

My Bakken Invitation experience

By Kerry Kalweit
General Manager, Youth With Diabetes

About the Bakken Invitation

The Bakken Invitation is a programme of Medtronic Philanthropy. It is an award for people, who with the help of medical technology, are contributing to communities all around the world through charitable service, volunteering and leadership. Each year Bakken Invitation Honourees are recognised for their achievements by attending a celebration in Kona, Hawaii. Each Honouree is allowed to bring a guest with to Kona and also receives a USD 20 000 grant to direct towards a charity of their choice.

This programme is the brainchild of Medtronic co-founder, Earl Bakken. He is best known for his invention of the first external, battery-operated pacemaker in 1957. Medtronic currently has 84 000 employees across the world, and specialises in medical technologies in cardiac rhythm, neuromodulation and spinal, cardiovascular, and diabetes disease management. Earl often

humorously comments that he is very pleased that he helped start Medtronic, since he has 10+ years of 'extra life' from using a pacemaker, insulin pump and heart stents that his company designed. He is an extraordinary man, who even at the age of 92, has not stopped making a difference in people's lives.

The Bakken Invitation encourages using the extra years we gain from the use of medical technology to give back to others in big or small ways. To me, as a 2015 Bakken Invitation Honouree, the Bakken Invitation slogan "Live On. Give On." emphasises the potential strength of human willpower and compassion. To carry on with life in spite of the different challenges we all face, and to use our own experience to help others to also live fulfilled lives, regardless of circumstances.



LIVE ON. GIVE ON.SM

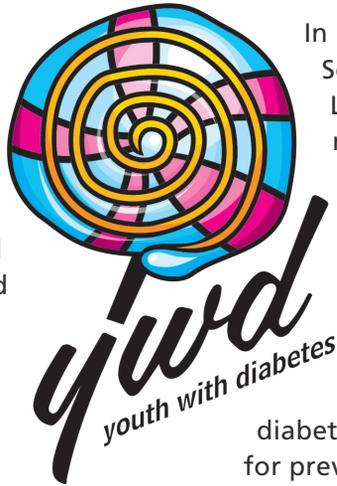
BAKKEN INVITATION

My 'extra life'

I am currently studying medicine at the University of Witwatersrand, and I also serve as the General Manager for a registered non-profit organisation called Youth With Diabetes (YWD).

YWD was established to empower kids, teens and young adults with diabetes, with the support, knowledge, skills and confidence to live happy and healthy lives. Now in existence for 10 years, YWD aims to address the lack of diabetes education in children living with diabetes, as well as at-risk patients in the general public. Our services are adapted to resource-limited settings to improve children's glucose control and psychosocial outlook on their condition.

I help fundraise for YWD activities, serve as the organisation's official spokesperson, co-ordinate diabetes camps and generate diabetes educational material. Every year, YWD currently runs 9 camps throughout South Africa, as well as camps in Namibia and Botswana, serving more than 370 children with type 1 diabetes.



In December 2013, I represented South Africa in the Young Leaders in Diabetes programme run by the International

Diabetes Federation (IDF).

This programme aims to educate and empower young leaders within the international diabetes community. Our objectives are to raise awareness of

diabetes by being a powerful voice for prevention, education, access to quality care, improved quality of life and the end of discrimination worldwide. Each Young Leader was tasked with running a diabetes project in their local community. Most of the African Young Leaders wanted to start camps for children with diabetes, but did not know how to initiate such a project. I saw this as an opportunity to share my knowledge of running camps with them. Through generous assistance from the World Diabetes Foundation (WDF), I was able to organise a training workshop for Young Leaders and healthcare professionals, hosted in South Africa in September 2015. Delegates from Togo, Ghana, Gambia, Ethiopia,



LIVING WITH DIABETES

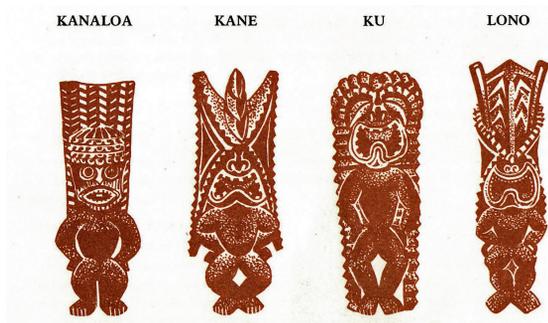
Zimbabwe, Kenya, Cameroon and Nigeria attended the workshop. Through this project, I collaborated with *Life for a Child* and the *Diabetes Education and Camping Association* to produce an African Camp Manual. This is a guide that gives instructions for the initiation of diabetes camps in developing countries. In addition to the training, the WDF has agreed to sponsor a diabetes camp in each of the participating African countries throughout 2016 and 2017.

