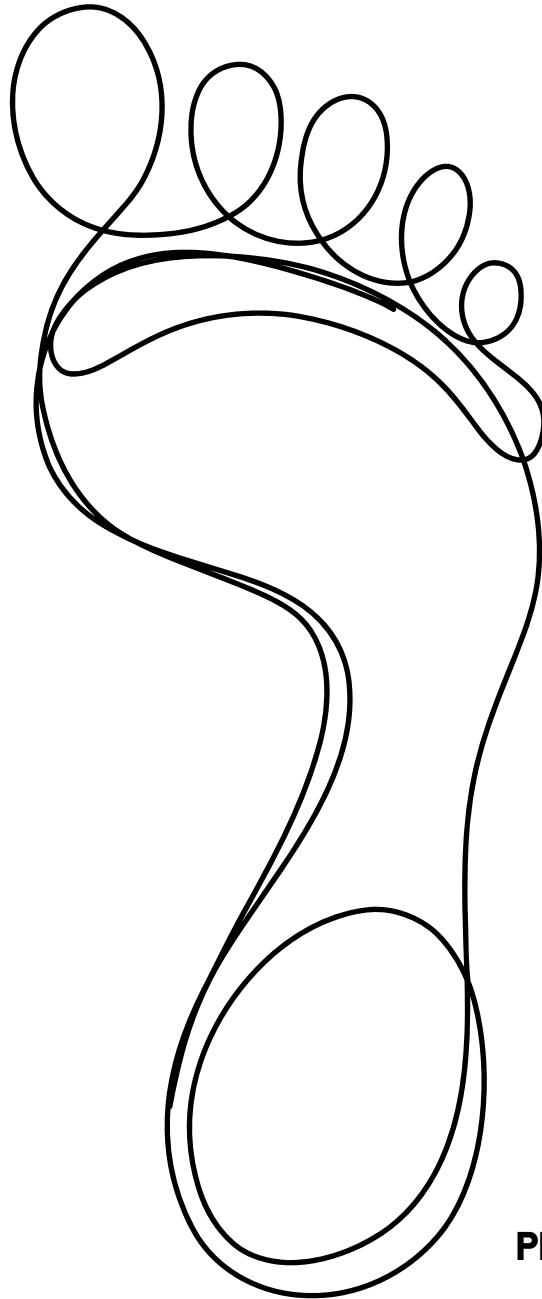




# E - NEWSLETTER

SEPTEMBER 2023



## **PRESIDENT STATEMENT**

Dr. Zulfiqarali G Abbas

## **UPCOMING WEBINAR**

A time to challenge the dogma

Prof. Rayaz Malik

## **FLAGSHIP PROGRAMS**

D-Foot Awareness Week

Upcoming 9th TtFT Course

# Table of Contents

|  |           |
|--|-----------|
| <b>President Statement</b>                                 | <b>01</b> |
| <b>Membership Structure 2023-2025</b>                      | <b>02</b> |
| <b>Unlocking a World of Benefits</b>                       | <b>03</b> |
| <b>Upcoming Events</b>                                     | <b>04</b> |
| <b>TtFT Schedule</b>                                       | <b>05</b> |
| <b>9th TtFT Western Pacific Region</b>                     | <b>06</b> |
| <b>10th TtFT Europe Region</b>                             | <b>07</b> |
| <b>Webinar Saturday</b>                                    | <b>11</b> |
| <b>A Time to Challenge the Dogma</b>                       | <b>12</b> |
| <b>Diabetes Awareness Week</b>                             | <b>13</b> |
| <b>Press Release of Collaboration</b>                      | <b>14</b> |
| <b>Message from Coordinator of Diabetes Awareness Week</b> | <b>17</b> |
| <b>African Region Diabetes Awareness Week</b>              | <b>19</b> |
| <b>Global Meet Guest Speakers</b>                          | <b>20</b> |
| <b>D-Foot Quiz</b>   | <b>21</b> |
| <b>Regional Updates</b>                                    | <b>22</b> |
| <b>Social Media Presence</b>                               | <b>42</b> |
| <b>Members of Nominating Committee 2023-25</b>             | <b>43</b> |
| <b>Provisional Dates 2025</b>                              | <b>43</b> |
| <b>8th General Assembly &amp; Conference</b>               | <b>44</b> |

