

APEF: PERIODIC SURVEY

Observation of results

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Name of Hospital:	Florida de Samaipata Hospital – Maternity, Gynaecology Cuevas Clinic
Address:	Samaipata, Florida Province, Bolivia
Person in charge:	Dr Renan Guzman, Director of Samaipata Hospital Dr Roca, gynaecologist, Samaipata Hospital Sylvie Lucas, nurse, Cuevas Clinic Cécile Boulais Lizondo, co-ordinator, ASOPEC Association ASOPEC Communities of Samaipata, Bermejo, Cuevas, Bella Vista, Paredones

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

- ✓ Children - Number:
- Age:
- ✓ Mothers - Number: 53
- Age: between 16 and 35 years old

2) HOW DO YOU USE LLC?

- ✓ Eaten as received (semolina) or after milling/grinding (flour)
 - Flour (after milling/grinding)
- ✓ Size of portion per recipient
 - 15 g per day
- ✓ How is the LLC given? (e.g. mixed with ...)
 - Mixed with jam and spread on crackers or bread, in fruit juice, infusions (“herb teas”), soups (sprinkled uncooked on the soup once it has been dished out)
- ✓ Do you increase the quantities from the start of the programme? How?
 - Yes, just a pinch the first week, then in increasing quantities over the next two weeks up to a soup-spoon of 15 g

3) IN WHAT CIRCUMSTANCES DO YOU GIVE LLC?

- ✓ Malnutrition:
 - Light (1st degree)
 - Moderate (2nd degree)
 - Severe (3rd degree)
 - Kwashiokor
 - Marasmus
- ✓ Illnesses:
 - Anaemia
 - Diarrhoea
 - AIDS
- ✓ Other reasons:
 - Weakness, lack of energy during pregnancy
 - Post-natal
 - Loss of weight
 - Post-natal haemorrhaging
 - Post-caesarean recovery
 - Miscarriage
 - Breast-feeding

4) WHAT ARE THE OBSERVED POSITIVE EFFECTS?

- ✓ Mothers:
 - Improved resistance to illnesses caused by cold weather (colds, catarrh, flu, tonsillitis, in May and June)
 - Regular weight gain in pregnant women, less tiredness, less malnutrition
 - Normal progression of pregnancy
 - Normal births, healthy babies of normal weight
 - Fewer post-natal haemorrhaging
 - More regular digestion during pregnancy and after giving birth
 - Normal breastmilk production (soya milk, aniseed infusion “herb tea”)
 - Regular weight gain in babies

5) HOW LONG BEFORE POSITIVE RESULTS ARE OBSERVED?

Start of improvement: During the first month
Attainment of satisfactory result: After 2 months

6) HAVE YOU WITNESSED ANY NEGATIVE EFFECTS?

- No
- Yes, in the following cases:
 - ✓ At the start:
 - ✓ Later:
 - ✓ Details

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

Opinion of the women:

“We have taken well to the leaf concentrate, which has helped us during and after pregnancy. Experiencing less fatigue, we have recovered better after giving birth”

8) OPINION OF MEDICAL PROFESSIONALS?

- Very clear improvement in the health of pregnant and breast-feeding women
- Effective replacement for iron sulphate, which is not always well accepted by the women, and hence not always taken
- Clinical observations borne out

9) YOUR PROJECTS AND FUTURE NEEDS

- Better checking of medical protocols by health professionals, with biological controls
- Stability of staff for monitoring the women

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Dr Guzman, director, Florida Hospital
Dr Roca, gynaecologist, Florida Hospital
Sylvie Lucas, nurse and midwife, Cuevas Clinic