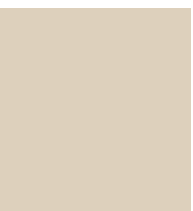




The Quick Fix

First Aid & Health education

DIABETES



What's covered;



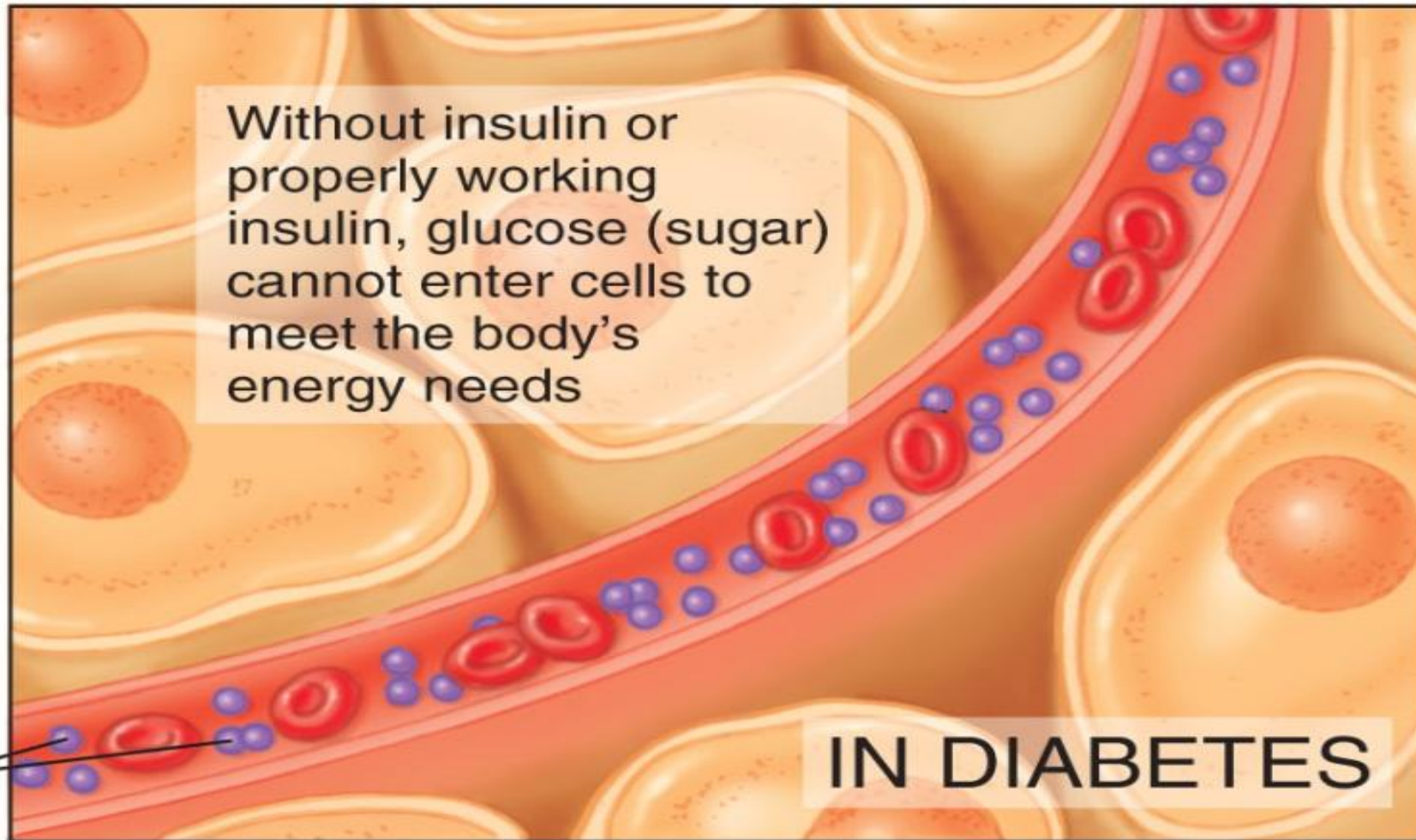
