

Health Fairs on Eleuthera

Summer, 2014: A Collaboration Between Emory University, Nurses on the Island of Eleuthera, and the Bahamian Ministry of Health

One Eleuthera Health & Wellness Symposium
August 1 & 2, 2014

Presented by Caroline Coburn, DNP, ANP-BC
Emory University School of Nursing

Credit for Health Fair data collection, much of
the analysis, and majority of this power point
creation goes to the following Emory student
nurses:

Marian Acquistapace, Ashleigh Epps, Suzanne
Fisk, Lauren Forbus, Merrissa Gallegos, Sarah
Keihany , Shariah McKenzie, Julia Metzger, Mia
Michalak, & Lindsay Rovner



A Collaborative Effort

- A 29-item survey was created with the help of Nurse Sherrin Cooper, CNO of Eleuthera, the Bahamian Ministry of Health, Nurse Anita Cates of the Family Medical Center in Nassau, and the faculty and students of Emory University. The survey included demographic and physical information, general health-behavior questions, and additional questions directed to diabetic participants.
- Health fairs were held at Governor's Harbor, Rock Sound, the Pineapple Festival in Gregory Town, and the Conch Festival in Deep Creek.
- In addition to the physical screening and survey questions, the participants were offered educational materials provided by the clinics and by the Cancer Society of Eleuthera.

Attendance

- Total participants: 153
- Areas represented:

<u>Rock Sound</u>	<u>41</u>
<u>Deep Creek</u>	<u>7</u>
<u>Waterford</u>	<u>3</u>
<u>Green Castle</u>	<u>5</u>
<u>Savannah Sound</u>	<u>7</u>
<u>Tarpum Bay</u>	<u>2</u>
<u>Wemyss Bight</u>	<u>9</u>
<u>Nassau</u>	<u>16</u>
<u>Governor's Harbor</u>	<u>36</u>
<u>Palmetto Point</u>	<u>5</u>
<u>Hatchet Bay</u>	<u>4</u>
<u>Gregory Town</u>	<u>9</u>

One participant each from: Eleuthera, Cambridge, James Cistern, Britain Town, Boynton Beach, Spanish Wells, New Providence, Montreal

Questionnaire



Eleuthera Health Fairs Confidential Information Sheet June, 2014

Primary residence: _____

3. Vital signs:

B/P _____ Weight _____ Waist _____

Pulse _____ BMI _____

Height _____ Blood glucose _____

4. Have you ever been screened for diabetes? yes no

5. Have you been told

6. If so, what type of

type I, Juvenile

7. About how often do

every week

twice a month

once a month

8. Do you use bush n

yes no

10. Do you have any

High blood pressure

Previous heart attack

Previous stroke

The following are questions for those who have been diagnosed with diabetes:

18. How do you manage your diabetes?

diet only

oral medicine

insulin shots

Other: _____

19. If you take medication, how often do you take it as directed?

always

miss less than 1 dose a week

miss 2 or more doses a week but keep on the general schedule

schedule varies from week to week

rarely take medication as directed

20. Have you ever been hospitalized for something related to your diabetes? Yes No

If yes, how many times? _____ When was the last hospitalization? _____

21. What would you say were the biggest challenges to taking your medication as directed?

unable to get refills as needed. Reason: _____
(forget to refill, medicine not available, etc.)

forget to take medicine

side effects, medicine bothers me, etc.

Other: _____

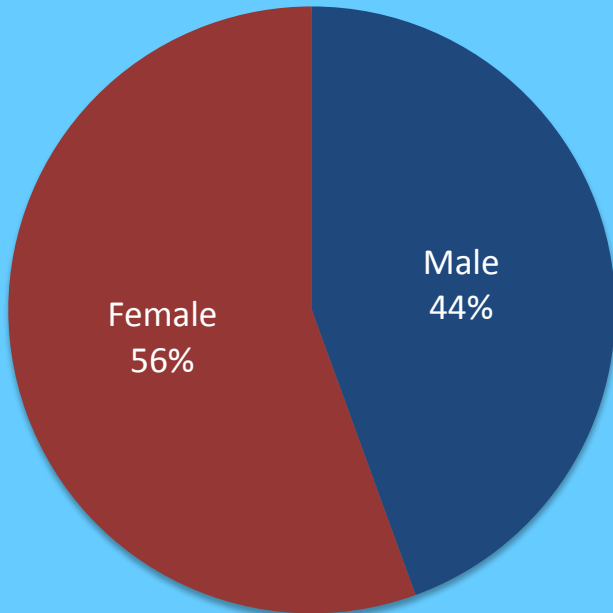
22. How often do you have an eye examination?

