

Diabetes, Hypertension & Hyperlipidemia Program

Annual Report (Feb'21-Feb'22)



SHINE Humanity



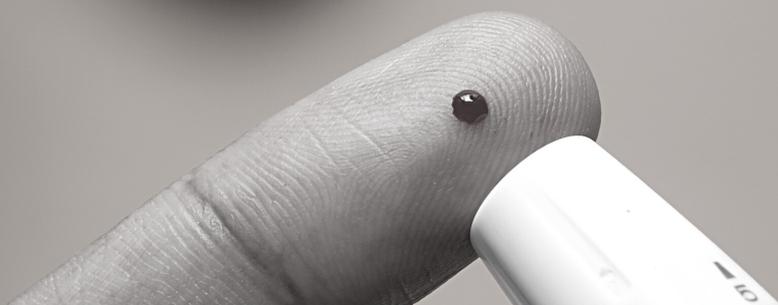
Introduction

In 2019, the countries with the highest numbers of adult Diabetes were China, India, USA and Pakistan. It is projected that in the coming years, these numbers will change drastically, pushing Pakistan up the ladder to surpass USA, with numbers increasing from 19.4 million in 2019 to 37.1 million in 2045.

Type 2 Diabetes can be prevented by early intervention. With early detection and appropriate treatment, diabetic complications can also be prevented. Complications include:

- Diabetic retinopathy - one of the leading causes of blindness in the working age population.
- Cardiovascular disease - diabetes and elevated blood glucose is associated with an approximate doubling of risk.
- Renal failure - diabetes, HTN, or a combination of both cause 80% of end stage kidney disease globally.
- Neurovascular damage - nerve and/or vascular damage lead to Diabetic Foot and other lower limb complications, affecting 40-60 million people with Diabetes globally.

As a result, SHINE launched its Diabetes, Hypertension and Hyperlipidemia program in 2021 to screen patients in Gharo, District Thatta and identify patients early on, in order to prevent complications and disease severity.



Goal of Program

Because of high consumption of sugar in everyday lifestyle and lack of awareness, the incidence of Diabetes in the rural district of Thatta is quite high. Infact, our data indicates that there is a higher prevalence among younger populations. Therefore, our program was formed with the following goals:



1. Identification of adult population of Gharo at risk of Diabetes, Hypertension and provide early intervention:

- Objective 1: Screen patients between the ages of 35 – 65 years for Diabetes.
- Objective 2: Use a medical protocol for medications for Diabetes prevention.
- Objective 3: Create and share educational material for beneficiaries of Diabetes and Hypertension awareness.
- Objective 4: Conduct outreach programs to ensure 30% of the population in Gharo is screened for Diabetes, and counseled on its complications.

2. Provision of a lifestyle intervention via dietary counselling:

- Objective 1: Engage a dietician for consultation at the Gharo clinic.
- Objective 2: Create a dietary plan for the population of Gharo, which is consistent with local economic and agricultural conditions.
- Objective 3: Create easily accessible information regarding the benefits and harm of certain food types.

Staff & Team Members

THE AWESOME PEOPLE BEHIND THIS PROJECT



DR. FARZANA NAQVI
PROGRAM DIRECTOR



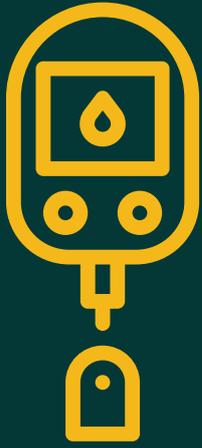
DR. MARVI MEMON
PROGRAM HEAD-PAKISTAN



**DR. SYED UZAIR
MAHMOOD**
PUBLIC HEALTH SPECIALIST



DANISH SAAD
DATA ENTRY OPERATOR



397

total screenings



156

identified as pre-diabetic



117*

patients identified as Diabetic



86

registered in the DHH program

*No case of Diabetic eye, foot or kidney complication detected

Financial snapshot



ANNUAL COSTS

Human Resources	Rs. 996,000
Medicine and Supplies	Rs. 1,882,000
Total cost of project	Rs. 2,878,000

PER PATIENT COST BREAKDOWN

Cost per Patient/mo	Rs. 2,855
Lab per Patient/mo	Rs. 774

Success Story.