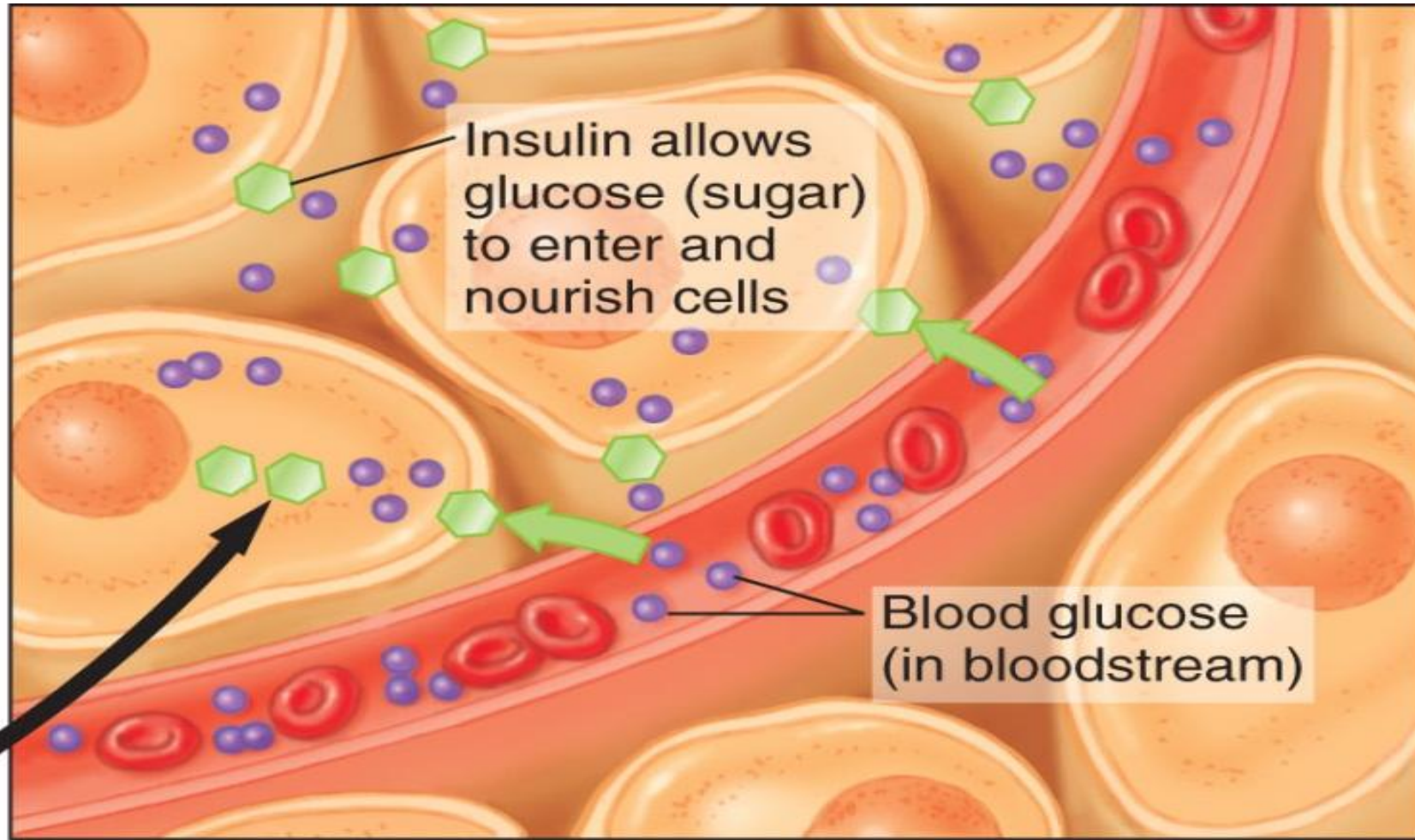
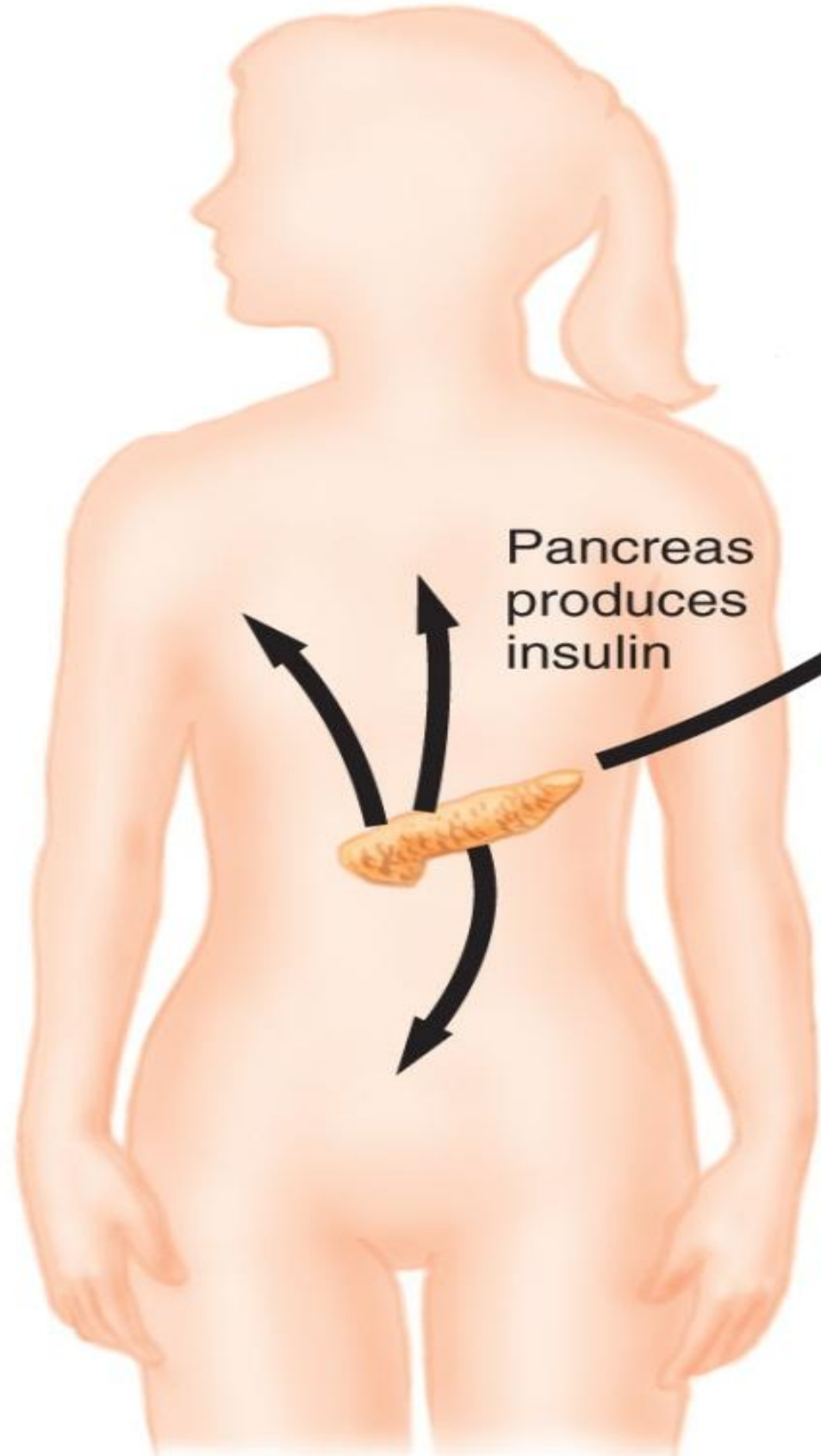
The Quick Fix

