

What's Happening

at the Sonja Kill Memorial Hospital – November 2012



World Diabetes Day at the Sonja Kill Memorial Hospital

On November 14, banners at the gate and at the entrance to the lobby of the Sonja Kill Memorial Hospital announce to the community that this is a special day: the World Diabetes Day!

Supported by the World Diabetes Foundation (and Novo Nordisk), the staff of the Sonja Kill Memorial Hospital prepare to reach out and screen people for diabetes and hypertension. Tables are set up, T-shirts and caps piled up, balloons blown up to raise awareness for a disease that hits Cambodia with rapidly increasing prevalence.

Thought to be a country that battles mainly infectious disease and malnutrition, Cambodia is actually challenged to embrace a double burden: infectious and non-communicable disease. Since its opening on April 1st, leading cases encountered at the Sonja Kill Memorial Hospital (SKMH) are diabetes mellitus and hypertension.



The mothers and grandmothers listen attentively to the health education messages Provided by nurse Bunthea



Help from GIZ advisor to the Mother and Child Program in Kampot

Cost of treatment for these chronic diseases often devastates a family and leaves them destitute. Affordable care breaks the vicious cycle of poverty and helps patients and families rebuild their lives.

On November 14th, the SKMH celebrated World Diabetes Day. People arrived with their entire families to receive a general health check: BMI (Body Mass Index), blood pressure and blood sugar. A slightly overweight man from Kampot, already a patient of the SKMH, brought his entire family for screening: "I only trust this hospital to provide good care for my family". Some children attending the event were found to be severely overweight but, the nursing team taught mothers how



Reaching the new generation to fight diabetes

Many patients, seeking care elsewhere or simply buying drugs from local pharmacies without prescription, now realize there is a hospital where doctors and nurses want to provide comprehensive care that includes health education that will change their destiny and that of their families.

Current News

Frequent weakness, sweating, and thirst were symptoms of everyday life for the ten-year old Phim Tida from Kampot. One day before arrival at the SKMH, she had a very low temperature. Her mother was worried and performed a traditional healing treatment. During the treatment, Tida fell into a coma, and her mother immediately took her to a private clinic in Kampot. The doctors checked her blood sugar, and found it to be more than four times the normal value. The doctors couldn't believe the result of the test. It was so high, that over time her circulatory system would be in danger of shutting down if treatment wasn't started.



The next morning, on advice from a relative, her family brought her to the SKMH. We tested her blood sugar again and found it to be over three times the normal value. Phim Tida was diagnosed with Juvenile (Type I) Diabetes.

After injecting insulin to bring down her blood sugar within a safe level, our staff trained her and her mother how to inject insulin at home, how to adjust her diet and how to prevent infections. From that day on, her blood sugar has been stable.

The whole family is very happy to get treated at the Sonja Kill Memorial Hospital. Her mother expressed her gratitude to everyone, who makes the SKMH possible!

He who has health, has hope; and he who has hope, has everything.

- Thomas Carlyle -

to change their children's diet and about the importance of exercise. Even children studied the health education leaflets that were available.



This day has shown that the SKMH is already an important part of the health care system in the Southern region of Cambodia. With partners such as Novo Nordisk, we hope to be able to reach out to the communities around us and help prevent or detect diseases earlier so that patients and their families have hope for long and healthy lives.



SKMH nursing team (blue shirt) supported by students of the Regional Training Center for Nurses and Midwives (pink shirt)



Nurse An Chenda providing education

Serious case of Type I Diabetes

When Mr. Oung Hab (28y) arrived with his mother at the Sonja Kill Memorial Hospital, the doctors and nurses were all shocked by his appearance-swollen legs, swollen belly, and emaciated arms. When nurses tried to move him to an exam room he was even too weak to move on his own.



Three years of insufficient treatment in three different hospitals had left his constitution bereft of health.

He was diagnosed with Diabetes at the first hospital he visited but treatment never stabilized his condition. Therefore, his mother carried him to different hospitals looking for an effective treatment,

but his condition became increasingly worse. Desperate, they even visited a private laboratory and traditional healers. None of the treatments helped. Finally, the hospitals told them that they couldn't help him anymore and sent him home.

Without hope, he returned home where a nephew of his mother told him about the newly opened SKMH. Immediately Mr. Oung Hab and his mother went there from their hometown in Kep Province (forty-five minutes away).