more often than once a year

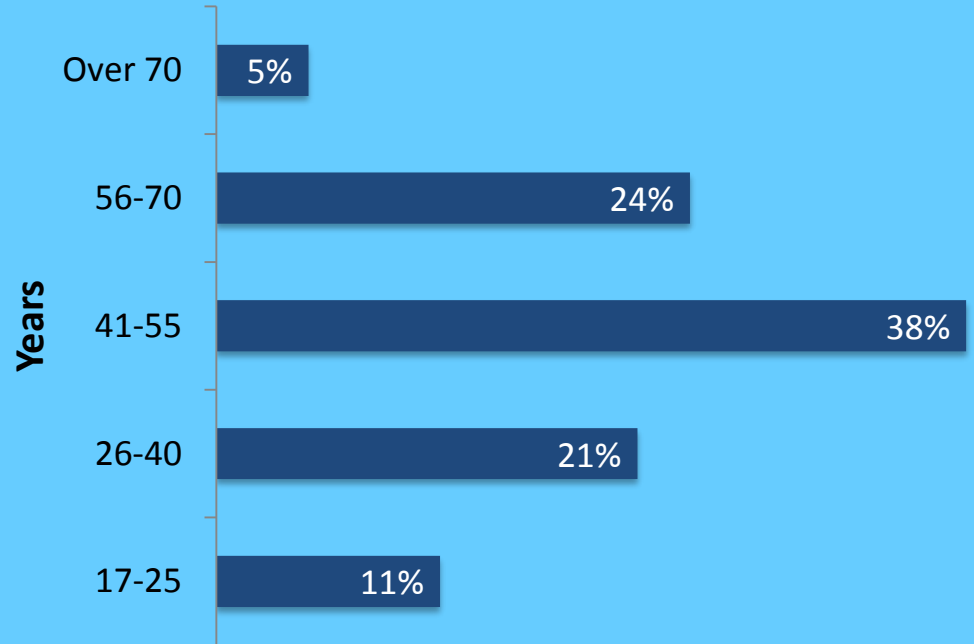
less often than every two years

Demographics

Sex

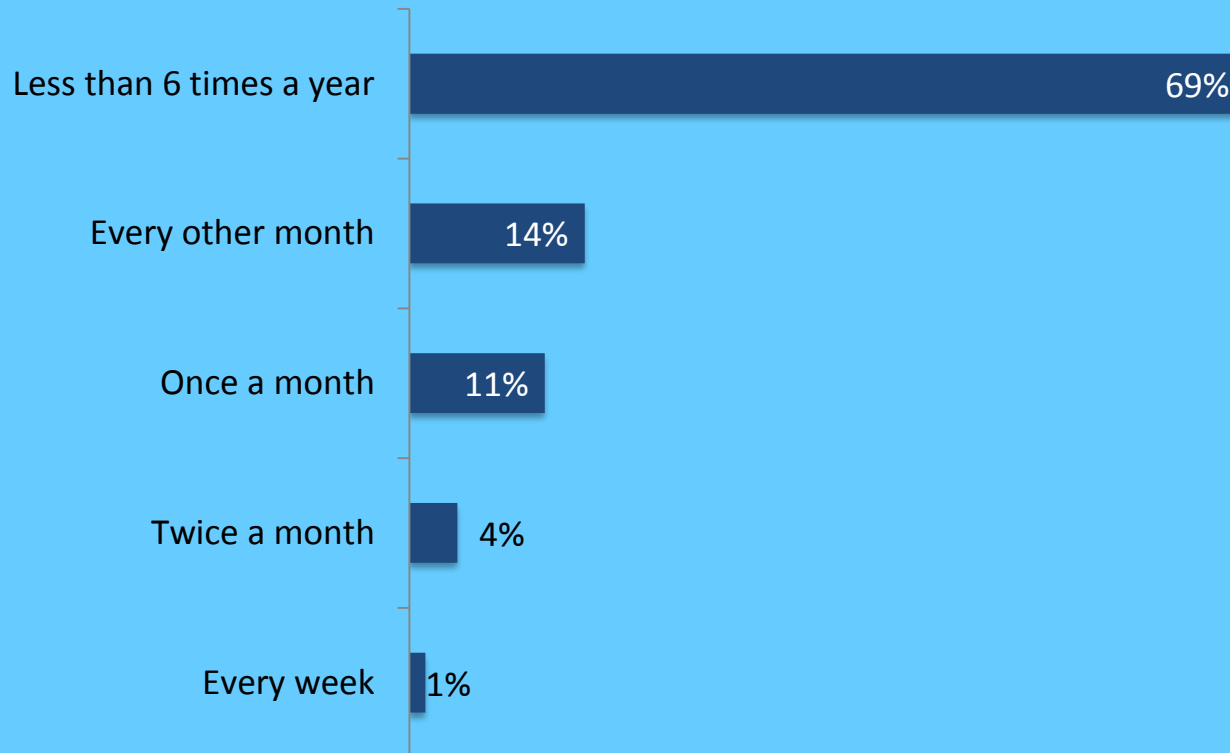


Age



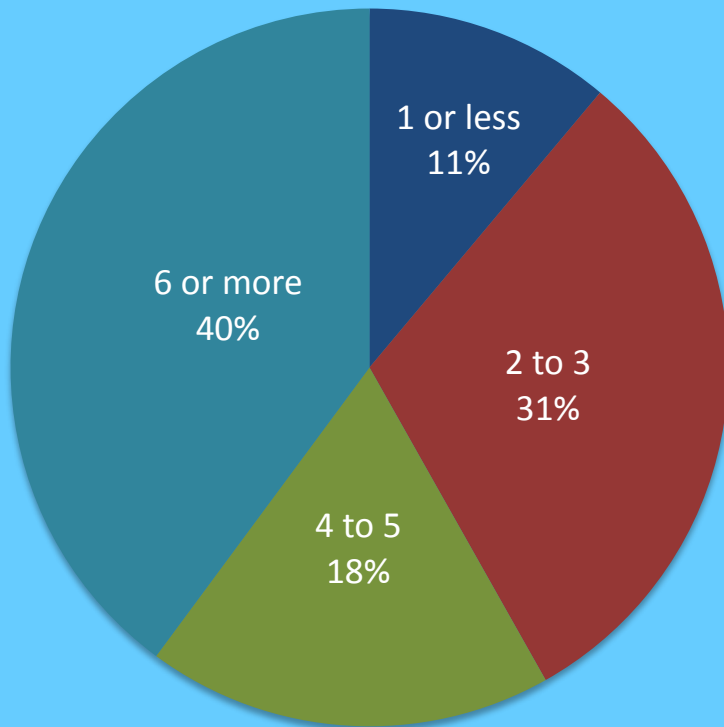
Healthcare Access

How often do you visit your clinic doctor or nurse?