# President Statement

*I am delighted to address you through this newsletter to share exciting updates and initiatives from D-Foot International. For those who are new to D-Foot International, welcome!*

Allow me to introduce D-Foot International briefly. D-Foot International is a global organization dedicated to addressing diabetes-related foot complications. Our mission at D-Foot International is 'To end avoidable lower-limb amputations due to diabetes worldwide'. Together with the dedicated members of the D-Foot International of healthcare workers, researchers, and educators, we strive to raise awareness, educate, and provide expert help to prevent diabetes related foot complications.

Our main focus is centered on evolving education. We are certain that prevention begins with education and equipping healthcare workers with adequate knowledge and skills can make a significant impact on diabetes foot care and the people affected by diabetes.

I am really proud to recognize the **TtFT program conducted by the South and Central America (SACA) region**, from 16th to 19th August. A remarkable TtFT program followed by a 2-day summit which took place in Barranquilla, Columbia. The dedication and commitment demonstrated by the participants in advancing their knowledge and skills were indeed truly inspiring.

I would like to express my sincere gratitude and recognize **Dr. Yamille Jubiz and Dr. Hermelinda Pedrosa** for their hard work and dedication to this achievement. I extend my heartfelt appreciation to all those involved in this event a success.

I had the privilege of attending the **National Association of Diabetes Educator Pakistan (NADEP) Foot Con 2023 in Karachi, Pakistan**, in collaboration with D-Foot International from 25th-to-27th August. Joined by the esteemed President of the Primary Care Diabetes Association-Pakistan **Dr. Ziyaad Miyan**, along with **Prof. Abdul Basit**, it was an honor to witness the event's resounding success. Collaborative discussions during this symposium reaffirmed our commitment to advancing diabetes care.

Furthermore, I eagerly look forward to the upcoming **TtFT in Selangor, Malaysia** hosted by the **Western Pacific (WP) region**. The TtFT course will be integrated together with the **D-Foot International** and the **5th Global Wound Conference 2023**.

The conference is scheduled to take place from the **6th-to-8th October**, offering a platform for insightful discussions and knowledge and skills training on diabetes foot care and wound management. As a D-Foot International member, you can register for the physical and online sessions for free. A fantastic opportunity to increase your skillsets and establish connections with the D-Foot International members.

I am equally thrilled to announce the forthcoming **D-Foot Awareness Campaign**, scheduled from **7th-to-14th November**. This global initiative promises to be a significant milestone in our mission. It brings me great joy to announce that our global meet campaign will feature two exceptional speakers, **Prof. William Jeffcoate**, recipient of the Lifetime Achievement Award 2023, and **Prof. David Armstrong**, honored with the Karrel Baker Award 2023. A privilege to have distinguished individuals in our D-Foot Awareness Week campaign.

This week-long campaign aims to stimulate dialogue and discussions and promote actions



**Dr. Zulfiqarali G. Abbas**  
MBBS, MMED, DTM&H (UK)  
FRCP (Glasgow), FRCP (London)  
Consultant Physician  
Endocrinologist / Diabetologist

to reduce the risk of amputations from diabetes related complications. We look forward to your active participation in this awareness week, strengthening our collective voice and driving the importance of diabetes foot care to the forefront.

I urge all of you to **engage in our initiatives**. By becoming skilled and trained, you have the power to influence and inspire fellow healthcare workers, ultimately improving diabetic foot care across the globe.

In closing, I leave you with some parting thoughts of inspiration and motivation. We have the power to change lives as a worldwide network of healthcare workers. Your commitment, compassion, and dedication serve as a catalyst for improvement. **Embrace the opportunity to be the driving force behind better diabetes foot care and wound treatment.**

Thank you for your dedication to the D-Foot International's mission. Your support is essential in the journey to end avoidable amputations worldwide and improve the quality of life for people with diabetes.