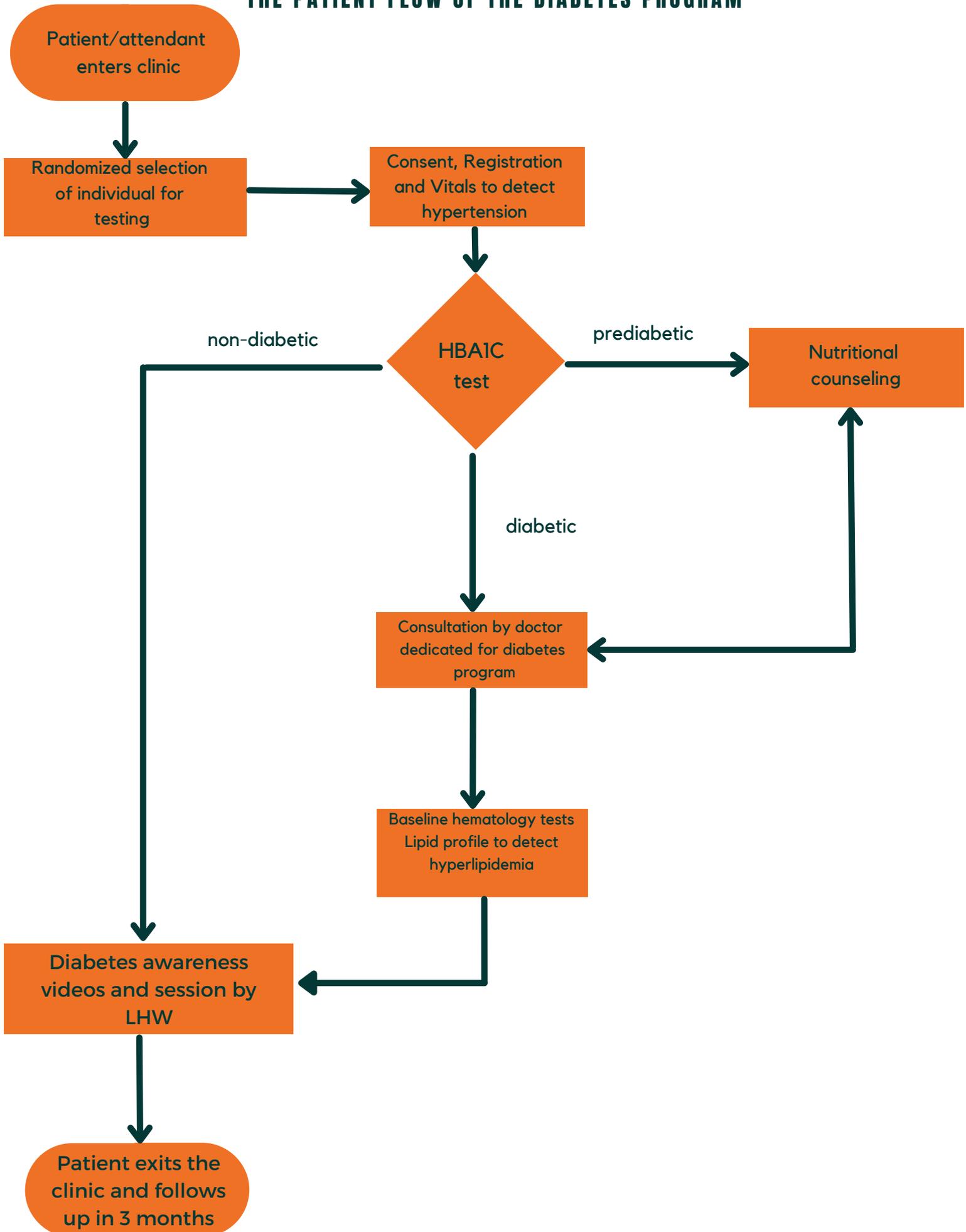


Asghar Ali

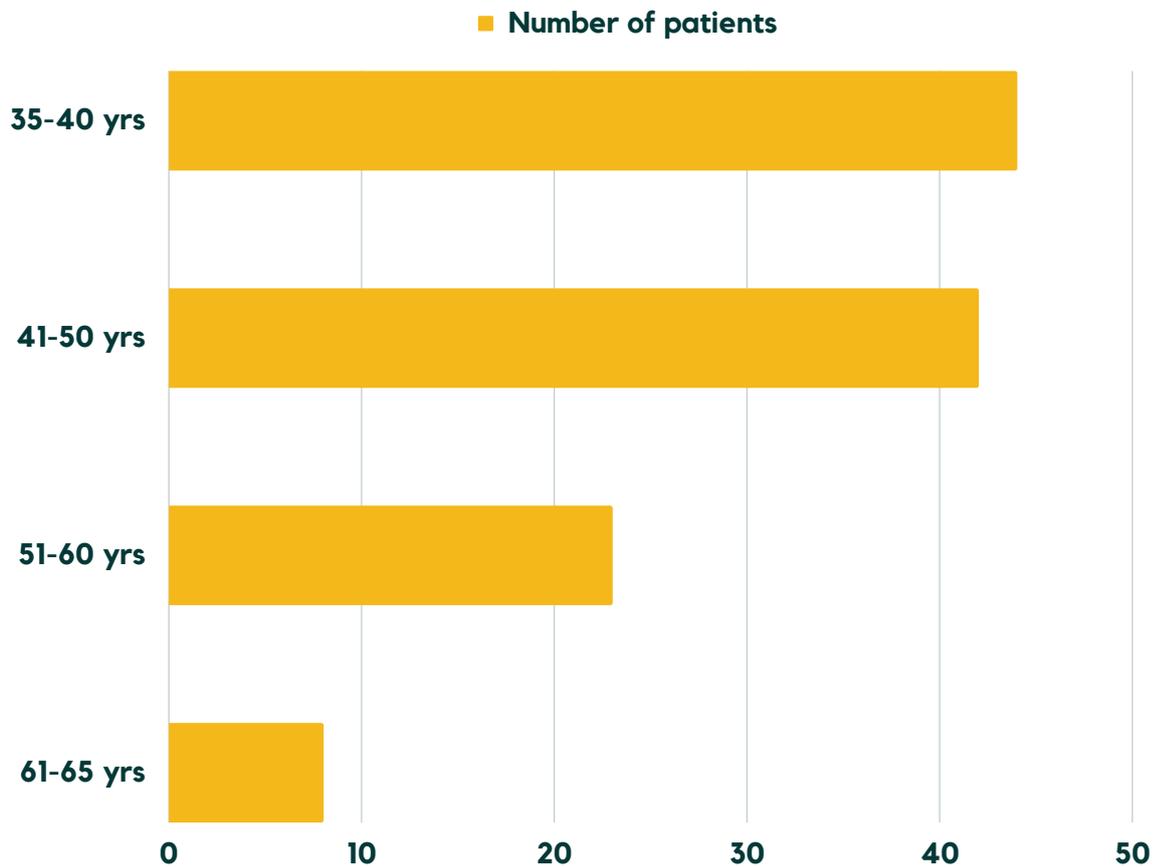
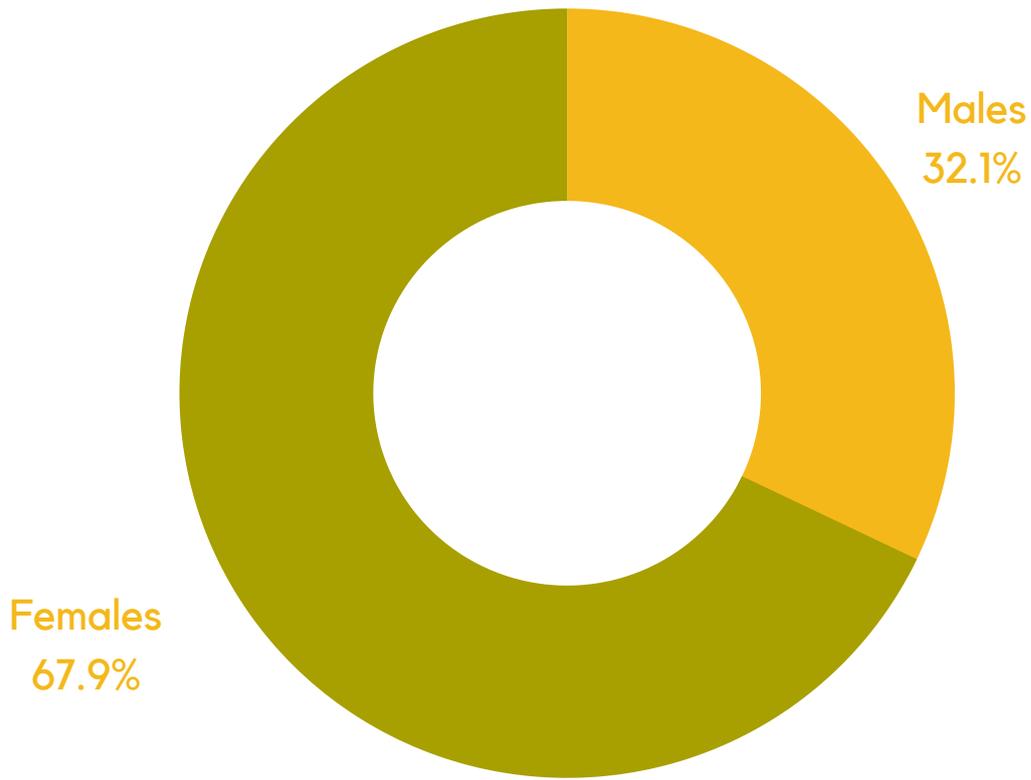
A 50-year-old male came with the complaint of continuous bleeding from the wound site after a factory accident. He also suffered from feeling thirsty for the most part of the day. On further examination at the SHINE Humanity Garibsons clinic, he was diagnosed with Type II Diabetes Mellitus and is now being treated successfully with medication and nutritional counselling.