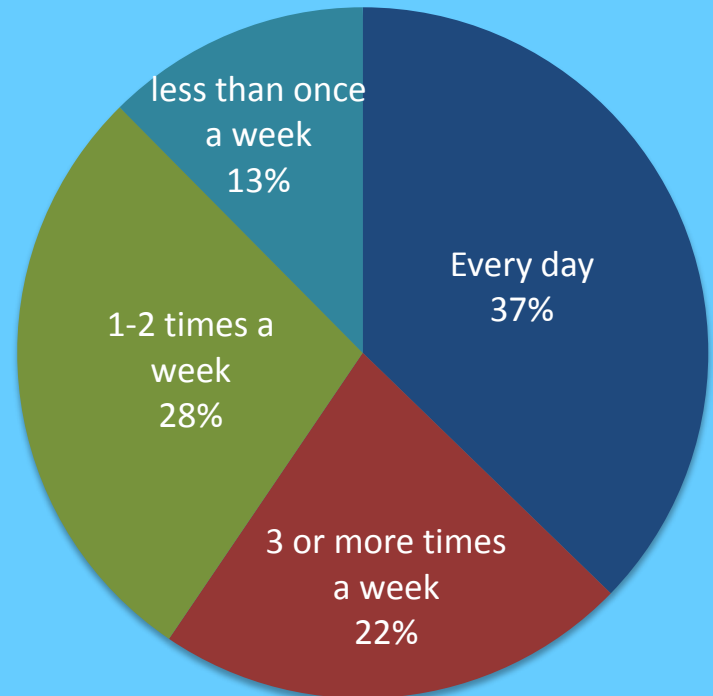


Diet

**How many glasses of water
Do you drink a day?**

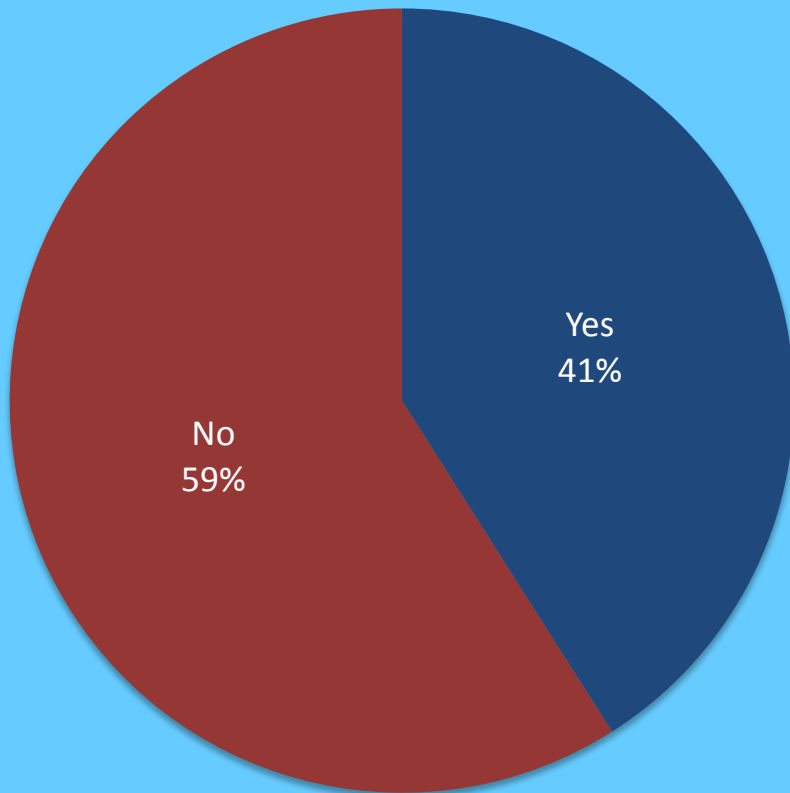


**How often do you eat
fruits and vegetables?**

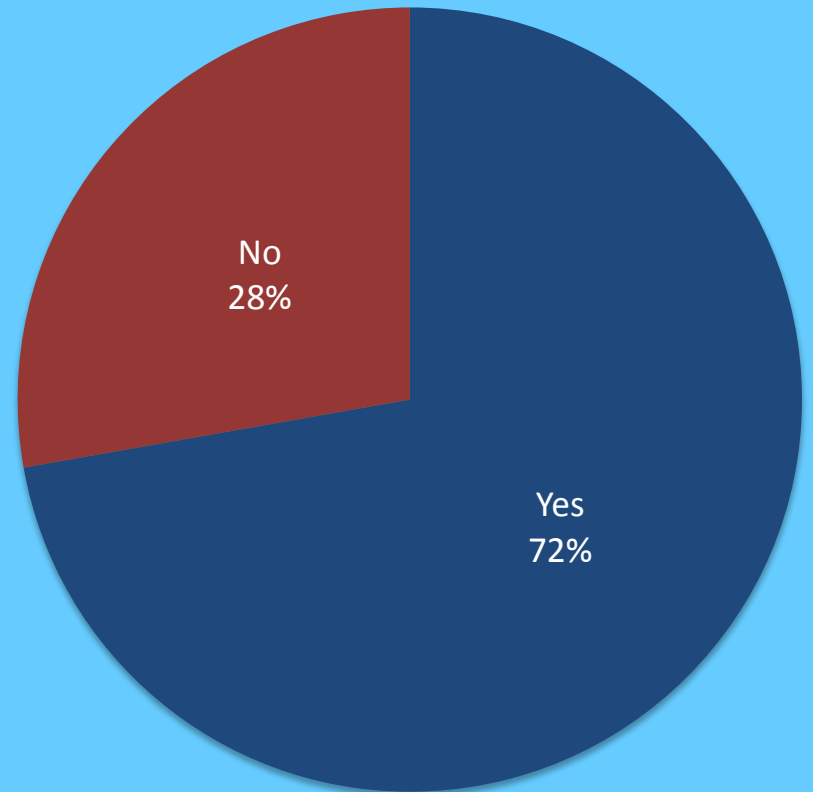


Gardens

Do you have a backyard garden?



If not, would you consider starting one?



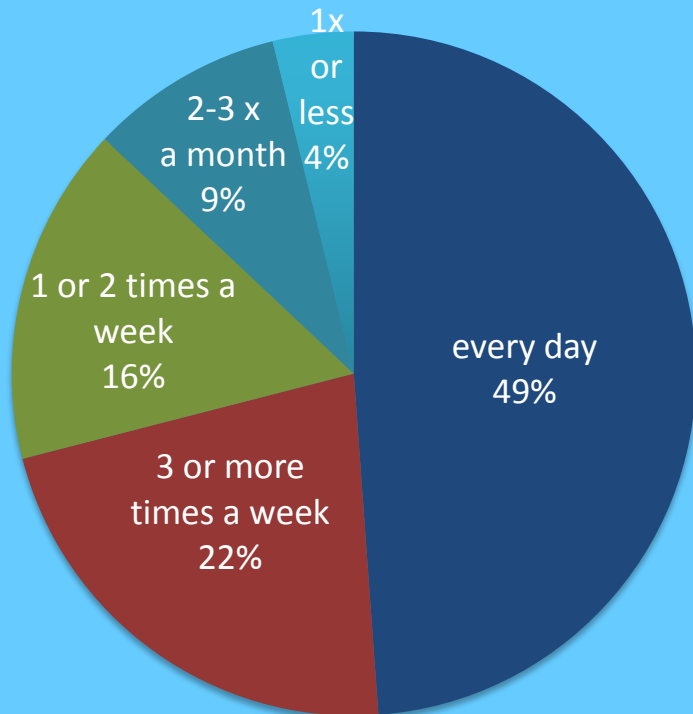
Exercise

Do you exercise?