# MEMBERSHIP BENEFITS 2023-2025

- ✓ Global recognition
- ✓ Continuing education
- ✓ Influence policies and guidelines
- ✓ Discounts to D-Foot events
- ✓ Networking opportunities
- ✓ Research opportunities
- ✓ Volunteer opportunities
- ✓ Promotion of Diabetic Foot care awareness

## MEMBERSHIP STRUCTURE

2023-2025

High Income countries

**EURO**  
per year

**80**

Middle Income countries

**EURO**  
per year

**40**

Low Income countries

**EURO**  
per year

**20**

Embark on a journey of meaningful impact in diabetic foot care by joining D-Foot International. Seize the chance to be part of a transformative force and contribute to a future where diabetic foot complications are history.



**JOIN NOW!**

# Unlocking a World of Benefits: D-Foot International Membership

As the global battle against diabetes and its related complications rages, the importance of collaborative efforts has never been more apparent. At D-Foot International, we have been steadfastly working towards **our mission of ending avoidable lower-limb amputations due to diabetes worldwide.** By joining our esteemed community of members, you not only become a part of this transformative movement but also gain access to a host of exclusive benefits.

**Global Recognition:** When you become a member of D-Foot International, you step onto a global stage. Your affiliation with our organization signifies your commitment to diabetes foot care excellence. You become part of an international network of professionals working together.

**Continuing Education:** As a member, you gain access to cutting-edge educational resources, webinars, workshops, and conferences. Stay abreast of the latest advancements, techniques, and research findings.

**Influence Policies and Guidelines:** Your voice matters and as a member, you have the opportunity to shape policies, guidelines, and best practices in the realm of diabetes foot care. Your input contributes to creating a framework that fosters better patient outcomes and drives advancements in care delivery.

**Exclusive Discounts and Free Registrations:** Membership comes with its privileges. Enjoy significant discounts on registrations for D-Foot events, including conferences, workshops, seminars, and other complimentary access.

**Networking Opportunities:** Connect with a diverse community of experts, clinicians, researchers, and advocates who share your passion for diabetic foot care. Networking within the D-Foot International community opens doors to collaborations, mentorships, and knowledge-sharing that can enhance your professional journey.

**Research Opportunities:** D-Foot International provides a platform for fostering groundbreaking research initiatives. As a member, you gain access to research collaborations, grants, and opportunities to contribute to cutting-edge studies that can shape the future of diabetes foot care.

**Volunteer Opportunities:** Make a meaningful impact beyond your clinical practice. Engage in volunteer opportunities that allow you to directly contribute to D-Foot International's mission. Your involvement can make a significant difference in the lives of individuals with diabetes and the global diabetes foot care landscape.

**Promotion of Diabetic Foot Awareness:** As a member, you become an advocate for diabetes foot awareness. Participate in awareness campaigns, public education initiatives, and community outreach programs. Your involvement amplifies our collective efforts in spreading crucial knowledge and preventing diabetes related foot complications.



The benefits of D-Foot International membership extend far beyond your professional sphere. By becoming a member, you align yourself with a dedicated global community that shares your commitment to making a positive impact in the lives of individuals with diabetes. Join us today and be a part of this transformative journey.

**Exclusive Membership Structure:** D-Foot International has made membership more inclusive and accessible. We recognize the varying economic landscapes of our members' regions, and thus, our membership fees reflect this consideration. High-income countries contribute €80, middle-income countries €40, and low-income countries €20. This structure ensures that valuable membership benefits are accessible to professionals worldwide.

Ready to Experience the Benefits? Visit our website [d.foot.org](http://d.foot.org) to learn more about D-Foot International membership and how you can be part of this dynamic movement.

Together, we can make a difference that resonates across borders and generations.