Process Mapping

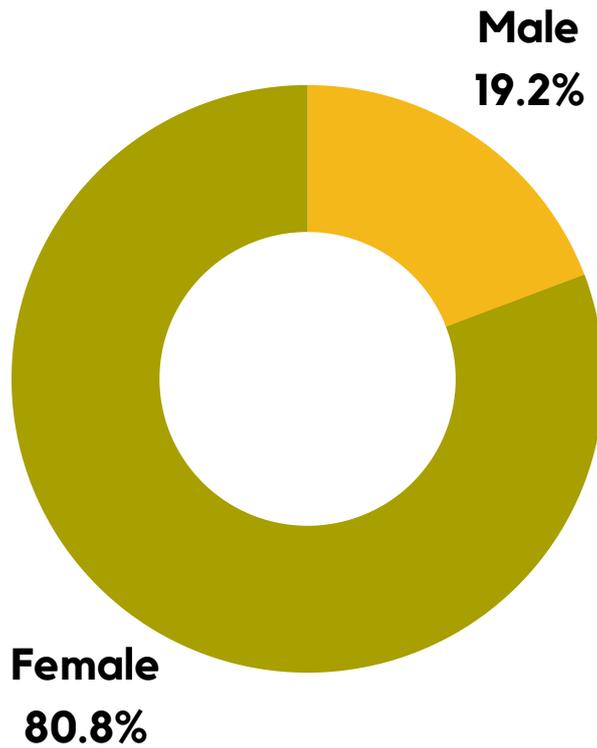
THE PATIENT FLOW OF THE DIABETES PROGRAM