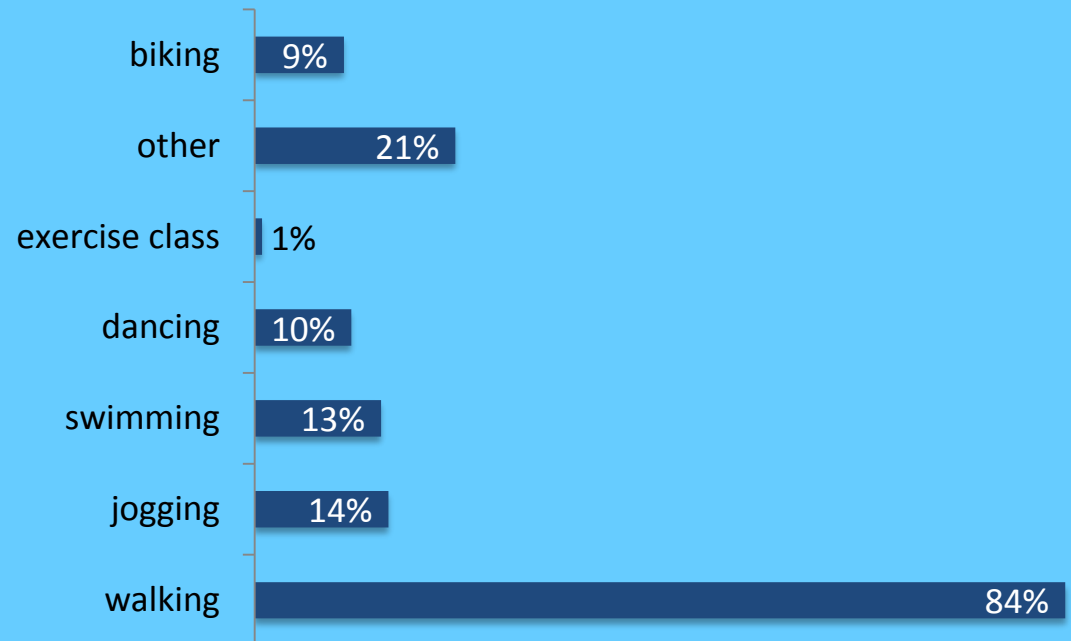
Yes = 86%

No = 14%

If you exercise, how often?

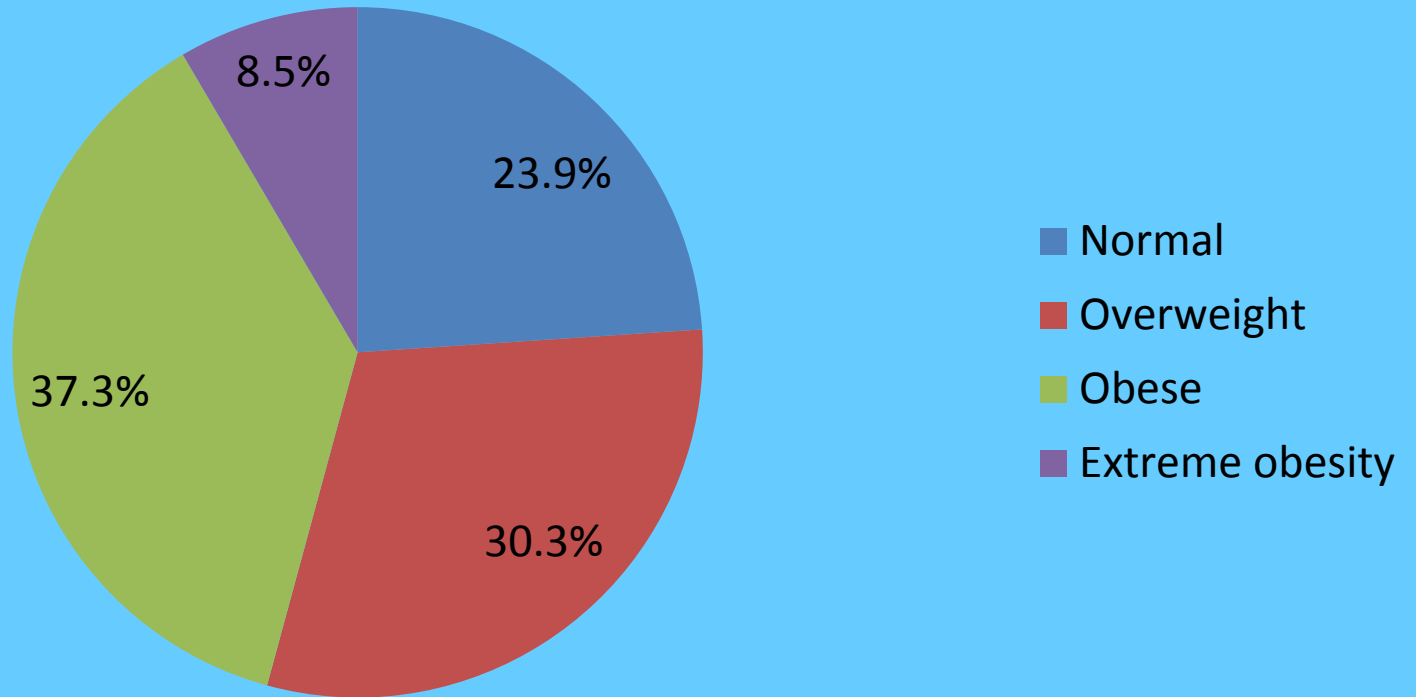


If you exercise, what type of exercise?



