style="list-style-type: none"> Approximately 10 (11%) individuals screened were diabetic. One of the Diabetic informed the Yaya Chemist staff she was not on any medication – sugars of 9.2 mmol observed (random blood sugar). Some of her family members were also diagnosed with various cancers. Of which 6 (55%) were also hypertension. It can be concluded that diabetes with uncontrolled sugars are high risk of developing diabetes complications such as hypertension.

		<ul style="list-style-type: none"> • 2 (20%) of individuals with diabetes had random uncontrolled sugars of > 11 mmols such as 21 and 22.1 mmols. Also there was only 1 with hypertensive with values > 140 (155/86). These individuals require additional support through (i) treatment review by a clinical officer or a physician (ii) nutrition advice and (iii) exercise. • NOTE: of the 10 Diabetes, 6 had BMIs values > 25. Venturing on overweight to obese (27 – 34). • Of the 77 individuals screened that non-diabetes, there was only 1 new potential diagnoses of diabetes with random value of 17.4 mmols. Further tests such as the HBA1C can be performed to confirm the diagnosis. • Of the 77 individuals screened that were non diabetic, 11 of those had family members who were diabetic such as Mother, Father, Grandfather and Aunt.
Hypertensive	23 number (26%)	<ul style="list-style-type: none"> • There were 23 individuals who had the pre-existing condition of High Blood Pressure (Hypertension). In addition to hypertension, only 1 individual also had a heart condition. • Hypertensive individuals had systolic values range between 101 - 170, whereas diastolic values ranged from between 63 - 105. Where the readings were > 145 they required immediate and emergency attention. There were 4 individuals with high readings (uncontrolled hypertension). A review of their medication and also further investigation into their health. NOTE: These individuals are also overweight and require nutrition education for weight loss. • NOTE: 3 of these individuals are Asthmatic and have wheezing problems. • Of the 64 (71%) that were not hypertensive, 5 individuals had BP > 145 systolic values. These were potentially new cases of diagnosis for hypertension and require immediate medical attention. They need to go on hypertension medication.
Breathing Difficulties	8 number (9%)	<ul style="list-style-type: none"> • There were 8 individuals reporting breathing difficulties, majority of them being asthmatic. • Only 1 individual from this group was Diabetic, in insignificant number to draw any conclusions. • There were 4 individuals who were hypertensive.
Cancer	10 number (5%)	<ul style="list-style-type: none"> • Diabetes doubles the risk of cancers such as Liver, Pancreas and Endometrial. It also increases the risk of colorectal, breast and bladder cancer by 20 – 50%. • There were 2 individuals that reported 'Cancer' such as Breast Cancer and other was not specified . NOTE: For future camps, we should train our staff to capture these on the forms. • Of the 2 individuals – 1 was Diabetic. • There are 8 individuals of the sample of 90 screened whom had family members with Cancer. The following cancers were observed:- Prostate and Throat.
Other	24 number (27%)	<ul style="list-style-type: none"> • There were 24 individuals that reported Other conditions. These were mainly (i) Allergies – Dust, Rhinitis (ii) Arthritis and (iii) Acidity in the main. • NOTE: Only 3 of the individuals in this class of population were Diabetics. • Interesting to note that 13 (54%) of these individuals were either overweight and/or obese and require nutritional advice and guidance.

BMI	46 number (51%)	<ul style="list-style-type: none">• More than 50% of the population screened were either overweight and / or obese.• An article published by the Standard reported – 7 November 2016 that ‘A third of Kenya’s women are either overweight or obese, the Ministry of Health has said. The ministry noted that there was a shift in the trend of obesity from minors to adults mainly due to poor feeding habits among the latter’.• Of the 46 overweight / obese individuals 25 were women (54%). The age ranges of 28 - 67 years.• Although in conclusion the males (46%) were also found to be overweight and / or obese.• Perhaps more research also needs to be made on male obesity within Urban areas vs. Rural areas of Kenya.
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