

Lifestyle Medicine Advocacy Implementation

Community Engaged Lifestyle Medicine Advocacy

Advocacy Title:

Saving Vision, Limb and Life
An Advocacy Towards Diabetes Nutrition and Management

Description:

I have seen the chronic and debilitating effects of diabetes. My patients have lost their sight, limbs and even their life due to the effects of diabetes. It is a chronic disease which has a very big potential to be prevented and reversed if people became more aware of lifestyle changes, appropriate treatment and follow up. Healthcare workers should go beyond the diabetic medications to properly manage and help the patient. Furthermore, support groups in the community should be organized to encourage the patient to modify their lifestyle and encourage the patient that diabetes is preventable, treatable and reversible.

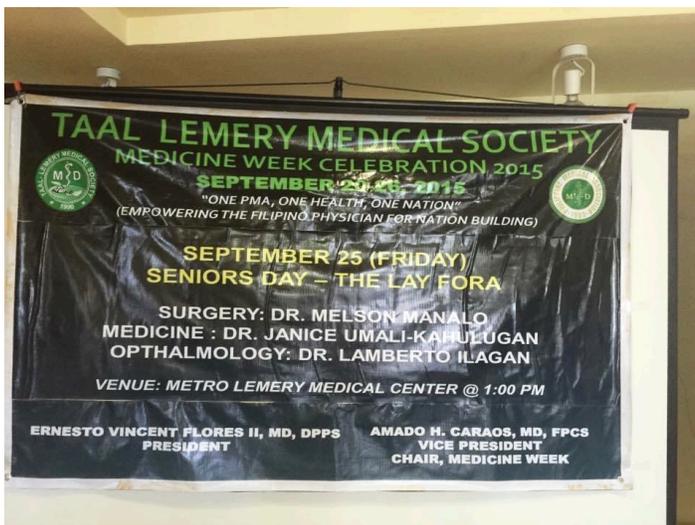
Objectives:

1. To educate the patient on diabetes, its causes, symptoms, diagnosis, treatment and prevention particularly their involvement on management
2. To organize focus group discussion/ lay forum about diabetic nutrition
3. To mobilize community stake holders and became aware of the impact of poor nutrition in diabetes
4. To encourage patient adherence in medication and lifestyle changes
5. To form community support groups for diabetes

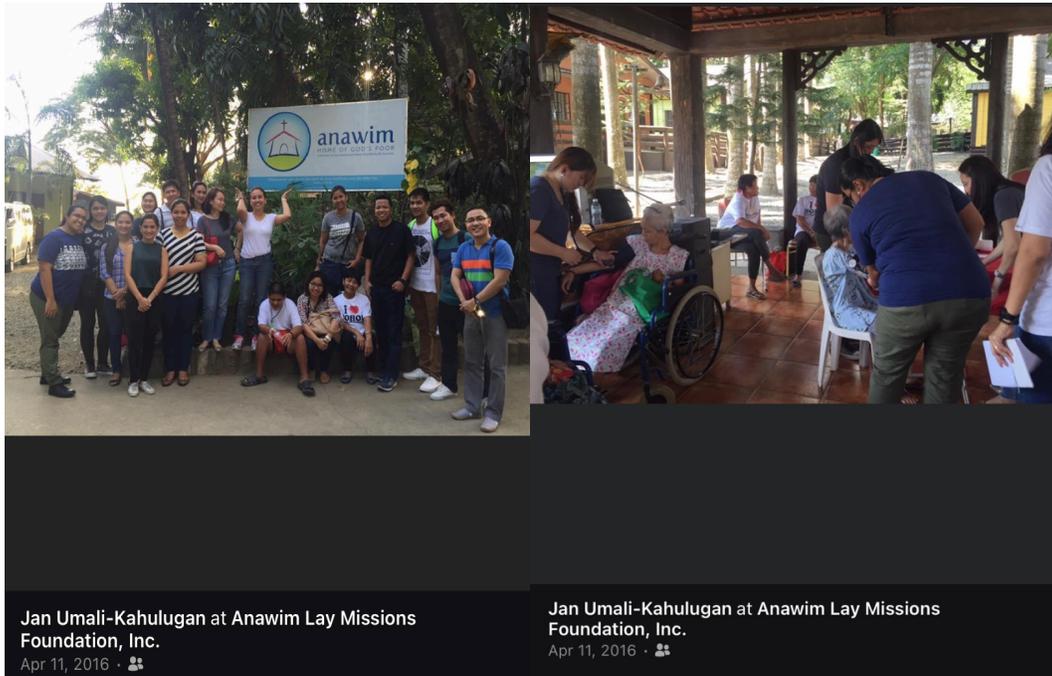
Methodology and Results:

Diabetic nutrition is a very important advocacy since it promotes wellness on a common lifestyle related disease. I started my advocacy when I started my medical practice as an Internist 9 years ago. I encourage patients in my clinic that Diabetes can be managed thru proper nutrition and not just rely on medication. I exert extra time educating my patients and explaining to them the importance of diet, exercise and blood glucose monitoring. I often tell my patients that best results for diabetes treatment relies on them thus making them responsible for their own health.