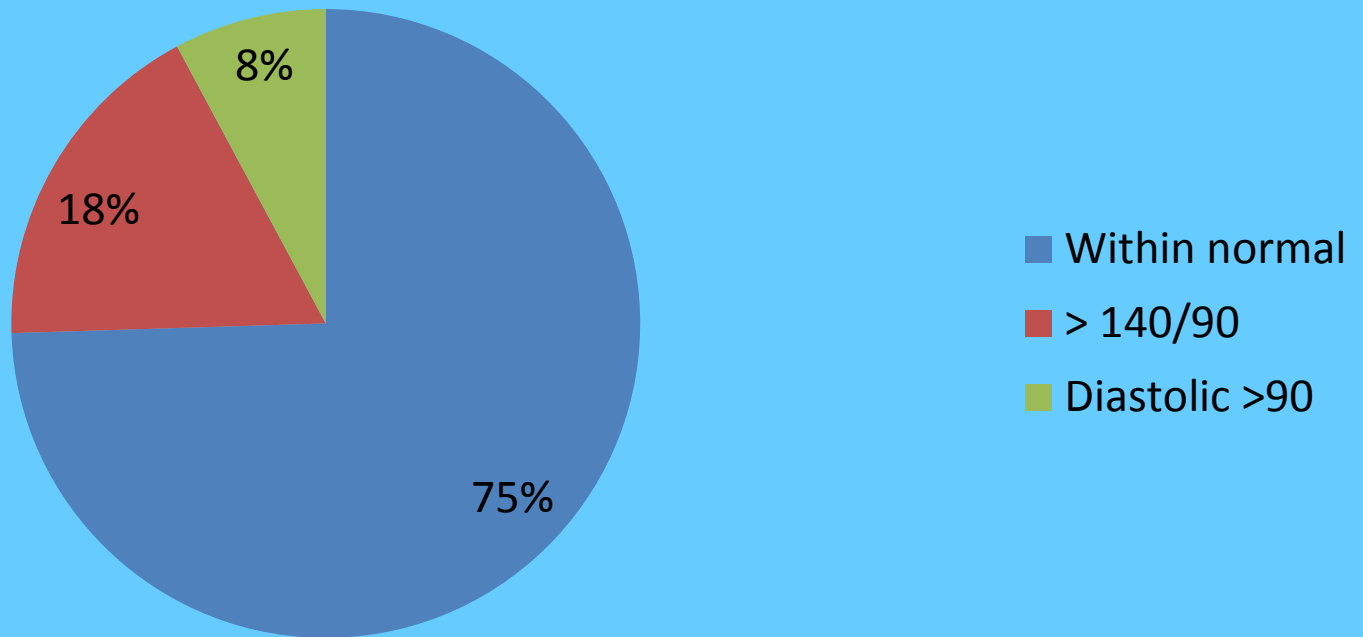
Weight

BMI



Blood Pressure

All Participants (40.5% state being diagnosed with Hypertension)

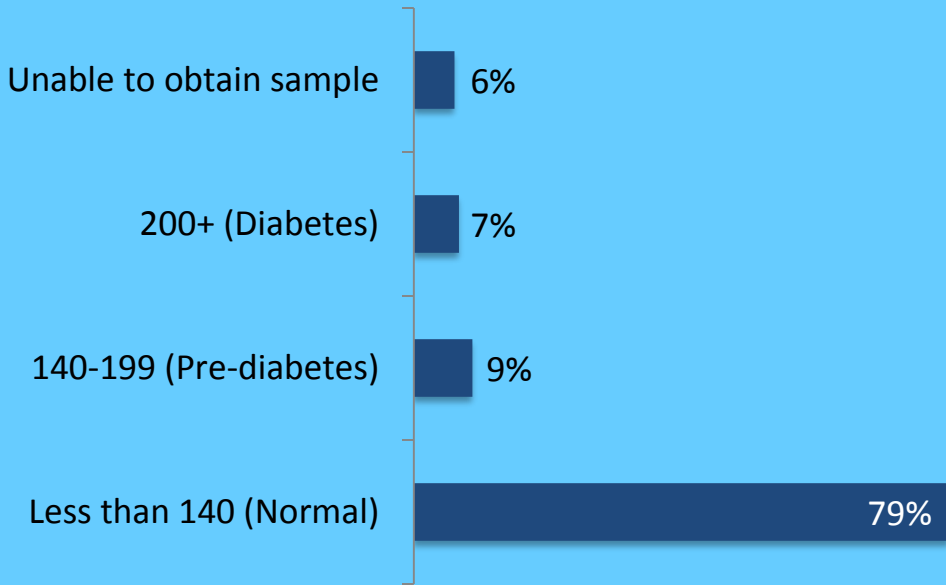


Blood Pressure: observations

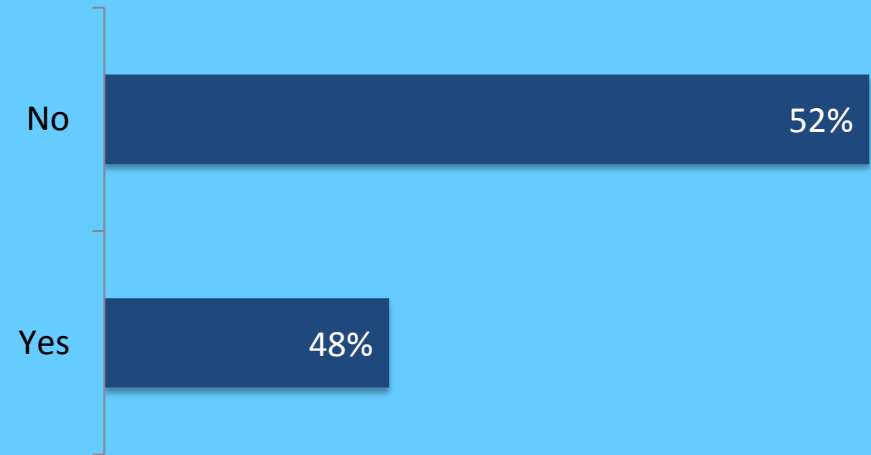
- 26% of all participants have results outside recommended range.
- Of those diagnosed with hypertension, 30.6% had a diastolic of greater than 90.
- Of those who said they had not been diagnosed with hypertension, 9.8% had results greater than 90 diastolic.

Diabetes

Random blood glucose

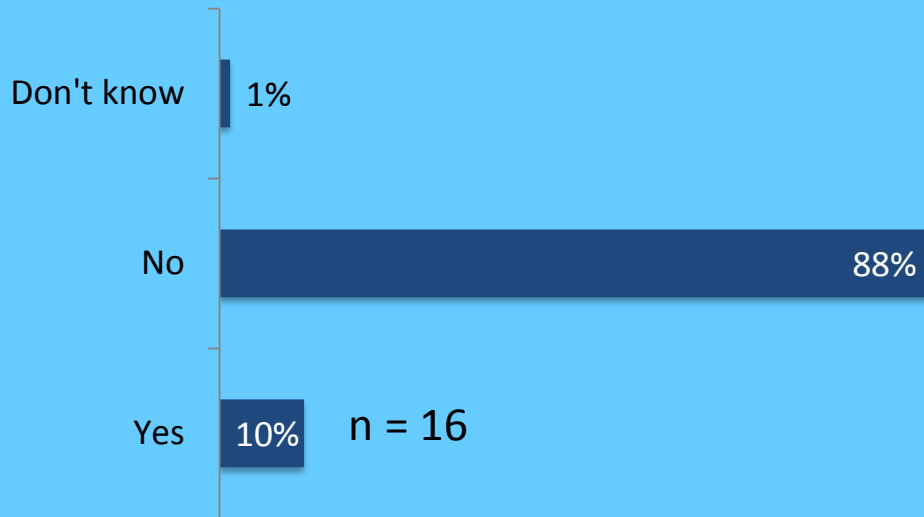


Have you ever been screened for diabetes?