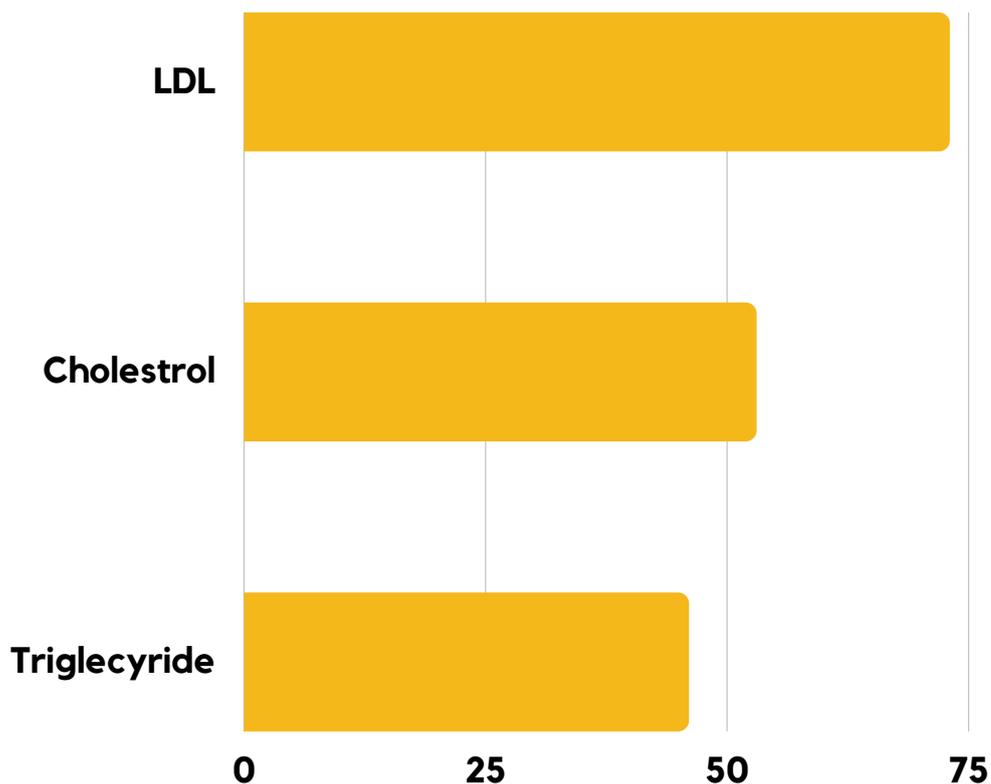
Patient Demographics



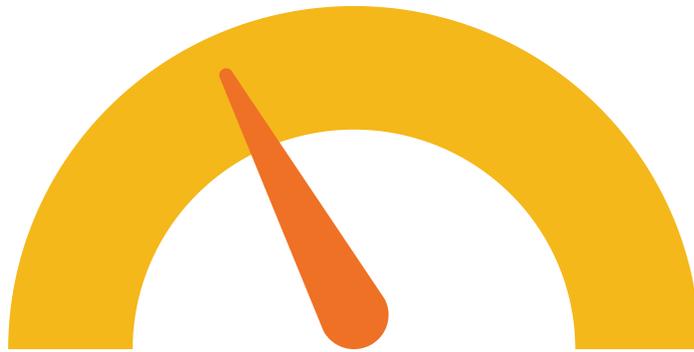
Hypertensive patients



Hyperlipidemia patients



Patient Attrition data



30% of patients identified as Diabetic did not follow up on their treatment

Medication/patients

Metformin+Glipizide	16
Metformin only	20
Cholestrol medication	12
Hypertensive medication	25



Thank you for
your
contribution!

