



Efficacy of a Diabetes Self-Management Programme Among Senegalese Diabetic Patients in Ghana: A Comparative Analysis

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Abstract

Diabetes is a prevalent condition in Senegalese communities, with significant disparities in access to effective self-management programmes. A quasi-experimental design was employed, comparing outcomes between participants who received the intervention and those who did not. Data were collected through structured interviews and blood glucose monitoring logs. Among the 120 participants, a mean reduction of 0.8% in HbA1c levels was observed for those enrolled in the programme (SD = 0.5%, $p < 0.05$). The intervention demonstrated promising results in improving glycaemic control among Senegalese diabetic patients. Further studies should investigate long-term effects and cost-benefit analysis of such programmes in different settings. Diabetes, self-management programme, efficacy, Senegal, Ghana

Keywords: *African geography, Diabetes self-management, Quasi-experimental design, Health outcomes, Community intervention, Patient education, Glycaemic control*

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