

APEF: PERIODIC SURVEY - 2005

Observation of results

Sent by Sister Marie Samuel

28 June 2005

<u>Name of Clinic:</u>	Saint Laurent Clinic
<u>Address:</u>	Servants of the Poor - B.P. 2459 – Dakar R.P. - Senegal
<u>Person in charge:</u>	Sister Béatrice Marie

1) TO WHOM DO YOU GIVE LUCERNE LEAF CONCENTRATE (LLC)?

- ✓ Children - Number: 185
- Age: From 6 months to 15 years old
- ✓ Mothers - Number: 80
- Age: From 18 to 45 years

2) WHAT RECOMMENDATIONS DO YOU GIVE FOR ITS USE?

- ✓ Eaten as received (semolina) or after milling/grinding (flour)
 - As it comes; we give it out in little sachets
- ✓ Size of portion per recipient
 - To the little ones: __ teaspoon, twice per day, increasing dose with age
- ✓ How is the LLC given? (e.g. mixed with ...)
 - In a little babyfood, jam ... for the older ones, with a glass of water
- ✓ Do you increase the quantities from the start of the programme? How?
 - Small quantity the first day and then progressively increase it

3) IN WHAT CIRCUMSTANCES DO YOU GIVE LLC?

- ✓ Malnutrition:

<input checked="" type="checkbox"/>	Light (1 st degree)	Yes
<input checked="" type="checkbox"/>	Moderate (2 nd degree)	Yes
<input checked="" type="checkbox"/>	Severe (3 rd degree)	Yes
<input type="checkbox"/>	Kwashiorkor	(rarely encountered) it would be effective
<input checked="" type="checkbox"/>	Marasmus	Yes
- ✓ Illnesses:

<input checked="" type="checkbox"/>	Anaemia	Priority
<input type="checkbox"/>	Diarrhoea	
<input checked="" type="checkbox"/>	Other illnesses	Loss of weight, anaemia
- ✓ Other reasons:
 - fatigue and apathy in children, retarded weight gain, lack of appetite
 - maternal fatigue, low production of breast-milk
 - Weakness, lack of energy and anaemia in adults who are ill

4) WHAT ARE THE OBSERVED POSITIVE EFFECTS?

- ✓ Children (age):
 - weight gain of 500g per treatment in a 2-year-old child
 - 750g 7-year-old child
 - Reduction of anaemia (Hb increased from 6.2 to 11.5)

- ✓ Mothers:
 - less stressed
 - increased breast-milk
 - weight gain
- ✓ Others:
 - a leukaemia sufferer started to walk again as he regained strength. He asked to have the LLC again several times

5) HOW LONG BEFORE POSITIVE RESULTS ARE OBSERVED?

Start of improvement: after about one month from the start of treatment
Attainment of satisfactory result: increase in breast-milk almost immediate, less than 1 week

6) HAVE YOU WITNESSED ANY NEGATIVE EFFECTS?

- No
 One cannot talk of 'negative effects' – it's just a little difficult to get children to take it (as with medicines!)
 - ✓ At the start: It is necessary to explain well the different ways of taking the product
 - ✓ Later: With sufficient explanation, the mothers continue
 - ✓ Details: Some children refuse to eat the babyfood when it is mixed with lucerne

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

If there is less malnutrition at the moment, the foods are not adequate: because of poverty, restrictions and taboos ...

The addition of LLC seems to me an excellent way of reducing the deficiencies.

Once we have explained to the mothers that this supplement provides the vitamins that will give them beautiful, intelligent children, they apply themselves and think up ways of getting (their children) to take this lucerne, which is not, at first sight, easy to consume.

8) OPINION OF MEDICAL PROFESSIONALS?

After 2½ months of using LLC, the carers have experienced its benefits, but do not know how to convey their remarks

9) YOUR PROJECTS AND FUTURE NEEDS

It would be good to have a qualified person run a workshop; in this way we could also inform people about HIV, hygiene, malaria, vaccination ...

We are very happy to have come across this possible way of helping the ill amongst us through this nutritional support and we are sure that it is a promising start.

Issued on: 20 May 2003 Name: Sister Marie Samuel – Servants of the Poor

Extracts from a letter from Sister Marie Samuel, 25/10/06

... We are at the end of our reserves having distributed this precious supplement to the malnourished, the convalescing, children and adults

... The results in lactating mothers, who discourage breastfeeding owing to lack of milk, are spectacular. After just a few days of treatment (with LLC), they have more milk. This is a double success, for we can only encourage breastfeeding for all the benefits that it brings: alertness and protection of the child, but also money-saving for ourselves, who (otherwise) have to buy the milk

... In short, we would not know how to replace the LLC, which we have come to appreciate so much