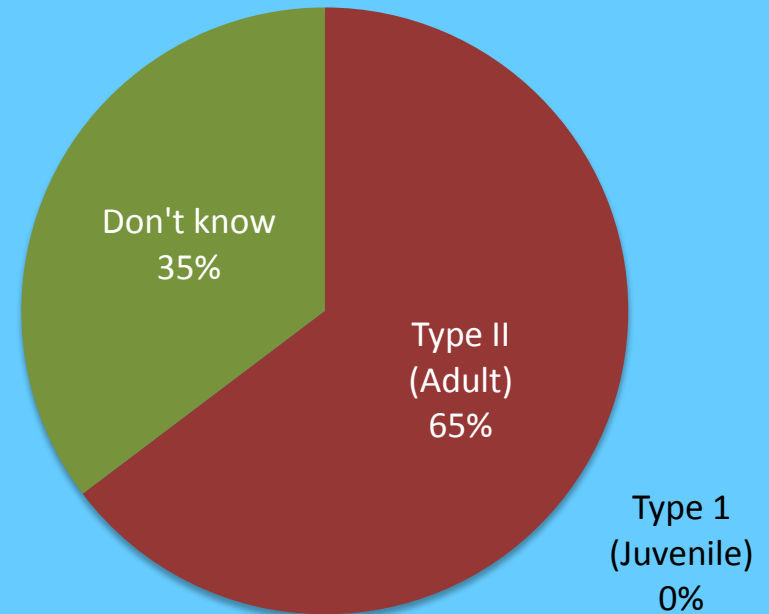


Diabetes

Have you been told you have diabetes?



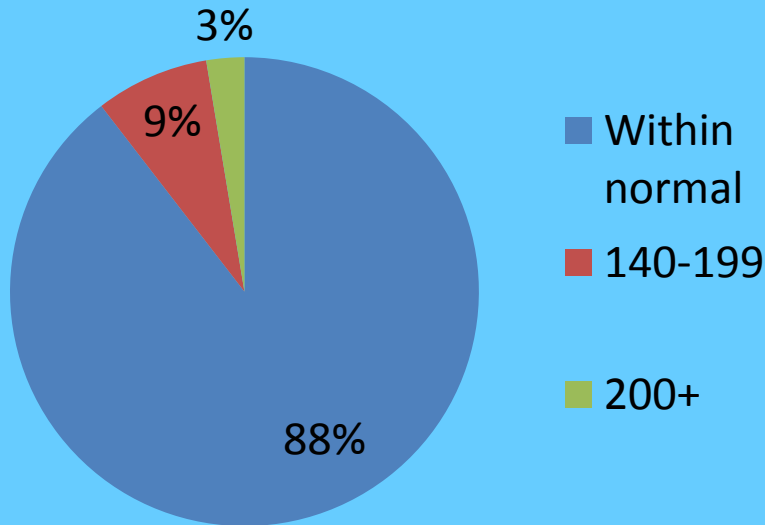
What type of diabetes do you have?



Blood Glucose Comparison

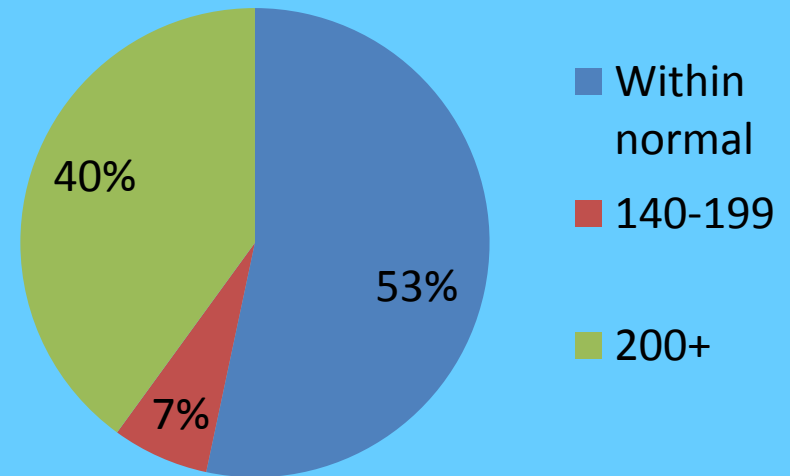
State they have not been diagnosed with diabetes

Random Blood Glucose



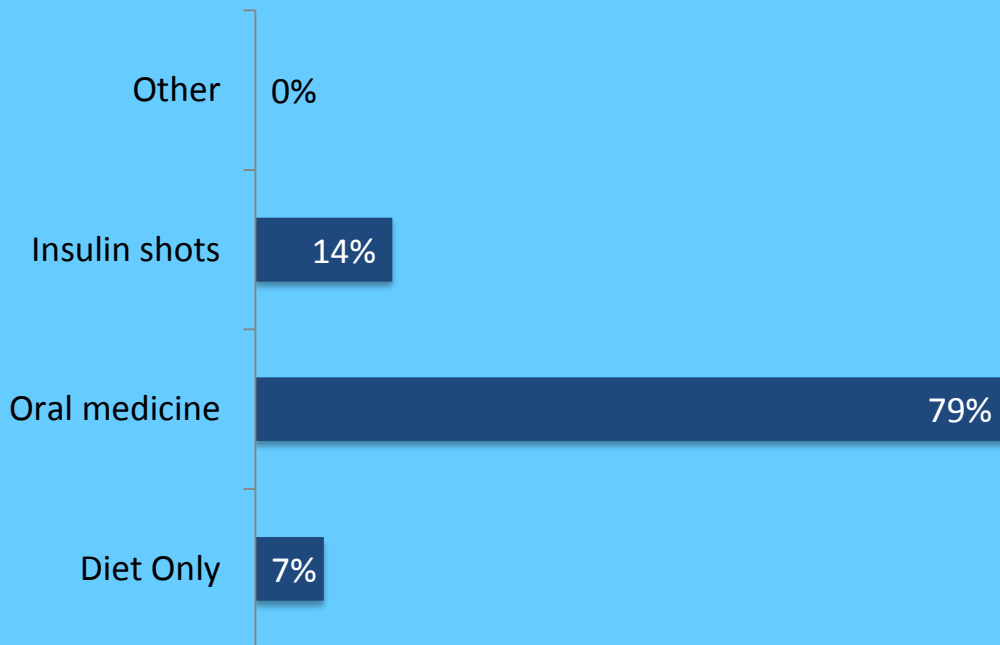
State they have been diagnosed with diabetes

