

ELECTIVE (SSC5b) REPORT (1200 words)

A report that addresses the above four objectives should be written below. Your Elective supervisor will assess this.

Describe the pattern of Diabetes Type 2 in Grenada and how this has affected the island population.

A significant proportion of the Grenadian population have diabetes-9.8%. The data shows that women are affected to a greater extent than men. This may be explained by the high prevalence of obesity and physical inactivity amongst women in Grenada compared to men. The prevalence of diabetes amongst men and women in Grenada has been gradually increasing over 30 years. Diabetes is having a significant affect of the Grenadian population. Diabetes is the 3rd most common cause of death in Grenada, and the only cause of death in the top 3 that is increasing its share amongst Grenada's causes of death. It is also the 4th biggest cause of premature death. Furthermore, amongst the top 10 health problems that cause disability in Grenada, it is the health problem that has had the biggest percentage change in people affected over the last 10 years. This demonstrates the Diabetes is causing significant morbidity and mortality in Grenada and the affect the Diabetes is having on Grenadians is getting worse.

What is the pattern of Health provision in Grenada and how does that compare with the UK?

In Grenada healthcare is free, however, not all aspects of the healthcare are free. Though patients are able to see healthcare professionals for free, all of the drugs required for their care need to be purchased at a family away from the hospital and brought back to be used by family members or people within the community for a patient to receive treatment.

In the UK, largely all public healthcare is free at the point of care. There are options to access private care, which requires payment, but otherwise the world class healthcare available in the UK is free.

Another thing that was quite interesting about the health provision in Grenada is relatively low use of public hospitals and the affordability and high use of private hospitals amongst Grenadians and tourists. In the UK one of the main reasons a patient would opt to go private is to receive treatment with a greater expediency than that offered publically or receive treatment that the governing bodies in the UK deemed to have a poor quality adjusted life year. In Grenada, there was a consensus that the quality of the treatment in public hospitals were poor and patients opted to attend private hospitals for an initial assessment and an assessment of the affordability of the treatment they required at the private hospital before going to the public hospitals as a last resort.

In both the UK and Grenada there is an emphasis promoting prevention and keeping care in the primary health sector as much as possible .

What initiatives have been put in place to address premature death due to diabetes in Grenada and how does that compare with similar initiatives in the UK

According to World Health Organisation, the Grenadian government does not appear to have a known strategy to reduce diabetes and the causes of diabetes or have a diabetes registry. Nevertheless, they do have guidelines for treatment and referral from primary to higher levels of care. The WHO also suggested that Grenada did not have procedures and technologies in place to prevent and treat many of the complications associated with diabetes.

With regards to raising awareness of diabetes, there are a number of campaigns, such as the Diabetes parade, put in place to raise awareness of diabetes. There are also a number of charities that work with local communities to educate them about the risk factors associated with diabetes and how to prevent or manage the disease.

I did my placement in a private hospital where there was not a significant number of patients presenting with diabetes or many chronic, long-term conditions that are prevalent in Grenada. I wonder if that is because the public healthcare in Grenada deals with those problems well. Another possible explanation for the trend is the fact that the main chronic conditions in Grenada, hypertension and diabetes, are not conditions that present themselves in an obvious manner so patients don't recognise the importance of addressing them. This may be more of an issue the private sector compared with the public sector because patients are less likely to spend money on something they don't deem as important.

The UK has a number of initiatives to prevent premature death from diabetes. The NHS has an NHS Diabetes Prevention Programme. Here people at high risk of diabetes are identified and given education on healthy eating and exercise programmes. There is also a Diabetes transformation fund, where £44 million has been allocated to improve the treatment and care of patients with diabetes with an emphasis on education and preventing complications. The government has also introduced a "sugar tax" to tax companies on money based on the amount of sugar in their drink, this has already led a number of companies reducing the amount of sugar in their drink. It is hoped that doing this would reduce the incidence of diabetes. There are also a number of campaigns on television educating people on how to eat healthier and ideas of how to exercise.

People who have diabetes also have regular checks to ensure they are using their medications; making the correct lifestyle changes and checking if they are developing complications of diabetes so they can be addressed quickly.

Develop my ability to complete a full work up of a chronically ill patient and devise a management plan

The nature of the hospital that I was in meant that I did not see many chronically ill patients. Many of the patients seen in the hospital were patients with acute conditions getting quick treatment before they received further treatment abroad or further treatment within the public hospital. Nevertheless, I did develop my history taking skills further. Moreover, I gained a lot of understanding into the considerations made when running a hospital as a profitable business instead of as a publically funded service.

1. Grenada | Institute for Health Metrics and Evaluation [Internet]. Healthdata.org. 2017 [cited 12 June 2017]. Available from: <http://www.healthdata.org/grenada>

2. World Health Organisation [Internet]. Who.int. 2017 [cited 12 June 2017]. Available from: http://www.who.int/diabetes/country-profiles/grd_en.pdf?ua=1

3. England N. NHS England » Diabetes transformation fund [Internet]. England.nhs.uk. 2017 [cited 12 June 2017]. Available from: <https://www.england.nhs.uk/ourwork/qual-clin-lead/diabetes-prevention/diabetes-transformation-fund/>