By helping others, I have become more confident within myself and with my condition. Working with YWD affords me the opportunity to watch children and teens living with diabetes reach their dreams, despite the challenges we face. This, in turn inspires me to achieve my own dreams. Giving back to others is emotionally rewarding. To know that you are making a difference in the lives of others, no matter how small, can give your life a whole new meaning that would otherwise be missing. Volunteering is also a fantastic opportunity for enhancing your skills and meeting new people. People in the diabetes community have become a second family to me; a tight-knit community that helped push away feelings of isolation and difference.

I have chosen YWD as the charity to support with the grant allocated to me as part of the Bakken Invitation. I chose my mom to accompany me on the trip because she has been my greatest supporter in all that I do.

My experience in Hawaii

After 2 days of travel, my mom and I were greeted with a surprise. Instead of the luscious rain forests we had seen in the movies, we were welcomed by an expanse of black lava rock, like a massive construction site. Our taxi driver explained that the Big Island (Kona) has 11 of the 13 climatic zones, and that this North side of the island consisted of desert terrain. Kona is the youngest in the chain of Hawaiian Islands, and consists of 65 % of the landmass of the State of Hawaii. Traditional Hawaiian culture still thrives on this less-developed island. Many locals still practise indigenous religious beliefs that emphasise the four gods Kū (natural vegetation), Kāne (sky), Lono (agriculture), and Kanaloa (sea).

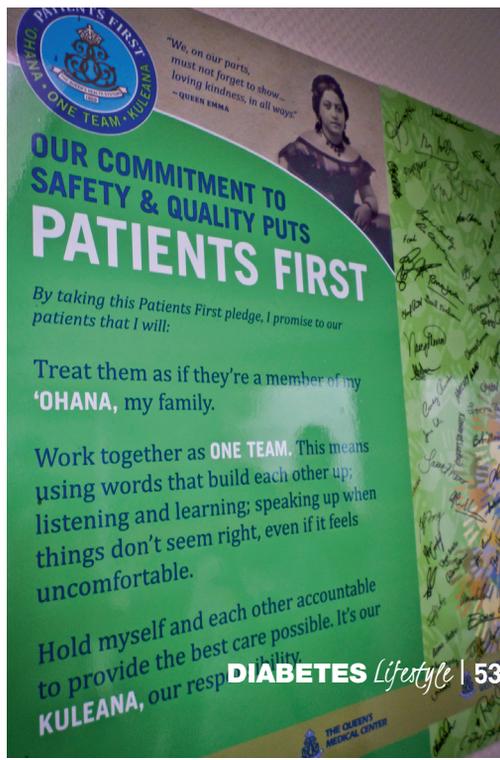


This year, 12 honourees were chosen for the Bakken Invitation. Three of us had type 1 diabetes and used an insulin pump (myself, Sheila Vasconcellos from Brazil, and Qi Zhang from China). More information on the other honourees is available at: <http://bakkeninvitation.medtronic.com/honorees-winners/index.htm>. It was so inspiring to hear each of

their stories, and about the work they do in their communities.

Our time on the island was filled with various activities, most of which were to experience the projects that Earl had created and/or supports in Kona. First we visited **Nā Kālai Wa‘a**, an education-based non-profit organisation that is dedicated to the maintenance of the Hawaiian culture of non-instrument navigation with voyaging canoes. Chadd Onohi Paishon (Senior Captain) explained the traditions of the local Hawaiians, and the origins of the organisation. We then had the opportunity to assist in sanding down beams that will be used in the restoration of Makali i, a canoe that will begin a four-year voyage around the world later this year.

The next day we visited **Tutu’s house**, a non-profit community centre that provides free educational resources focused on health and wellness to the people of Waimea. Tutu’s house is located in the heart of the town and serves as a beacon of hope. In Hawai‘i, Tutu means grandma, grandpa, a beloved and trusted elder. The Centre has books, computer facilities, and runs a range of different classes hosted by local residents, including yoga and ukulele lessons, support groups for Parkinson’s disease and cancer sufferers, smoking cessation, a knitting club and much more. We were each given the opportunity to share our journeys with the group, and we discussed ways in which we could continue to be advocates for others. We also added our own personalised wish for



LIVING WITH DIABETES

humanity to the Peace Pole located in the garden, and planted an indigenous plant around the pole.

Later that afternoon **Dr Bridget Duffy** gave a presentation on “humanising the healthcare experience”. Considered the founder and leader of the patient experience movement, Dr Duffy has spent more than 20 years defining the components of an optimal healing environment. She previously served as Chief Experience Officer of the Cleveland Clinic – the first senior position of its kind in America – leading the institution in improving patient experience. She is a frequent speaker on the subject of why patient experience matters and how it impacts clinical outcomes.

