

occupied Palestinian territory 2018 (part of 2018-2020 HRP)

Appealing Agency	QATAR RED CRESCENT SOCIETY (QATAR RC)
Project Title	Improve health status and life quality of children with Type 1 Diabetes Mellitus in the Gaza Strip
Project Code	OPT-18/H/115382
Sector/Cluster	Health and Nutrition Cluster
Refugee project	No
Objectives	<p>Overall objective: The overall objective is to improve the health, nutritional status and life style of children suffering from Type 1 Diabetes Mellitus in the Gaza Strip.</p> <p>Immediate Specific objectives:</p> <ul style="list-style-type: none"> • To Improve and maintain the well being of 200 females and males suffering from Type 1 diabetes mellitus. • To equally detect and diagnose new female and male patients suffering from Type 1 Diabetes Mellitus & render them to treatment. • To improve by 80% life style, knowledge, attitudes and practices (KAP) of community regarding diabetis • To increase awareness regarding Type 1 Diabetes Mellitus for =2000 community resident in Gaza Strip. • To develop more comprehensive networking with other health providers in the community aiming at securing a comprehensive management approach of Type 1 diabetes mellitus.
Beneficiaries	Total: 200 vulnerable group Female: 98 Male: 102 Children (under 18): 200
Implementing Partners	AEI
Project Duration	Jan 2018 - Dec 2018
Current Funds Requested	\$214,000
Location	Projects covering just Gaza
Priority / Category	NOT SPECIFIED
Gender Marker Code	2b - The principal purpose of the project is to advance gender equality
Contact Details	Akram Hassan Nassar, anassar@qrc.qa.org, + 972 59 5699386
Cash transfer programming	<p>Is any part of this project cash transfer programming (including vouchers)? No</p> <p>Conditionality:</p> <p>Restrictions:</p> <p>Estimated percentage of project requirements to be used for cash/vouchers: 0</p>

Needs

Despite the chronic and special vulnerability in which approximately 2 million Palestinians are living nearly imprisoned in the Gaza Strip. Yet, there are many risk factors that are still adversely working upon them and drastically affecting their life quality. Amongst those factors the devastating increase of physical disorders manifested clearly through higher prevalence of non-communicable diseases such as cardiovascular diseases, diabetes mellitus, cancer, malnutrition and kidney diseases. The reason for increased prevalence and incidence of chronic illness is an attribute for different risk factors including continuous stress, poverty, wars and brutally imposed eight years siege. The poor health system, ruined infrastructure and special vulnerability of children add extra burden and minimize optimism with regards to promptly implemented health interventions that are basically needed for remedying the growing needs of chronic illness such as Type 1 Diabetes Mellitus (T1 DM). Children who represent more than 55% of the entire Gaza Strip population were the mostly victimized with the current tremendous exposure to stressful risk factors and their undesirable outcomes including T1DM. Immediately after the last summer 51 days war, many children were affected with T1DM and there is a need for recruiting considerable resources in order to determine the incidence and prevalence of T1 DM which is undoubtedly thought to get reached an unprecedented increase.

Unfortunately, Ard El-Insan (AEI), is the main area which provides qualitative and adequate support to children with T1 DM compared to corresponding intermittently offered services by the governmental and UNRWA in the Gaza Strip. Qatar Red crescent have a tangible interventions in supporting marginalized people. Most recently with supporting PKU patients with special formula milk, gluten free flour, and health awareness. The project is principally designed to extremely vulnerable children suffering from different levels of type 1 DM. These patients have been neglected by health services providers in Gaza over decades. During this project an engagement of the community appear all over the project cycle starting from assessing needs, design, project implementation, monitoring and finally evaluation. Prompt and precise detection, diagnosis, health awareness and life style modification strategies targeting those children will contribute efficiently in reducing the mortality and the morbidity rates related to Type 1 DM. It will also prevent effectively most of early and late complications of this chronic, progressive and stubborn disease. Furthermore, it will ensure better chances of improving their quality of life via promotion of the sense of well being, achieving higher self esteem levels and actively practiced positive socialization that are essential components of human rights. Raising awareness on the community level regarding this disease will also contribute in early detection, quick response and adequately appropriate intervention.

Activities or outputs

Project activities will be implemented through partnership between Qatar Red Crescent and AEI association, and will take a place in AEI Health Care Centres both in Gaza and Khanyounis covering the whole areas of the Gaza Strip. AEI health care centers constitute of outpatient clinic modality composed of different units including: (Administration unit, assessment unit (Clinical and nutritional), two follow-up units, education unit (food demonstration as well), laboratory and pharmacy).