First Aid & Health education

- ◆ Definition
- ◆ Types of Diabetes
- ◆ Diabetes in pregnancy
- ◆ Normal blood sugar ranges
- ◆ How to accurately check your blood sugar at home
- ◆ Hypoglycemia / Low blood sugar
- ◆ Hyperglycemia / High blood sugar
- ◆ Emergency contacts
- ◆ Q&A



- Diabetes is a condition that impairs the body's ability to process blood glucose, otherwise known as blood sugar.
- Caused by lack of sufficient **Insulin**.



Elevated blood glucose level

Risk factors of Diabetes

Being overweight

Family history of diabetes

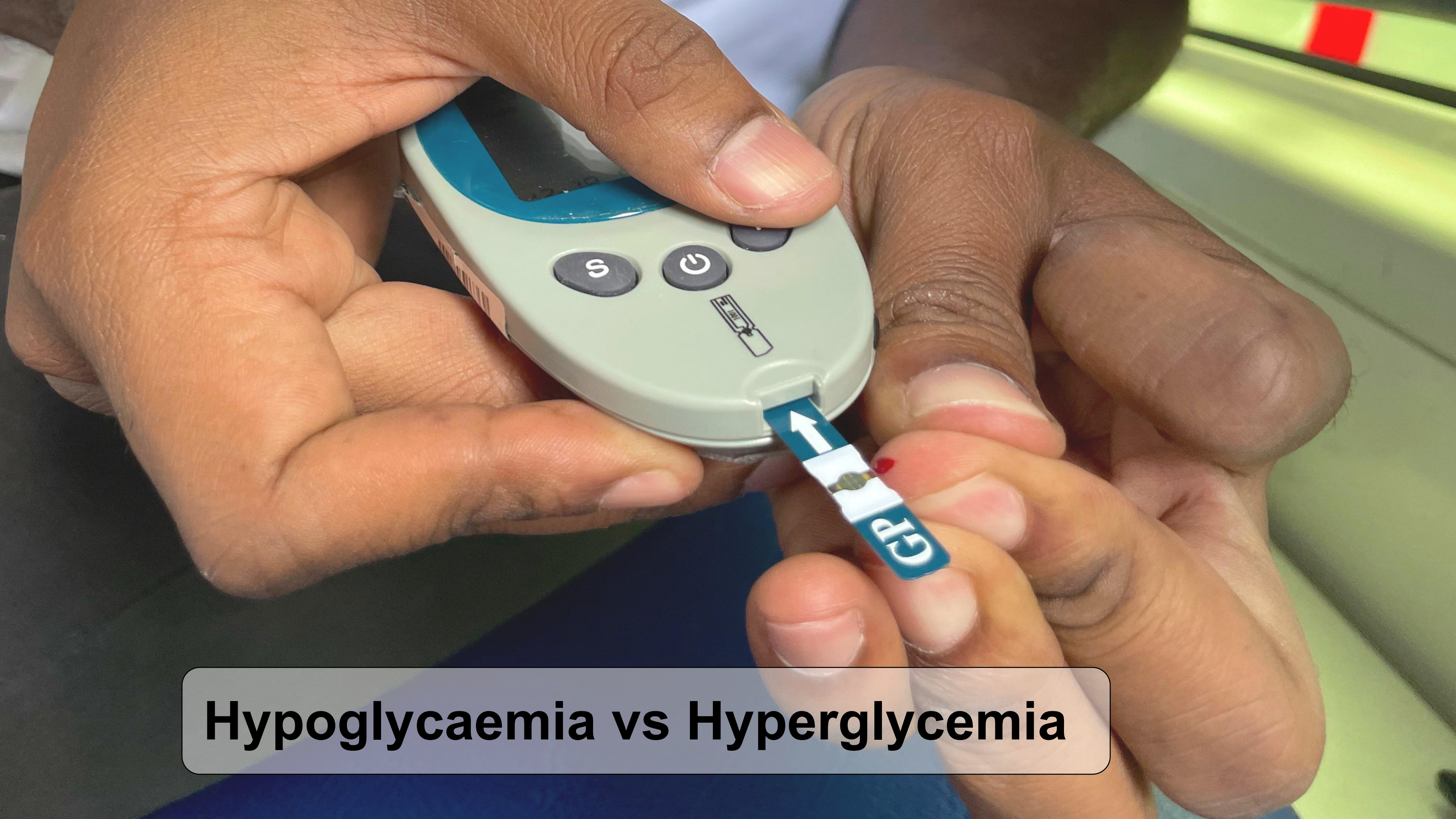
High cholesterol level

A history of high blood pressure

Having **gestational diabetes** or giving birth to a child with a birth weight of more than 9 pounds

Being more than 45 years of age

Having a sedentary lifestyle



Hypoglycaemia vs Hyperglycemia

Blood Sugar Normal Ranges



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Measured in millimols per litre (mmol/l) or milligrammes per decilitre (mg/dl)

Eg: 4.3 mmol/l or 77.4 mg/dl

- Normal : ? 3.5 mmol/l - ? 7.5 mmol/l

Hypoglycemia Management

- **Conscious**-Give sugar drink or oral glucose, ask about his medications
- **Unconscious**- get immediate help

Blood Sugar - Normal Ranges



The Quick Fix

First Aid & Health education

Everyone's BP will be slightly different (What's considered low/high for you may be normal for someone else)

The ideal BP is considered to be between **90/60** mmHg and **120/80** mmHg.

▲ Generally, high BP is considered to be **140/90** mmHg or more.

BP readings from **121/81** mmHg to **139/89** mmHg could mean you're at risk of developing Hypertension.



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National Police Service – 999 / 112 / 911

E – Plus (Kenya Red Cross)* – 0700 395 395 / 1514

AMREF - 0730 811 000

St. John Ambulance – 0721 225 285

AAR – 0725 225 225 / 0734 225 225

Rescue / Flare – 0714 911 911



The Quick Fix

First Aid & Health education



About us

The Quick Fix Learning Hub is an organization committed to reducing preventable deaths in Kenya by bridging the barriers that hinder access to first aid and health education.

[LEARN MORE](#)

Upcoming Classes & Webinars



The Quick Fix

First Aid & Health education

- 7th October: **Basic Life Support (BLS)**

The Quick Fix Learning Hub



BASIC LIFE SUPPORT COURSE

0707079192



DATE
7 OCTOBER 2023



TIME
08.30 AM - 2.30 PM



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THANK YOU