As a patient, I felt very connected to what Dr Duffy shared. She introduced the concept of **blended medicine**, a patient-centred care model where the advancements in medical technology are combined with effective communication, a healing environment and cultural sensitivity. This model embraces the remarkable scientific achievements of the last century, but also allows space for complementary medicine and the religious beliefs of the patient to assist in the return of wellbeing.

This talk was a perfect introduction to our next destination: the **North Hawai'i Community Hospital (NHCH)**. The NHCH is a non-profit community hospital that serves more than 30 000 residents and

Research project

Investigating the psycho-social variables in adjusting to diabetes management in adolescents and young adults.
(Ethics approval number: NWU-HS-2015-0111).

You are invited to take part in a research project investigating diabetes management in adolescents and young adults.

As an adolescent/ young adult living with diabetes, or a parent of an adolescent with diabetes, you are in an ideal position to give us valuable first-hand information via participating in an interview or completing a questionnaire.



Do you speak Afrikaans or English?

Are you a patient at the Houghton or Parktown CDE's?

Are you between the ages of 12 and 25?

Were you diagnosed more than 12 months ago?

If you are interested in participating, please contact Sr. Hester Davel at HesterD@cdediabetes.co.za, or ask your health care provider at the CDE for more information.

LIVING WITH DIABETES

visitors in North Hawaii. Unique attributes of this hospital push the boundaries of expectations for healthcare facilities. Each room has magnificent views to the outdoors to allow maximum sunshine inside. There are no limits on the number of visitors or visiting hours, but with a focus on noise reduction, meaning minimal overhead paging and intercom announcements. The hospital has a strong commitment to recycling and using only non-toxic cleaning chemicals. The wide hallways are decorated with traditional Hawaiian art, and complementary healing modalities are available onsite, including acupuncture, chiropractic, naturopathy, massage therapy, guided imagery and healing touch.

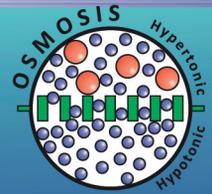
The diverse spiritual practices of patients, families and staff are honoured. Religious scriptures and books are available in the beautiful chapel for the 14 main religions within the geographical area the hospital serves. One of my favourite practices of the NHCH is that of Oshibori. Warm, moist towels using aromatherapy are given to staff coming off night shifts from the ER, birthing unit or medical-surgery wards, to invigorate, relax and increase job comfort.

On our last day, we chose from a range of adventure activities to enjoy for the day. My mom and I decided to go gallivanting up the rolling hills of



Pharysor®

Assists with the healing of bedsores and diabetic ulcers¹



- Clinically proven efficacy¹
- Protease inhibitor effect²
- Accelerates wound healing²
- Reduces wound depth and pain²
- Easy to apply¹



Available at Dischem and Independent Pharmacies

Use as directed by your podiatrist or medical doctor after he or she has performed a thorough physical examination.

References:

- VBL1AUG2015
1. Pharysor South African package insert. Approved 1 February 2012
 2. Shrivastava R. Clinical evidence to demonstrate that simultaneous growth of epithelial and fibroblast cells is essential for deep wound healing. Diabetes Res Clin Pract 2011; 92:92-99



Pharmaco Distribution (Pty) Ltd.
3 Sandown Valley Crescent, South
Tower, 1st Floor, Sandton, 2196.
P.O.Box 786522, Sandton, 2146, South Africa.
Tel: +27 11 784 0077. Website: www.pharmaco.co.za

LIVING WITH DIABETES



Kona on 4-wheel drive quad bikes. It was a thrilling experience, and I am really proud of my mom for tackling those monstrous hills with me.

Our trip culminated in the Bakken Invitation Honouree Awards Dinner and Ceremony. During the evening, we each had the opportunity to meet Earl personally. This was an unforgettable moment to be in the presence of true leadership. Medtronic CEO, Omar Ishrak, was also in attendance. Each Honouree was presented with a medallion to commemorate our efforts.

What I have brought back with me

I would really like to explore the concept of blended medicine further. As a scientist, I fully understand the need for evidence-based medicine but, at the same time, I cannot ignore the psychological impacts of the religious and cultural beliefs of my patients. I wish to link my experience to my course in Medicine at the University of Witwatersrand. We have community-doctor and doctor-patient themes within the curriculum, that I feel will help be a platform for me, to further integrate blended medicine into my knowledge and clinical experience.

It still feels surreal to me that I experienced this amazing, inspirational journey. And, even better, that I shared this opportunity with my mom.

