

**“Enhancing Interprofessional  
Collaboration and Learning for  
Strengthening Primary Health Care”**

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Faculty of Medicine, Public Health and Nursing  
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## TUFH 2021 ABSTRACTS

Title	<b>INNOVATIVE METHOD TO IDENTIFY AND CONTROL PEOPLE WITH TYPE 2 DIABETES IN SACABA, BOLIVIA.</b>
Type	<b>Oral Presentation</b> <i>What can we learn from your Primary Health Care Practice and Experiences?</i>
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Country	<b>BOLIVIA</b>
Abstract N <sup>o</sup>	<b>TUFH637</b>
Content	<p>Background: Bolivia is characterized by low literacy levels, high prevalence of chronic disease and a weak Primary Health Care (PHC) system. Notwithstanding the implementation of a universal health care package since march 2019, PHC remains focused on infectious diseases and maternal and child health. Methods: Participatory action research was used to understand needs and capacities of Indigenous Quechua people with diabetes, current competencies and needs of primary health care providers and to engage and sensitize municipal authorities in Sacaba. Results: Health care workers were trained through virtual and life trainings completed with field work, supported by the health network, that embraced the intervention as part of the active vigilance of high risk groups to mitigate the impact of COVID-19. The need of patients to get support on their traditional plant use and glycemic self control were respectively subsidized by a traditional health committee and the use of urine sticks. The understanding of the functionality of urine sticks by both health care providers and patients helped to visualize treatment compliance and the effect of adequate or inadequate diets, while enabling an early detection of complications like cetoacidosis or proteinuria. Conclusion: Urine sticks and understanding people's needs are part of sustainable, qualitative and acceptable health care for vulnerable populations with diabetes in low resource countries. This intervention is applicable to illiterate diabetes patients and as such applicable to empower in a cost effective way the most vulnerable populations across the globe.</p>