# UPCOMING EVENTS



# Train the Foot Trainer (TtFT) Course Schedule



## SOUTHERN AND CENTRAL AMERICA (SACA) REGION

Facilitators: Dr Yamile Jubiz and  
Dr Hemelinda Pedrosa  
Where - Barranquilla, Columbia  
When - 16th to 19th August 2023



## WESTERN PACIFIC (WP) REGION

Facilitator: Dr Harikrishna K.R. Nair  
Where - Selangor, Malaysia  
When - 6th to 8th October 2023



## EUROPE REGION

Facilitator: Dr Vilma Urbancic-Rovan  
Where - Bled, Slovenia  
When - 15th to 17th February 2024



## MIDDLE EAST AND NORTHERN AFRICA (MENA) REGION

Facilitator: Dr Zahid Miyan  
Where - Karachi, Pakistan  
When - 23rd to 25th August 2024



## SUB-SAHARAN AFRICA (SSA) REGION






Facilitator: Dr. Zulfiqarali G. Abbas  
Where - Zanzibar, Tanzania  
When - 14th to 16th February 2025



# 9th TtFT WP WESTERN PACIFIC REGION

The D-Foot International 9th TtFT Course and the 5th Global Wound Conference 2023 are your gateway to a world of insights, innovation, and advancement. This extraordinary event brings together top-tier professionals, educators, and researchers in diabetic foot care and wound management. It's a unique chance to expand your knowledge, gain practical skills, and immerse yourself in the latest advancements.

**BUT, here's the great news - we are offering 1000 FREE online and physical registration spots exclusively for D-FOOT MEMBERS!**

-  Dive deep into cutting-edge research.
-  Engage in enlightening discussions.
-  Network with peers from across the globe.
-  Explore innovative solutions and techniques.
-  Contribute to a successful and impactful event.



**SCAN ME TO  
REGISTER ONLINE**



## D-FOOT INTERNATIONAL & 5TH GLOBAL WOUND CONFERENCE 2023



# WHO YOU GONNA CALL?



# WOUNDBUSTERS

## THE LEGACY

6th -8th OCT, 2023 • SUNWAY PYRAMID CONVENTION CENTRE, SELANGOR, MALAYSIA

Supported by:







**MALYSIAN SOCIETY OF  
WOUND CARE PROFESSIONALS**

# MESSAGE FROM THE ORGANISING CHAIRMAN



Dear friends and family of the wound fraternity, It gives me immense pleasure to invite you for our international meeting, namely the D-Foot International and the 5th Global Wound Conference 2023 which will be held in Sunway Pyramid Convention Centre from the 6th to the 8th of October 2023.

The theme of this momentous event is Wound Busters: The Legacy.

For this momentous meeting, I am so grateful that the Malaysian Society of Wound Care Professionals MSWCP will be collaborating with D-Foot International, which is the implementation arm of the International Working Group on Diabetic Foot (IWGDF).

Diabetes is now at epic proportions and has even become a pandemic. Globally, a diabetic person dies every 7 seconds, and a foot is amputated every 20 seconds. This is the reality and we need to forge a strong relationship to manage the complications of diabetic foot comprehensively and holistically with a multidisciplinary team approach. The D-Foot International aims to prevent avoidable amputation worldwide. The save lives save limb campaign globally has to be strengthened and implemented in every country with the help of the World Health Organisation, especially in lower and middle income countries.

Please lend us a hand for a good cause. Come join this international conference with a large group of speakers from various backgrounds and countries, who will come together to share their knowledge, expertise and experience to battle diabetic foot complications together in the spirit of brotherhood and sisterhood.

I hope to see you all soon. Please mark it in your calendar.

Take care. God bless.

Thank you.

**Professor Dato' Dr. Harikrishna K. R. Nair** DMIJ S.I.S. KMN  
Chairman, Organising Committee  
President Elect, World Union of Wound Healing Societies  
Vice President, D-Foot International

**\*\*Registration for  
online sessions for  
D-Foot  
International  
members is  
FREE\*\*  
Discounted  
rates on  
accommodation  
for D-Foot  
International  
members**