Random Blood Glucose

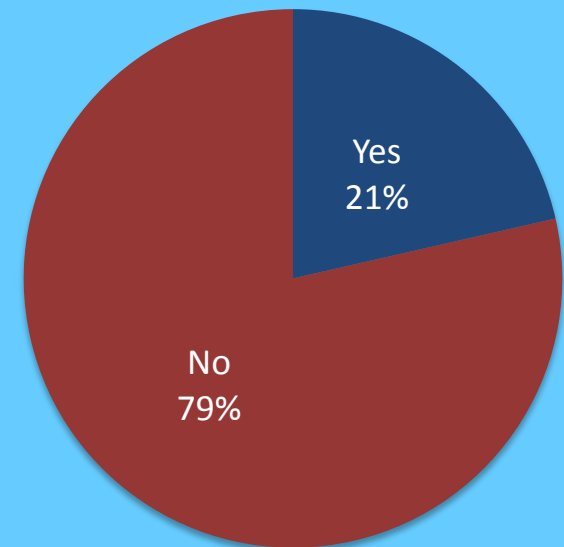


Diabetes Management

How do you manage your diabetes?

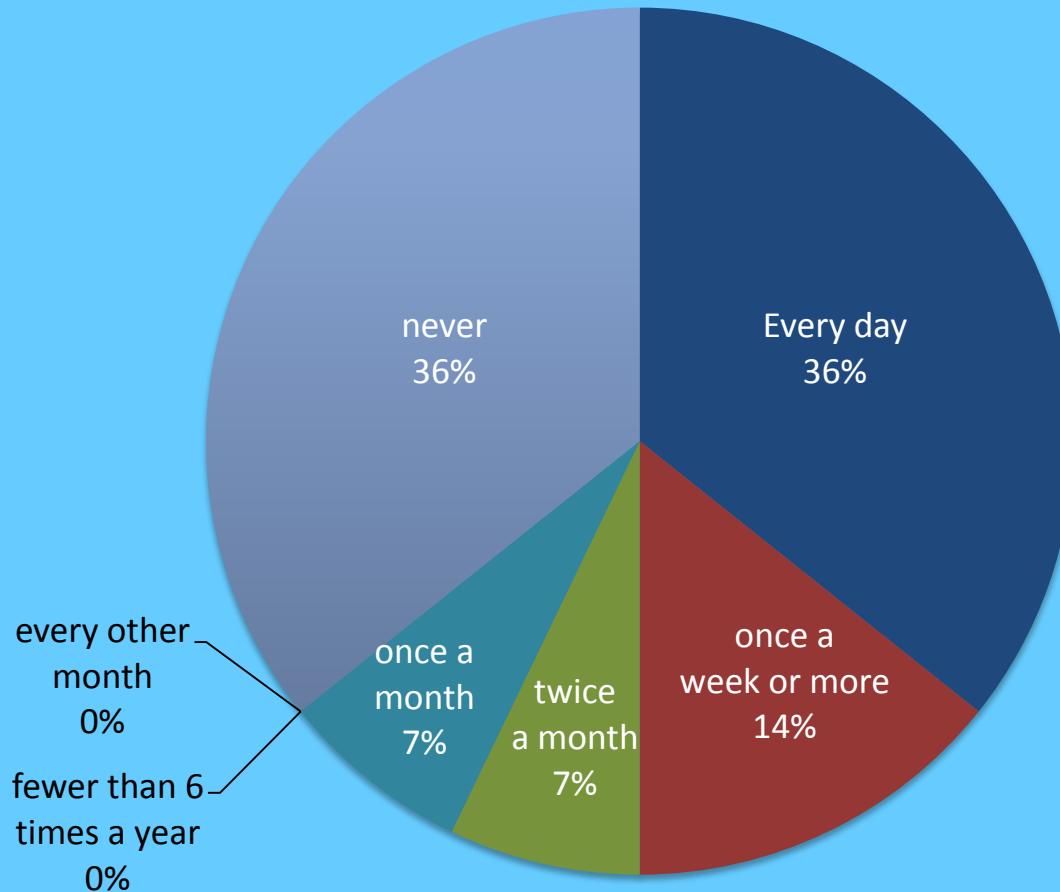


Have you ever been hospitalized for something related to your diabetes?



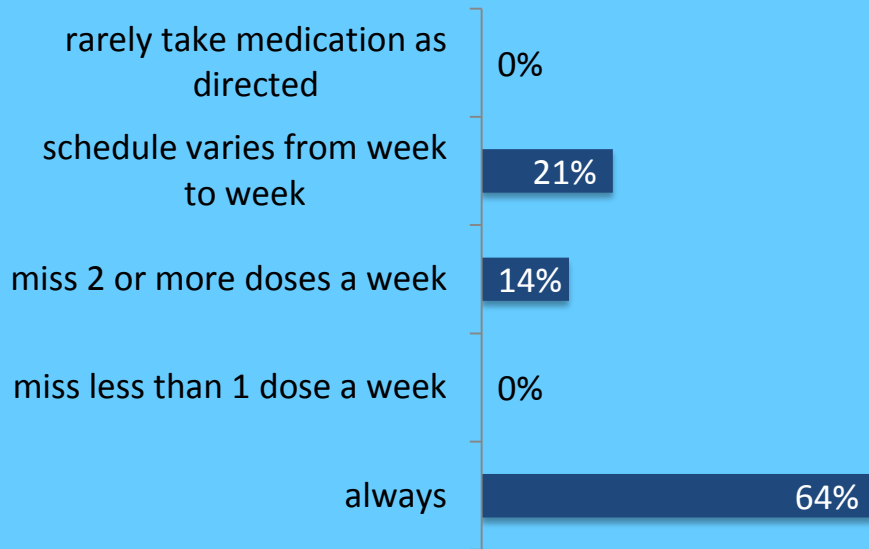
Diabetes Management

How often do you test your blood sugar at home?

