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The strides being made by the Clinical Analysis Laboratory (CAn-Lab) of KNUST in the study of diabetes

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Abstract

The Clinical Analysis Laboratory was established in the Department of Biochemistry and Biotechnology in 2003. This write-up reviews the laboratory's various ways of encounter patients with diabetes. The medical research group, led by KN, through whose instrumentality the place was set up oversees the operations of the laboratory. The common tests performed include those for diagnosis of malaria, typhoid fever, anemia, gastrointestinal and urinary tract infections and diabetes. From 2003 to 2010, the number of tests performed per month ranged from 200 to 505. For each year, the most common test was for malaria, followed by typhoid fever and then, fasting blood sugar (FBS) for diabetes. In 2010, the mean monthly percent FBS test relative to malaria test was 51.6 (range; 37.9-76.0%). Diabetics make regular visits to check their glycemic control, lipid profile and kidney function, after which they consult their clinicians for appropriate prescriptions and counselling. Also being studied is the prevalence of metabolic syndrome, as well as microvascular and macrovascular complications in the diabetics. Starting December 2012, we have linked up with the Diabetes Centre of our referral Teaching Hospital, in order to access a larger population of diabetics. There have also been medical outreach programmes, during which health talks are offered to basic school teachers in the Kumasi Metropolis. Our Department in August 2012 began a postgraduate programme in Nutrition and Dietetics, and the case series in diabetes would be of great utility to students and staff who research on this condition. This Conference, being organized by OMICS has provided a window of opportunity for the exposure of CAn-Lab to the international community, with the immense potentials of collaboration and networking.

Biography

Kwabena Nsiah is a 58-year old Ghanaian, with about 27 years experience as a teacher/researcher in the Department of Biochemistry and Biotechnology of KNUST. His specialty areas are Clinical Biochemistry, Ethno pharmacology, Hematology and Clinical Microbiology. He has 15 peer-reviewed papers, 40 other publications and 27 conference presentations. He is the author of two textbooks, has also contributed a chapter to a book on Malaria published by Nova Publishers, USA. His research focuses on stroke, diabetes and sickle cell disease. He is the main consultant for the establishment of a medical diagnostic laboratory in his Department. He is the editor of a magazine and a newsletter in his university; a reviewer for local and international journals, including International Journal of Laboratory Hematology (IJLH) and Global Journal of Medical Science. The Editorial Board of IJLH recognized him as one of the top reviewers in 2011.