I started to advocate Diabetes Nutrition in Lay Forum of our medical society. In the year 2015, I became a speaker of the Lay Fora of Medicine Week Celebration. I discussed adult nutrition particularly diabetes prevention in senior citizens.



In the year 2016, I organized a medical mission in ANAWIM, a home for the abandoned elderly. We conducted blood glucose screening and diabetes education. We also advised caregivers how to encourage the elderly to have physical activity and proper nutrition.



In 2018, I conducted medical missions for diabetes screening. I took it as an opportunity to educate the patient about diabetic nutrition and disease. During this year, I was given the chance to launch the Municipal Diabetes Club. I organize a motorcade to promote awareness, conducted screening and lay forum. I also provided the patients with a club membership where they will feel a caring community and support group for diabetes patients. In this community, diabetes is not a debilitating disease but it is something we can fight thru proper nutrition, physical activity, monitoring and medication. Thru the Lemery Diabetic Club, I empower the patient's that they can win against diabetes.

Municipality of Lemery Diabetes Club Launching



Regular diabetes screening program: weight loss management, diabetic nutrition



Jan Umali-Kahulugan

Sep 18, 2019 · 📍

Free Screening - Diabetes, Bone, ABI



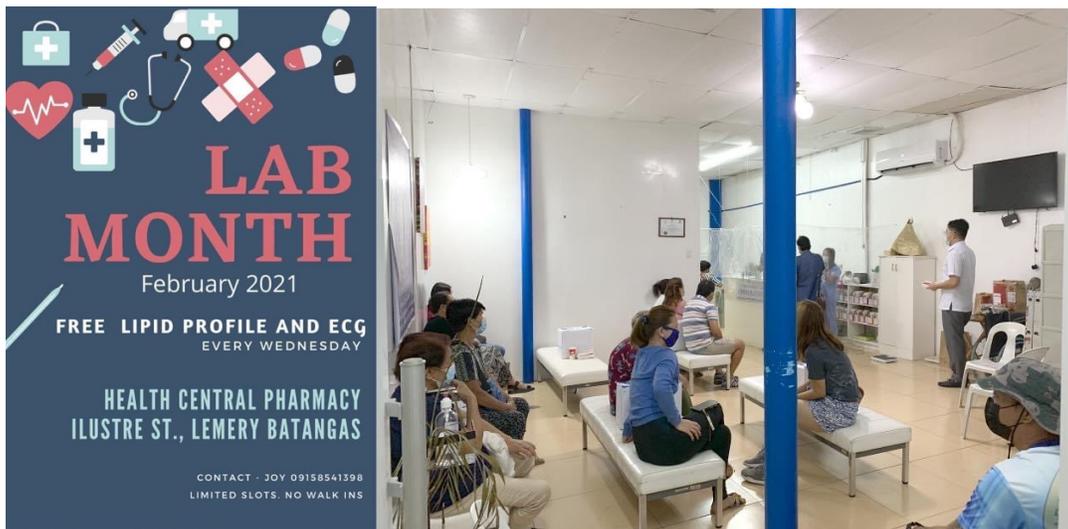
Jan Umali-Kahulugan

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Weight Evaluation

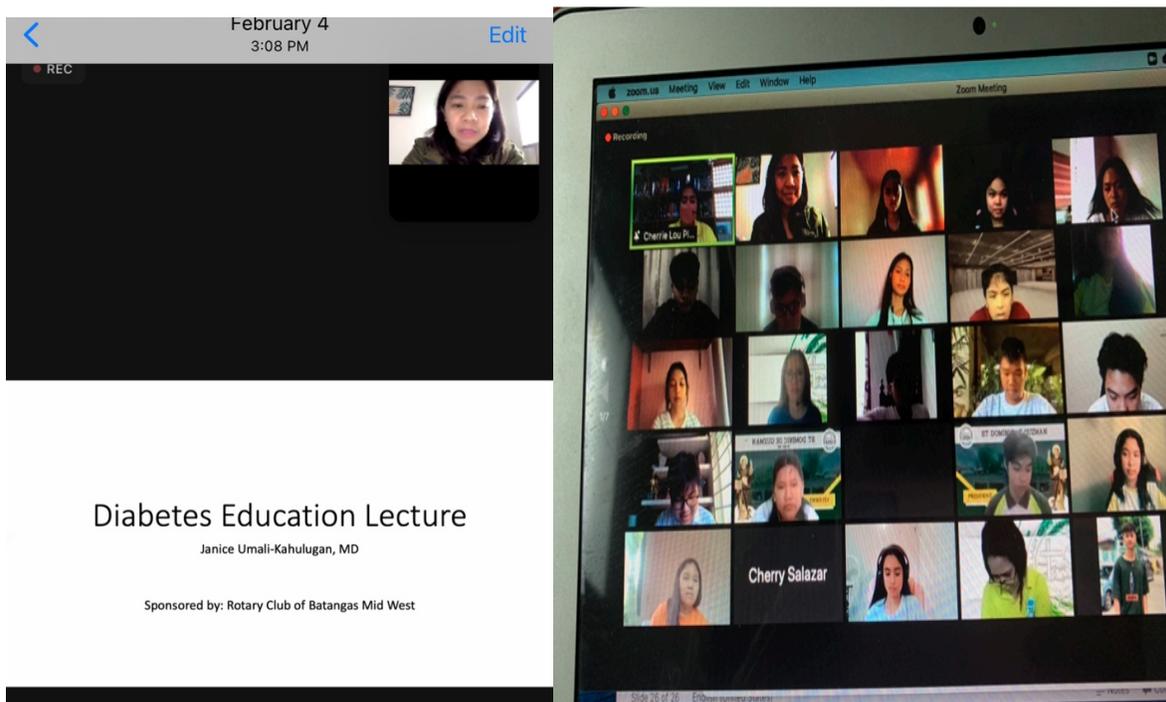
To help patients who have no means for regular diabetes screening, I started free diabetes screening program in my clinic twice a month. I encourage patients to avail the free screening and discuss with them how we can work together to control their blood glucose. In these screening programs, nurse educators, nutritionists and medical representatives assists me with the materials needed. My clinic staff also has reminders to patient when their screening schedule is near. Since this is a free activity – many patients was able to save from laboratory expenses and achieve better glucose control.

