

Challenges of diabetes management from a carer's perspective

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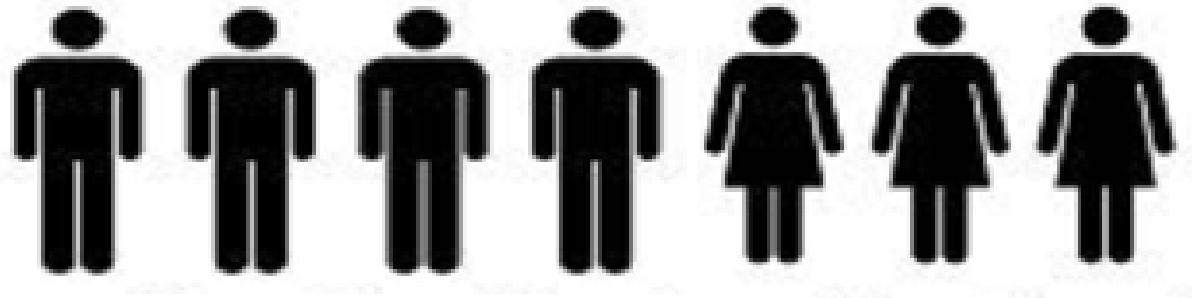
Lead Community Activator for Western Sydney University's Pasifika Preventing Diabetes Programme

NSW Pasifika population – 131,077

Concentration – across Western Sydney and South Western Sydney



Vs



General Population

Pasifika Population

Hospitalisation due to diabetes complication

We became statistics

Self diagnosed

Conflicting symptoms

Delay to seek medical care

Congestive Heart failure



The challenge = LANGUAGE



UNDERSTANDING THE
MEDICAL TERMS



ABILITY TO LIAISE
WITH MEDICAL TEAMS



TRANSLATE SIMPLIFIED
LANGUAGE

*"I shut down when they start talking to me using all that medical jargon;
it gets too much, and so I just answer yes, yes"*

Generational traditions

- **Diabetes** household word
 - Knowledge is not
- Family history
 - Expect to have diabetes
- Experience in caring for loved ones at end-of-life stage



“What is diabetes” in-language

Diabetes – a chronic metabolic disease

- Condition: blood glucose (sugar) levels are too high, body does not produce enough insulin

Ma’i suka – sick caused by too much sugar in the blood

Mahaki suka – sick caused by too much sugar in the blood

Matenisuka – death by sugar
too much sugar in the blood

Toto vene – blood

“ when you eat too much
“Sugar”



First point of knowledge

- Source of information
- Language – content dense
- Prescribed changes vs cultural traditions
- Navigating the services



Generational traditions +



FAITH: Divine
Intervention

Culture &
traditions

Acceptance of mortality by chronic disease – FAMILY HISTORY

Reach the community

- ✓ Capitalise on the strength of cultural & community leadership; co-design solutions
- ✓ Consumer representation
- ✓ Community based education
- ✓ Empower sustainable community-led model



Thank you