The very first time, he was given insulin, the only treatment effective for Type 1 diabetes. After just five days of treatment at the SKMH his condition had improved, his appetite returned and he began to recover strength.

"I am so glad and thankful that you took care of my son. You gave him a new life" his mother said. "I already told my neighbors about this hospital and that they should go there if they need any medical help".

Diabetes Mellitus

Definition

Diabetes is a chronic disease, which occurs when the pancreas does not produce enough insulin, or when the body cannot effectively use the insulin it produces. This leads to an increased concentration of glucose in the blood (hyperglycemia).

Type 1 diabetes (previously known as insulin-dependent or childhood-onset diabetes) is characterized by a lack of insulin production.

Type 2 diabetes (formerly called non-insulin-dependent or adult-onset diabetes) is caused by the body's ineffective use of insulin. It often results from excess body weight and physical inactivity.

Gestational diabetes is hyperglycaemia that is first recognized during pregnancy.

It is health that is real wealth...

- Mahatma Gandhi -

Good health and good sense are two of life's greatest blessings.

- Publilius Syrus -

World Diabetes Day

14 November 2012

World Diabetes Day raises global awareness of diabetes – its escalating rates around the world and how to prevent the illness in most cases.

Started by the International Diabetes Federation (IDF) and WHO, the Day is celebrated on 14 November to mark the birthday of Frederick Banting who, along with Charles Best, was instrumental in the discovery of insulin in 1922, a life-saving treatment for diabetes patients.

New Cooperation

The SKMH is excited to announce a new cooperation that will enable us to provide our numerous diabetes patients with even more effective medical treatment! The SKMH has partnered with the World Diabetes Foundation in the fight against Diabetes. The foundation has donated the SKMH a Clover A1c analyzer to measure hemoglobin (an indicator of diabetes and treatment success). A major focus of the foundation is children who may be at risk for juvenile diabetes. The SKMH is grateful to have this analyzer available to provide best diagnosis to young patients and has already begun using it on a daily basis. We look forward to continuing this new relationship and providing high quality care to our diabetes patients. Thanks so much to World Diabetes Foundation!



Cooperation with World Diabetes Foundation



Donation of Clover A1c analyzer

Toughts of the director

“We don’t just pass on our genes to our children, we also pass on our habits. Protect our future. Make one positive change to your lifestyle before this year’s World Diabetes Day.” I had to pause in front of this poster developed by Novo Nordisk, the top producer of insulin and supporter of the World Diabetes Day at the Sonja Kill Memorial Hospital.



It made me aware how much we change the future of Cambodian children by reaching out to their parents and teaching them about healthy life style. Even more convinced me this simple message when I saw an overweight boy who is used to drink soft drinks and eat sweets and big amounts of white rice. His blood sugar was still normal today but for how many more years till diabetes catches up with him? I hope that his mother who attended the training will start making changes so that he can grow up healthy.

This day has shown how much the Sonja Kill Memorial Hospital is already part of the health care system and valued by the community for its delivery of quality care, health education and prevention of diseases.

Cambodia’s fragile health care system is tremendously challenged by the increasing burden of non-communicable diseases. Only building awareness and outreach in the communities can help to turn around the wheel. I hope that the Sonja Kill Memorial Hospital can play a very important role in addressing this challenge. The World Diabetes Day has been a great testimony to the desire of all our staff to help their communities and provide education and prevention. I am very grateful for all the staff, especially the nursing department for giving their best to make this day a success. I want to give a special thanks to the World Diabetes Foundation for their support of the day and look forward to our future collaboration to fight diabetes in the South of Cambodia.

Dr. Cornelia Haener, MD FMH, MScPH DLSHTM
Chief Executive Officer

Statistics (WHO)

WHO estimates that more than 346 million people worldwide have diabetes (2010). This number is likely to more than double by 2030 without intervention. Almost 80% of diabetes deaths occur in low- and middle-income countries. People with diabetes require at least 2-3 times the health care resources compared to people who do not have diabetes, and diabetes care may account for up to 15% of national healthcare budgets.

346 million

346 million people worldwide have diabetes

80%

More than 80% of people with diabetes live in low- and middle-income countries

2030

WHO projects that diabetes deaths will double between 2005 and 2030

Screened	238 patients
Suspicion of diabetes	10 patients (4.2%)
Diabetes	11 patients (4.6%)
Borderline hypertension	18 patients (7.5%)
Hypertension	19 patients (8%)

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