The screening stopped during the Taal Volcano eruption since we are affected followed by the pandemic. After months of lock downs, I started screening programs for diabetes, medical missions, lay forums even with small groups. Since most of the patients cannot go out, many patients became sedentary resulting to poor diabetes control. I started my monthly free diabetes counselling clinic. This became an avenue of discussing concerns about diabetes management particularly the food that they can eat, the exercise needed, appropriate rest and monitoring.



Diabetes education is not just for those who have the disease, patients with risk factors like pregnant women or young adults with family history of diabetes should also learn about it's prevention. I also advocated Diabetes nutrition to pregnant women thru a lay forum on maternal and child health. Furthermore, I discussed Diabetes awareness to students of senior high school via webinar.

Diabetes Lay Forum – Our Lady of Caysasay Academy Senior High School



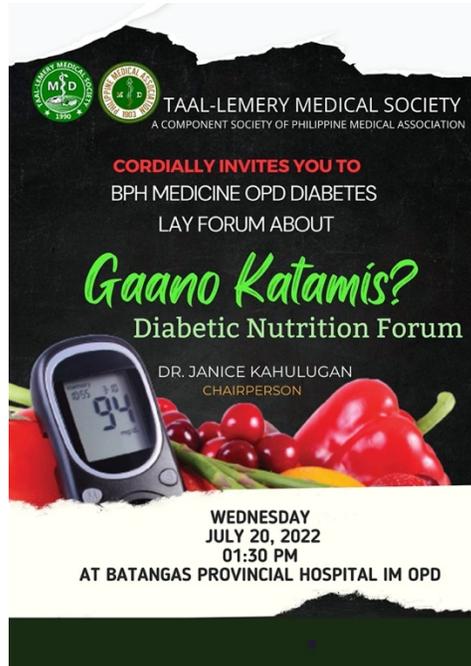
Forum of Gestational Diabetes and Breastfeeding





Medical Mission
- Diabetes and Hypertension
Screening in partnership with Rotary
Club of Batangas Mid West, Taal
Lemery Medical Society, OLCA
Alumni

On the Nutrition Month – July 2022, I organized a lay forum on diabetic nutrition.



From the activities that I organized about diabetes nutrition and in my daily clinic, I noticed that proper education is important in diabetes management. The patient appreciates if the physician is not in too much rush in explaining their disease particularly the ways to prevent it. One very common concern of the patients is “Ano ang bawal kainin?”, hence it is very important to advocate diabetic nutrition. It is like giving them tools to manage their disease better. The importance of exercise is also very important. After my readings from Lifestyle medicine—I also became more aware of my diet and physical activity. I intend to become a model of my patient’s health hence I became more careful of what I eat and the exercise that I do. Even other details like sleep and stress which I am not very aware before became an important area of my management. I started educating myself, my family, my patients and my community. The small steps makes a difference, perhaps—the activities that I am doing and my advocacy in diabetic nutrition will save a vision, a limb and a life.

Recommendations:

After several years of advocating diabetes nutrition, here are the things that I feel will help improve diabetes management:

1. Organizing more lay forum and shared medical management
2. Regular free screening for diabetes particularly in far communities thru Barangay Health Workers
3. Vegetable market day to encourage plant based diet
4. Exercise should be promoted in the community. Examples are dance class, running/ marathon, biking clubs and sports organizations. The youth in particular who are more sedentary and always use gadgets should be encouraged to move and exercise.
5. Provision of parks/ sports area by government units where people can exercise.
6. Partnership with community stake holders, local media like TV and radio channels for health information campaign. This can also be done thru social media like FB, Tiktok, etc that will entice the youth to listen to health advocacies.
7. Educating the patients that proper nutrition, exercise, rest/ sleep and monitoring is important to achieve a normal glucose control and prevent diabetes complication. This may take time, repetition and follow up until patient adherence is achieve. Lastly, physicians should be role model of health—hence it is important to strive for a healthier lifestyle which we can pass on to our family and patients.