

# THE UP AND DOWNS OF DIABETES CARE AND SUPPORT

Buyelwa Majikela-Dlangamandla  
Division of Endocrinology & Diabetes Centre  
Groote Schuur Hospital

## Briefly Explore

- What is Diabetes Care and Support?
- Diabetes Care Team
- Barriers to Diabetes Care
- Personal Experiences
- The Current Situation in SA
- Way Forward



# Self-Reflection



# Diabetes Education (Coaching)



## **An ongoing process of**

Assessment  
Planning  
Implementation  
Evaluation



## **Process not dependent on 'high-tech' resources**



## **But requires**

A knowledgeable person with  
Excellent communication skills

# Value of patient education

- Encourage and empower pts to accept responsibility for their own health care
- Empower pts to acquire necessary info & skills.
- Empowers & encourages pts to change behaviour, attitude and successfully manage their condition
- Diabetes Self-Management Education (DSME) can help PLWD improve their B/G levels to prevent or delay serious Diab complications



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## How is DSME & Support in SA?

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No Recognized Diabetes Education  
Programme

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No posts in the Public Sector

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What about Private Sector?

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Competing Priorities

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Late referrals for Education when  
there are complications

# Continued



PHC NURSES LACK  
KNOWLEDGE &  
CONFIDENCE



LACK OF TIME &  
RUSHED



COST



HEALTH LITERACY &  
LANGUAGE BARRIERS  
TO RESOURCES

# Examples of Education Programmes in SA

The Insulin Project  
at the University  
of Pretoria

The “Great”  
Programme SU  
and DOH

CDE Course for  
HCPs

COUPLE’s Project  
CDIA at UCT

Basic & Advance  
Diabetes Courses  
GSH



# What is the Way Forward?



PRIORITISE, START  
GRADUALLY & ADD



COLLABORATIONS



WORK WITH DOH  
FOR SUPPORT



TRAIN THE  
TRAINERS



DIABETES  
CHARTER

## Conclusion

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Ongoing Patient Education is necessary for ensuring successful Diabetes Management & Prevention of Complications

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There is a need to empower educators with information & Communication Skills.

Team - Work is Crucial!

# KONRAD LORENZ QUOTE



*THANK YOU*