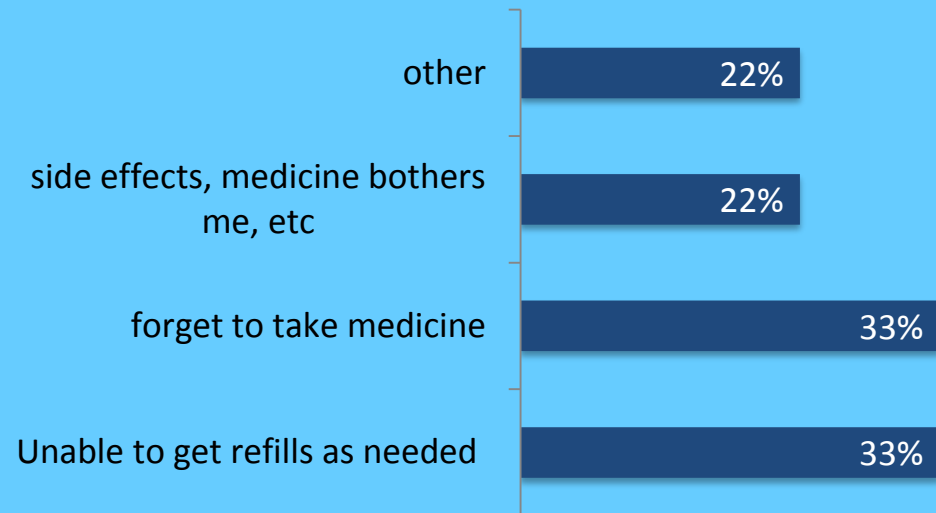


Diabetes Medication

If you take medication, how often do you take it as directed?

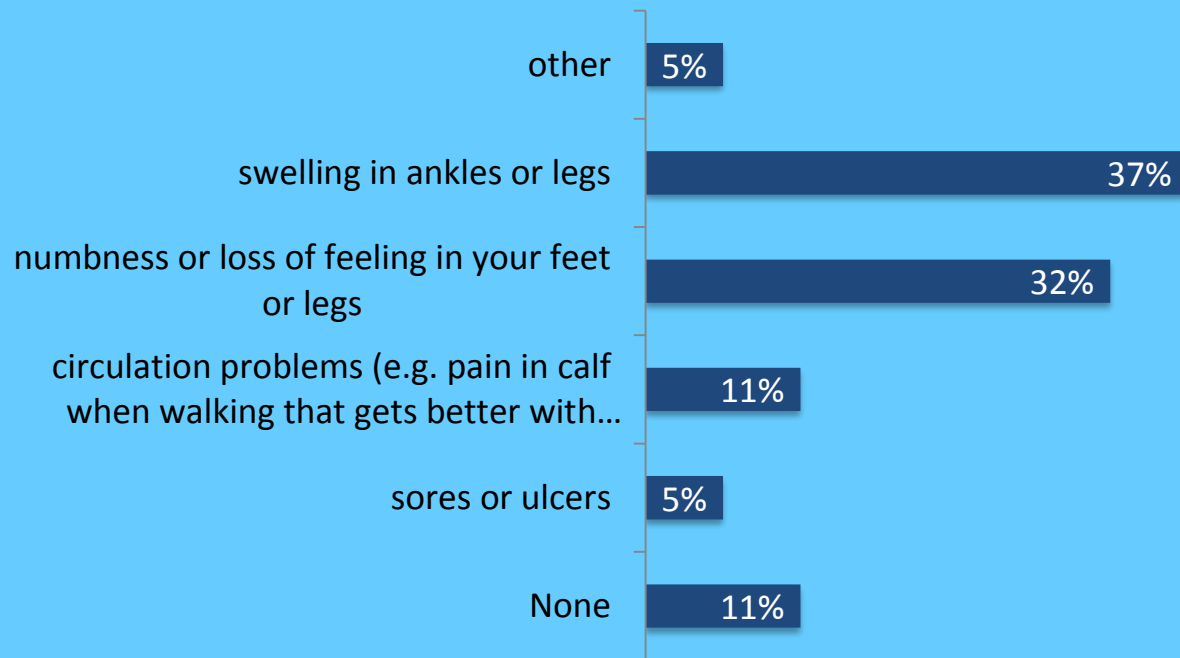


What would you say were the biggest challenges to taking your medication as directed?



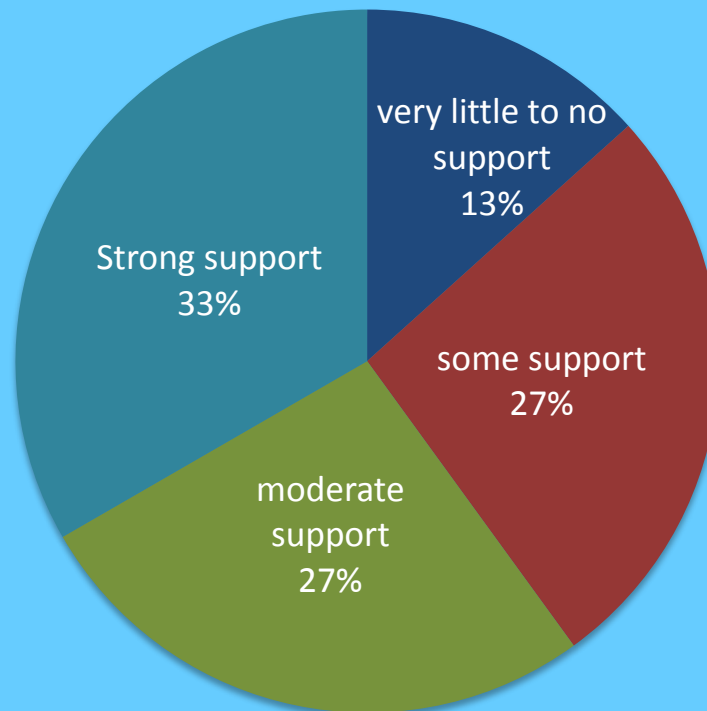
Diabetes Complications

Do you have any of the following problems with your feet?



Diabetes Support

How would you describe the support you have at home for managing your diabetes?



Recommendations

