



# A Case Study on Structured Exercise and Glycaemic Control in Type 2 Diabetes Patients at Khomas Region Clinics, Namibia

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## Abstract

Type 2 diabetes mellitus is a major public health challenge in Namibia, with management in primary care clinics often prioritising pharmacological treatment over structured lifestyle interventions. The Khomas Region exemplifies this national issue. This case study aimed to document the implementation and perceived effects of a pilot structured exercise programme on glycaemic control for adults with type 2 diabetes attending public health clinics in Namibia's Khomas Region. It sought to identify key operational facilitators, barriers, and patient-reported outcomes. A qualitative, descriptive case study approach was employed. Data were collected via semi-structured interviews with a purposive sample of clinic staff involved in programme delivery and a focus group discussion with participating patients. Programme documentation and attendance records were reviewed for contextual analysis. The programme was feasible to implement with existing clinic resources. Key themes included improved patient motivation and peer support. A prominent finding was that a majority of participating patients self-reported improved management of their blood glucose levels and enhanced overall wellbeing. Staff noted challenges with consistent patient attendance and space limitations. Integrating a structured exercise component within routine diabetes care at public clinics shows promise for improving patient engagement and self-reported health outcomes. This case highlights the potential value of non-pharmacological interventions in resource-constrained settings. Further investigation through a controlled study is warranted to measure objective clinical outcomes. Programme scalability should be explored, with considerations for dedicated space, staff training, and strategies to improve long-term adherence. Ministry of Health policies should consider formalising guidelines for exercise prescription in chronic disease management. Type 2 diabetes, physical activity, glycaemic control, primary health care, Namibia, case study, non-communicable diseases This case study provides preliminary evidence on the feasibility and perceived benefits of a structured exercise programme within public clinic diabetes care in Namibia, informing potential programme expansion and policy discussion.

**Keywords:** *Type 2 diabetes mellitus, Glycaemic control, Structured exercise, Primary health care, Sub-Saharan Africa, Lifestyle intervention, HbA1c*



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