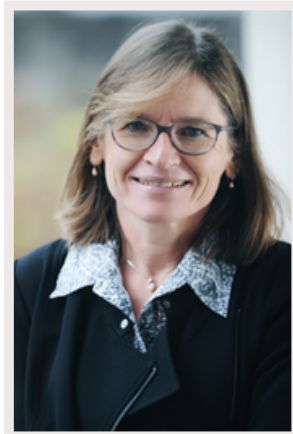
**EARLY BIRD**  
(By 31st July 2023)  
Foreign Delegates: USD 250  
Allied Health: RM 750  
Doctors: RM 800

| Registration Fees (Per Person)   |               |               |         |                   |
|--|---------------|---------------|---------|-------------------|
| Undergraduate Student  | MSWCP Members | Allied Health | Doctors | Foreign Delegates |
| RM 400   | RM 750        | RM 850        | RM 900  | USD 300           |
| Webinar (Online) - USD 100   |               |               |         |                   |
| <p><b>Payment is to be issued in favour of "Malaysian Society of Wound Care Professionals"</b></p> <ul style="list-style-type: none"> <li>• Bank Name : CIMB Bank Berhad</li> <li>• Account No. : 8000-5201-25</li> <li>• Bank Address : Jalan Raja Muda Abdul Aziz, Kampung Baru, 50300 Kuala Lumpur, Malaysia.</li> <li>• SWIFT Code : CIBBMYKL</li> </ul>   |               |               |         |                   |
| <p><b>Cancellation &amp; Transfer</b></p> <ul style="list-style-type: none"> <li>• If you are unable to attend, a replacement participant is allowed at no extra cost provided written notice is given prior to the conference.</li> <li>• A 90% refund can be made for cancellation received in writing or by fax at least 4 weeks before the conference.</li> <li>• A 50% refund will be given if cancellation is received 14 days before the conference.</li> </ul> |               |               |         |                   |

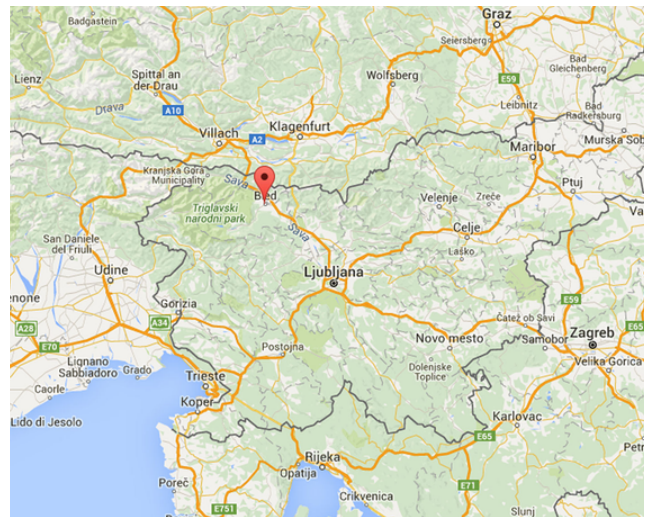
Visit [www.woundconference.com.my](http://www.woundconference.com.my) to register your place

[www.mswcp.org](http://www.mswcp.org)

# 10th TtFT EUROPE REGION



Prof. Vilma Urbancic-Rovan  
**REGIONAL ADVISOR**  
**D-FOOT**



Bled, Slovenia



15th to 17th February 2024

# 11th TtFT MENA MIDDLE EASTERN AND NORTHERN AFRICA REGION *War Affected Countries*



Dr. Zahid Miyan  
**REGIONAL CHAIR**  
**D-FOOT**



Karachi, Pakistan



23rd to 25th August 2024

# 12th TtFT SSA SUB-SAHARAN AFRICA REGION



Dr. Zulfiqarali G. Abbas  
**PRESIDENT**  
**D-FOOT**



Zanzibar, Tanzania



14th to 16th February 2025

**14:00 CET**  
**WEBINAR**  
**Saturday**

| Date               | Topic                            | Speakers   |
|--------------------|----------------------------------|--|
| 9th September 2023 | A Time to Change the Dogma       | Prof. Rayaz Malik           |
| 9th December 2023  | Toe & Flow: PAD and Diabetes     | Prof. Robert J. Hinchliffe  |
| 9th March 2024     | Tales of Diabetes Foot Infection | Prof. Eric Senneville      |
| 8th June 2024      | Wound Classification             | Prof. Frances Game        |
| 7th September 2024 | Wound Healing Intervention       | Prof. Ketan Dhatariya     |
| 7th December 2024  | Surgical Aspects of DFU          | To Be Announced...   |
| 8th March 2025     | Biomechanics & Off Loading       |  |
| 7th June 2025      | Prevention of DFU                |  |

