



INSULIN PUMPS “THE KENYAN EXPERIENCES”

Gaman Ali Mohamed Gaman
Comprehensive Diabetes Centre
Nairobi
Kenya
send2gaman@yahoo.com

Introduction

Information on pump usage is scarce in Africa . Pump usage(CSII) is still rare due to the relatively high costs and lack of trained personnel and support services . We embarked to review our clinical experiences with patients on sensor augmented pumps at the Comprehensive Diabetes Centre in Nairobi Kenya .

Materials and Methods

A survey was carried out on 32 patients 27 type 1 and 5 type 2 previously on MDI and switched to Sensor augmented pump therapy. Mean age of patients in the study was 24 yrs . Basic Demographic data including HbA1c was collected , A questionnaire was administered to assess Quality of life retrospectively pre and one year post pump usage. Follow up HbA1c was thereby done for all patients and for up to 20 patients HbA1c data was collected reaching 4 years .

Results

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Change in HbA1c

	1 st Year	2 nd Year	3 rd Year	4 th Year
Decrease in HbA1c from Baseline.	1.43%	1.08%	1.15%	1.26%

	MDI	CSII
Social family relations	65	70
Dietary restrictions	62	79
Fear of hypoglycemia	61	76
Physical complaints	68	81
worries about the future/ complications of Diabetes	50	69
Treatment satisfaction	51	71

scores are given as a percentage; the higher the score the greater the quality of life.

Conclusions

Our survey demonstrated a suggested improvement in HbA1c when comparing CSII to MDI with an greater QOL and improvement in treatment satisfaction while on pump therapy . While the survey was basic with several limitation it also showed that benefits of pump therapy can also be replicated in countries with limited resources as long as we have a small dedicated pump training units

References

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