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Management of Type 2 diabetes in Senegal and Côte d'Ivoire

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Lack of specialists is one of the major problems in diabetes management in sub-Saharan Africa. Our objective was to evaluate the practice of trained general practitioners (GPs) on diabetes. A multicenter study was conducted in Senegal and Côte d'Ivoire from August 2008 to August 2009. Untreated type 2 diabetics (T2D) were enrolled when the GP decide to initiate an oral antidiabetic therapy (OAD). Drug therapy and monitoring were under the responsibility the GP. All aspects of the follow up were recorded in a standardized notebook during the 3 months of follow up. Data were analyzed using Epi Info version 6. In 1052 patients included by 81 GPs, mean age was 52.3 ± 10 years, sex ratio (M/F) 0.78; hypertension and overweight were associated to T2D in 47% and 48% respectively; mean fasting blood glucose (FBG) was 2.47 g/L and mean HbA1c 8.9%; Screening of complications were performed in 20% of the patients only. OAD treatment was a monotherapy in 82.5% and a combination therapy (including metformin in all cases) in 17.5%. Hypertension was treated in 33.8%. Number of visits during the study was 3 in average; FBG normalized in 47.9% with a mean lowering of 1.01 ± 0.82 g/l: this result was associated with male gender ($p = 0.012$) and the value of blood glucose at baseline ($p = 0.0001$). In sub-Saharan Africa, T2D management by GPs has to be included on strategies against non communicable diseases. This must be based on adapted therapeutic recommendations taking into account the associated cardiovascular risk factors.

Biography

Said Norou DIOP is Professor of Internal Medicine, Diabetology, Endocrinology and Nutrition at the Faculty of Medicine of University Cheikh Anta Diop Dakar since 1990 and Head of Department of the Medical Clinic 2 in hospital Abass ndao and Medical Director of the National Diabetes Centre Marc Sankalé in Dakar. His research in focused on appropriate management of diabetes in Africa. He is member of the board of several organizations working in the field of diabetes and is the coordinator in developing training manuals (books and / or CD and slides) for GPs in Francophone sub-sharan Africa.

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