

APEF: PERIODIC SURVEY – 2003

Observation of results

Date: 13/04/2003

Name of Centre:	Saint Camille of Davougon Health Centre		
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1) TO WHOM DO YOU GIVE LUCERNE LEAF CONCENTRATE (LLC)?

- ✓ Children
 - Number: 22
 - Age: 3 to 15 years old
- ✓ Mothers
 - Number: 30 (suffering from AIDS)
 - Age: 20 to 63 years old

2) HOW DO YOU USE LLC?

- ✓ Eaten as received (semolina) or after milling/grinding (flour)
 - We divide the LLC received into 500g sachets
- ✓ Size of portion per recipient
 - Children: one half-spoonful of LLC at coffee time, morning and evening
 - Adults: one spoonful of LLC at coffee time, morning and evening
- ✓ How is the LLC given? (e.g. mixed with ...)
 - Children: mixed with porridge (enriched flour or rice-water)
 - Older children and adults: mixed with vegetable sauce or with sugared water for those with no appetite
- ✓ Do you increase the quantities from the start of the programme? How?
 - We advise the mothers to start with very small quantities in the first few days

3) IN WHAT CIRCUMSTANCES DO YOU GIVE LLC?

- ✓ Malnutrition:
 - Light (1st degree)
 - Moderate (2nd degree)
 - Severe (3rd degree) Taken to hospital
 - Kwashiokor Taken to hospital
 - Marasme
- ✓ Illnesses:
 - Anaemia
 - Diarrhoea
 - AIDS
 - Other illnesses: sickle-cell anaemia, tuberculosis, nephritic syndrome, typhoid fever
- ✓ Other reasons:
 - Mothers weak with hypolactation (a few cases)
 - Orphans not receiving enough protein

4) WHAT ARE THE OBSERVED POSITIVE EFFECTS?

- ✓ Children (age):
 - Excellent acceptability in children 3 to 6 years of age and above 12 years; slightly less acceptable between 6 and 12 years (colour)
 - Weight increase (occasionally spectacular: 1.5 to 1.8 kg) in small children who had not previously received sufficient nutrition, and in carriers of HIV/AIDS between the ages of 3 and 6 years
 - Disappearance of swelling
 - Improved physical condition amongst those with sickle-cell anaemia between the ages of 12 and 15 years
- ✓ Mothers:
 - Improved physical condition (I do not see many pregnant women in my surgery)
- ✓ Others:
 - Well accepted by the majority
- ✓ Especially AIDS:
 - Improvement in appetite, reduced cachexia (wasting syndrome) (although monitoring of weight is rarely undertaken)
 - No deaths amongst the 30 patients studied since January 03

5) HOW LONG BEFORE POSITIVE RESULTS ARE OBSERVED?

Start of improvement: 2 months, sometimes only 1 month
Attainment of satisfactory result: 3 months

6) HAVE YOU WITNESSED ANY NEGATIVE EFFECTS?

- No
- Yes, in the following cases:
 - ✓ At the start (one case only)
 - ✓ Later
 - ✓ Details One child vomited each time he had LLC over several days so it was necessary to stop

7) YOUR PERSONAL OPINION (on LLC and its use)

Being overwhelmed, I have not yet been able to observe a change in haemoglobin levels, but on the other hand I have witnessed a rapid change in children of below-average weight, and a beneficial effect on the chronically ill.

Practical to use.

As the sachets are small and fragile, I envisage putting the product in empty baby-milk cartons for outpatients.

8) OPINION OF MEDICAL PROFESSIONALS?

My study centres primarily on those suffering from AIDS, whom I care for in great numbers and see every month.

It seems that in all cases, LLC has the greatest effect on the young (when taken regularly).

Testimonials will certainly be possible.

9) YOUR PROJECTS AND FUTURE NEEDS

200 kg per year should be sufficient at the moment

On the one hand, conserving LLC for a long time is risky (heat, humidity), whilst on the other hand, some of our patients take spirulina, which we have been growing here for many years.

13 April 2003

Father Bernard Moegle