



Since 1994, [APSA International](#), a Mauritius-based NGO, has provided diabetes prevention and management services through personalized education, care, and support in the country and Africa, in Burundi, Botswana, and Zimbabwe. It operates the APSA Diabetes Care Centre, which is registered with the Mauritius Ministry of Health and Quality of Life.

### **Our mission is to**

- **Prevent the onset of diabetes** and cardiovascular diseases by detecting risk factors early.
- Help diabetes sufferers to have a better quality of life and **prevent complications** linked to poorly controlled diabetes.
- Provide a comprehensive approach to **care** to people suffering from diabetes.

### **Our activities include**

- **Diabetes Treatment and Control**  
Consultations on diabetes treatment and control are provided by a multi-disciplinary care team—of doctors, nurses, podiatrist, dietician, psychologist, occupational therapist, educators. Each year, over 400 patients benefit from this service at cost price.
- **Fighting Against Amputation**
  - (1) **APSA Foot Care Karavan** offers on-site screenings—conducted by a podiatrist, nurses, and health educators—that include a foot assessment and education in foot care. Over 800 people are reached every year through this program.
  - (2) **Foot assessment and foot care** is provided to detect the onset of diabetes foot complications (such as loss of sensitivity, wounds, corns and calluses, and nail issues) early, as well as education and preventive and curative care to avoid amputation.
- **Nutrition Education**  
Nutrition education on eating well and preparing healthy meals is provided through workshops with a dietician, focus groups, and individual consultations to help people with diabetes or people at risk of developing diabetes improve their health.
- **Therapeutic Education**  
APSA also offers sessions to people with diabetes and those who are at risk of developing diabetes to help them better manage the disease in their daily lives and adopt a healthy lifestyle.

### **Africa Projects**

**In Burundi**, we implemented a community healthcare training and education network.

- Education was provided to 3,000 people.
- Training was given to 60 doctors, 60 nurses, and 30 educators.

**In Botswana**, our organization partnered with the Ministry of Health and Wellness to develop a community healthcare education network and establish a Diabetic Foot Care Clinic.

- 8 diabetes and foot care clinics were equipped and strengthened to deliver excellence of diabetes care.
- Training was given to 146 healthcare professionals in diabetes management, 103 doctors and nurses in basic and advanced foot care, 103 healthcare professionals in the management of diabetic foot care.
- Foot consultations were given to 16,974 people.

**In Zimbabwe**, we operated a comprehensive diabetes management program in Bulawayo.

- 6 health district clinics were appointed and equipped as referral diabetes clinics.
- 800 patients have attended the educational training.
- Training has been given to 32 doctors, 276 nurses, and 63 paramedics.

### **Become an APSA Partner**

APSA is committed to scaling up its activities, and is seeking NGO partners to expand its reach to more communities in Africa and globally. Our assistance and contribution may include training and care performance in diabetes management, prevention, and education. If you are interested in partnering with us or would like to find out more, please contact us at [info@apsa.mu](mailto:info@apsa.mu).

[www.apsa.mu](http://www.apsa.mu)