Changing Diabetes Barometer Project – Goa

India has the dubious distinction of being the diabetes capital of the world. With about 50.8 million people with diabetes, and the number expected to reach 80 million by 2025, diabetes is a very real threat to the country’s economic and developmental goals. What is even more a matter of concern is the fact that despite an adult prevalence rate of 6.2%, only 6-7 million people are treated.

Looking at the insurgence of diabetes problem the The Ministry of Health, Government of Goa entered into MOU with Novo-Nordisk Education Foundation, Banglore, India and launched ‘The Changing Diabetes Barometer Project’ Goa on 26th August, 2008, with the objectives that Goa to become a model state for diabetes care and treatment and initiated a Diabetes Control Program. This MOU continued till December, 2012.

The project had 3 phases for execution. The first phases included collecting baseline data, creating general awareness on diabetes and good glycaemic control, reaching the common man and diagnose diabetes by conducting screening programs. The second phase focused on continuing with the awareness and education efforts and provided more intensive training of doctors, paramedics, health workers on the use of best treatment options available to manage diabetes and upgraded primary healthcare centres in refining treatment options with focus on reducing complications like amputation, blindness, nephropathy associated with diabetes. In the third phase awareness and screening programs of the enrolled diabetes patients was continued besides training of doctors and paramedics for improved quality of care. It also analysed progressive data collected from the start of the project and based on findings and requirement of the state, evolved newer strategies for early diagnosis & treatment for diabetes.

In collaboration with Novo Nordisk Education Foundation after knowing the prevalence of Diabetes by conducting 108 Diabetic detection camps all over state during the period from September, 2008 to June 2009 and Screening 13250 people, i.e. 1% of the population, the House to House survey was undertaken in pocket areas wherever prevalence was found to be high. During which total 74,231 houses have been surveyed covering 3,11,867 people, 18853 RBSLs doing and referring 8557 people to respective health centres for further investigation. Also sensitization has been given on choosing healthy food to take the message on diabetes.
The Goa became the first Indian state to have a Diabetes Registry, which was launched in association with Denmark's Novo Nordisk Education Foundation (NNEF) on 24th June 2011 and also Mobile Diabetes Van. Diabetic Registry helped health services in the State to monitor the metabolic disease on a regular basis. The registry aimed at capturing details of every individual diabetes patient in the State and further aided government health services to monitor each patient-based on a unique identification number. Eighteen Diabetes Surveyor’s were appointed on contract basis under Diabetes Registry, Non Communicable Disease Control Programme, DHS, out of which 2 were Diabetes Surveyor cum Lab Technician. They were attending one day Diabetes OPD at their respective CHC, DH, PHC & UHCs. Each Diabetes Surveyor had to look after Diabetes activities at 2 periphery units. Since, funds are not approved under ROP of NCDCP to these staffs for the year 2014-15 therefore, their service contract is being terminated from 17th December, 2014.

105 Mobile Diabetes Camps were conducted at 28 different community / Primary / Urban Health Centre in which 13,450 people were screened of this 2341 were found to have blood plasma glucose > 140mg/dl, of which 79% had HbA1c > 6.5%. Thus uncontrolled diabetes was seen across all age groups. Further House to House survey was conducted to create awareness & make people with diabetes register with the Government and that free medication is provided free to people with diabetes including insulin analogues to have better control of diabetes thus leading to reduction of complications and have a better quality of life.

Various trainings were conducted by NNEF. Besides imparting training for Doctors and Nursing personnel’s based at Health Centres/Hospital level, 1260 Anganwadi workers at the grass root level, were given hands on training and refresher courses on Diabetes along with demonstration of insulin injection. All health units and GMC were provided with Podiatry Kit and nurses were also trained.

High Performance Liquid Chromatography Analyzer, which is a gold standard for doing HbA1C (glycosylated haemoglobin), is installed in New District Hospital, Mapusa. Total HbA1C tests done till November, 2014 is 7660.

Diabetes Foot Care Clinics are started at both District Hospitals at Mapusa and Margao and also at GMC, Bambolim. 3 nursing personnel, two from GMC and One from DHS are trained in this respect for one month in Germany and four more, two from GMC and two from
DHS District Hospitals are also trained in Management of Foot Care Clinic at Bhagwan Mahavir Jain Hospital, Bengaluru.

Till date total 19,021 Diabetes patients are registered under Diabetes Registry, who are taking treatment in different Government Health Centres of Goa till date. Out of these 15 are Type 1 diabetes patients, 18835 are Type 2 and 173 are GDM. Patients. On medication are 12,981 on Tablets, 3,875 on Insulin, 2071 on Insulin + Tablets and 90 are only on Diet + Exercise.

Improvement in the PHC most likely will positively impact the screening and diagnosis of diabetes due to the availability of screening kits, thereby facilitating diagnosis early enough for prevention or delaying secondary complications and management of diabetes with good glucose control. The presence of awareness literature will aid in the spread of awareness of healthy lifestyles and about the nature of diabetes, leading to more individual and community efforts to avoid onset of the disease. Finally access to resources like the foot care kit will result in greater ability to deal with the secondary complications of diabetes and better quality of life while living with the disease.