The project will be implemented according to the following strategy:

- Adoption of relevant up-dated international guidelines and protocols for management of type1 diabetes mellitus.
- Implementing utmost steps of updated international guidelines/protocols for management of early and late complications of Type 1 DM in children.
- Benefiting from evidence based facts in management of the detected cases.
- Community engagement in assessing needs of those vulnerable stratum of population
- Mothers/caregivers to have access to skilled support in order to enable them provide better health and life style and nutritional practices to their children.
- Diabetic children and their Mothers/caregivers to have access to educational training on preparation of relevant meals and special foods adapted to their needs.
- Secure access to preventive and therapeutic management of early and late complications of Type 1 DM.
- Secure insulin pens, Glucometers, nutritious supplements for special cases and laboratory tests.
- Coordination with other health providers and community outreach programs.
- Utilizing AEI experience, governmental and NGOs in the field in this project for purposes of institutionalized capacity building at academic/technical levels for the sake of diabetic children.

Activities and outputs

- Improve and maintain the well being of 200 girls and boys suffering from Type 1 diabetes mellitus.

Activities:

1. Staff training:
2. Health and nutritional assessment
3. Laboratory investigations
4. Provision of Insulin pens and Glucometers equally to boys and girls cases

- Detect and diagnose new boys and girls suffering from Type 1 Diabetes Mellitus & render them to treatment.

Activities:

1. Treatment of admitted and follow up cases
2. Community engagement in the treatment through outreach program (Home visits)

- Improve by 80% life style as well as knowledge, attitudes and practices (KAP) of diabetic children and their caretakers.

Activities:

1. Health education and awareness sessions in groups
2. Individual health counselling
3. Distribution of educational materials

- Increase awareness regarding Diabetes mellitus for = 1000 community members from the Gaza Strip.

Activities:

It is important to provide information to the community about diabetes Type 1 (patients and their caregivers) also on the appropriate dietetic regimen for boys and girls with Type 1 DM.

1. Organization one event day regarding the international day of diabetes mellitus.

- Develop more comprehensive networking with other health providers aiming at securing a comprehensive management approach of Type 1 diabetes mellitus.

Activities:

1. Networking: Other stakeholders, Governmental and UNRWA health centres in order to recruit the newly discovered cases of Type 1 DM into the project. (children less than 18 years old)

Monitoring and evaluation will cover input delivery, input utilization improvement in beneficiary's knowledge. Monitoring with total community engagement at all levels and take place at all sites of activities using different tools such as: Tally sheet, daily data entry for admission and follow-up (computerized data base), pre-post test knowledge, daily balance of stock of medication, gluten free flour (informatics system), insulin pens, Glucometers for diabetic children as well as beneficiaries satisfaction. added to that quarterly and final narrative and financial reports

Indicators and targets

Target and Indicators related to immediate objective 1

- Improve and maintain the well being of 200 patients suffering from Type 1 diabetes mellitus.

Indicators related to objective 1.1

- 200 diabetic children from 2-18 years old registered in AEI Gaza center will be followed.

Indicators related to objective 1.2

- # of follow-up visits will be conducted

Target and Indicators related to immediate objective 2

- Detect and diagnose new patients suffering from Type 1 Diabetes Mellitus & render them to treatment.

Indicators related to objective 2.1

- # new cases detected
- # Doctors visits
- # follow up visits
- # home visits

Indicators related to objective 2.2

- 200 new files of Type 1 Diabetes Mellitus opened

Indicators related to objective 2.3

- 200 children with Type 1 Diabetes Mellitus will be treated and follow up.

Target and Indicators related to immediate objective 3

- Improve by 80% life style as well as knowledge, attitudes and practices (KAP) of diabetic children and their caretakers.

Indicators related to objective 3.1.

- 40 group awareness sessions conducted in Gaza & Khanyounis centers 1000 participants.
- =1000 individual counseling sessions will be conducted in Gaza & Khanyounis centers

Indicators objective 3.2

- 200 Patients and their caregivers (mothers, grandmothers or other close family members) received awareness.
- # Handbooks produced and distributed (available in AEI centres).
- # Brochures and leaflets distributed
- # Caregivers' knowledge in health and nutrition improved by 50% and more.
- # Caregivers' acquired the importance of child's care and nutrition.
- Best life style, health-nutrition practices have been adopted.

Target and Indicators related to immediate objective 4

- Increase awareness regarding Diabetes mellitus for = 1000 people from the Gaza Strip.

Indicators related to output 4.1

- 40 group awareness sessions conducted in the community targeting 1000 Participants

Indicators related to output 4.2

- # educational handbooks distributed

Target and Indicators related to immediate objective 5

- Develop more comprehensive networking with other health providers aiming at securing a comprehensive management approach of Type 1 diabetes mellitus.

Indicators

- # patients referred from AEI to others health services providers

Indicator	Project target
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Qatar Red Crescent Society(Qatar RC)	
Original BUDGET items	\$
project technical staff	91,200
insulin pens and strips	79,200
health promotion	9,200
Laboratory investigations reagents+ HbA1C device & reagents	8,000
Body scale balance & height measurements	1,500
operational cost	9,000
admin costs	15,900
Total	214,000

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Current BUDGET items	\$
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