

APEF: PERIODIC SURVEY - 2003

Observation of results

Sent by Sister Florine Clémence Okoumou

Date: 29.04.2003

Name of Hospital / Clinic / Centre:	Centre de Santé de la Providence de Voka		
Address:	VOKA		
	B.P. 2236	-	Brazzaville – République de Congo
Person in charge:	Sister Florine		
	Community of the Sister of the Divine Providence	B.P. 2236 – Brazzaville	
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1) TO WHOM DO YOU GIVE LUCERNE LEAF CONCENTRATE (LLC)?

- ✓ Children - Number: 250
- Age: 6 months to 9 years
- ✓ Mothers - Number: 30
- Age: 18 to 45 years

2) HOW DO YOU USE LLC?

- ✓ Eaten as received (semolina) or after milling/grinding (flour)
 - After milling
- ✓ Size of portion per recipient
 - Children: 1 teaspoon per day
 - Adults: 2 teaspoons per day
- ✓ How is the LLC given? (e.g. mixed with ...)
 - Mixed with a porridge of corn or rice, fruit juice, milk, yoghurt, breast-milk
- ✓ Do you increase the quantities from the start of the programme? How?
 - Children: half-teaspoon twice daily every two days
 - Adults: as above, but every day

3) IN WHAT CIRCUMSTANCES DO YOU GIVE LLC?

- ✓ Malnutrition:
 - Light (1st degree) (sometimes)
 - Moderate (2nd degree)
 - Severe (3rd degree)
 - Kwashiokor
 - Marasme
- ✓ Illnesses:
 - Anaemia
 - Diarrhoea
 - AIDS HIV-positive children (8)
 - Other illnesses
- ✓ Other reasons: Physical asthenia (nervous disorder), extended convalescence, lack of breastmilk, 3rd age malnutrition and apathy, chronic skin problems, hepatitis B, emaciation, AIDS, tuberculosis, haemolytic anaemia

4) WHAT ARE THE OBSERVED POSITIVE EFFECTS?

- ✓ Children (age): - Increase in height and weight, maintain appetite, fewer infectious illnesses, happy children with good colour in their conjunctival and oral mucus membranes
- ✓ Mothers: - Normal production of breastmilk, fewer problems of anaemia and physical asthenia
- ✓ Others: - Greater vitality, normal skin colour, larger appetite, weight gain

5) HOW LONG BEFORE POSITIVE RESULTS ARE OBSERVED?

Start of improvement: From 8 to 15 days
Attainment of satisfactory result: From 1 month to 3 months

6) HAVE YOU WITNESSED ANY NEGATIVE EFFECTS?

- No
- Yes, in the following cases:
 - ✓ At the start: Yes
 - ✓ Later: No
 - ✓ Details: A few cases of diarrhoea, quickly resolved
 - ✓ Duration: 1 to 2 days or after the start

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

I welcome leaf concentrate and I believe that for countries such as ours it is necessary.
In reality, it is a product that is simple and easy to use.
Given the miraculous results, one cannot doubt it.

8) OPINION OF MEDICAL PROFESSIONALS?

“Given the spectacular results of leaf concentrate in many cases, it would be necessary and even important to introduce it in our health centres”

Dr Jean-Paul Malonga, doctor-in-charge, Kinkala Hospital

9) YOUR PROJECTS AND FUTURE NEEDS

We'd like to set up the product in Voka so we can give it fresh (as opposed to dried)

Is it possible to have some lucerne seeds to sow?

This is my wish for the future. I can't always manage to pay the transport costs of 60FF per sack, which is a lot given our resources and [the fact that] the product is distributed free.

Attachments:
(to follow)

Issued on: 29 April 2003
Name: Sister Florine Okoumou

Extracts from a letter from Sister Florine, dated 31.01.03

Supported by the doctor in charge of nutrition in the Pool region, I was invited to take part in a seminar on nutritional vigilance and I presented the evidence for leaf concentrate. Everyone was interested in the testimonials (photos of some of the malnourished before and after taking leaf concentrate).

The meeting agreed to spread the product across the region.

The Order of Malta was able to provide me with 18 sacks.

Some of these were used at CHU by Sister Anna. The others were used in the reception centres for abandoned children.

This has now become my main activity: I distribute the product in the refugee centres, to pregnant women, weak children, the anaemic and the malnourished.

The nutritional helpers are as pleased as the parents with the progress of the children in such a short time. In one week, there is an increase in weight of 100 to 600g per child. The appetite of weak children is stimulated, whilst mild anaemia is corrected.

For the last week, the product has also been given to older children and malnourished senior citizens. Of these, 2 of the 8 suffered diarrhoea as a result, but only temporarily.

The product is starting to be recognised at a national level by the doctor's association of the Congo.