# A TIME TO CHALLENGE THE DOGMA

*Prof. Rayaz Malik*



**Prof. Rayaz Malik**

Our inaugural webinar, titled "**Diabetic Neuropathy - A Time to Challenge the Dogma**," is scheduled for **September 9th, 2023, at 2:00 PM CET**. This topic will delve into the heart of diabetes-related foot complications, offering an insightful exploration that promises to expand your understanding.

Guiding this illuminating session is **Prof. Rayaz Malik**, with his extensive experience in **endocrinology and diabetes**, and his current roles as Assistant Dean for Clinical Investigations at WCM-Q (Weill Cornell Medicine-Qatar) and Consultant Endocrinologist at HMC (Hamad Medical Corporation) in Doha, Qatar. He was ranked the **2nd and 7th most influential researcher** on diabetes complications in the UK and the world, respectively. In 2023 Research.com ranked him as the **number 1 researcher in Medicine** in Qatar. He has published **~450 peer-reviewed papers** and has a **Web of Science h-index=72; citations= 20,559, Google Scholar h-index=94 and i10-index=366**.

This interactive session aims not only to enhance your knowledge but also to foster discussions and idea exchange. Your participation will create a dynamic learning atmosphere, fostering connections and advancing our collective understanding.

We believe this platform will empower you with insights that can reshape your diabetic foot care approach. Mark your calendars, register early, and extend this invitation to colleagues and peers who share our commitment to elevating diabetic foot care.

## **Why Participate?**

- **Gain Practical Insights:** Prof. Malik's expertise will offer practical insights that can shape your approach to diabetic foot care.
- **Interactive Learning:** Engage with the speaker and fellow participants, fostering enriching discussions and idea exchange.
- **Elevate Your Practice:** Enhance your understanding and skills, contributing to elevated diabetic foot care practices.

## **Webinar Details:**

- **Topic** - Diabetic Neuropathy - A Time to Challenge the Dogma
- **Speaker** - Prof. Rayaz Malik
- **Date** - 9th September 2023
- **Time** - 2:00 PM CET

Welcome all D-Foot Members to join!

Join us on this transformative journey towards excellence.





## Press Release - Announcing the Peripheral Arterial Disease (PAD) Public Awareness Campaign: "If You Think It's Just Leg Pain...Think Again"

Belgium, Canada, United States, 01 September, 2023 - **September is Peripheral Arterial Disease (PAD) awareness month.** The American Limb Preservation Society, the Canadian Podiatric Medical Association, D Foot International and Wounds Canada are excited to announce a new vital public awareness campaign, bringing together regional, national, and international organizations to address the growing concern of Peripheral Arterial Disease (PAD). This disease, affecting millions worldwide, encompasses all non-coronary arterial diseases and often leads to reduced or blocked blood flow to limbs.

PAD increases the risk for individuals over 70 or those over 50 with cardiovascular risk factors like high blood pressure, diabetes, high cholesterol, or smoking. People with diabetes are notably two to four times more likely to develop PAD.

"Putting Patients First: Timing Matters – Ensuring the Right Care, Right Place, Right Time, Right Provider," said Dr. Ahmed Kayssi, Vascular Surgeon and Wound Care Physician in the Division of Vascular Surgery at the University of Toronto. "Our focus is on patients, driving enhanced understanding, early diagnosis, and effective treatment for Peripheral Arterial Disease through this crucial awareness campaign."

"This alliance will take our vision to a global scale. The imperative for limb preservation knows no borders, and through this alliance, we will catalyze transformative change for individuals grappling with PAD" added Dr. David G. Armstrong, Professor of Surgery at the University of Southern California, co-founder of the Southwestern Academic Limb Salvage Alliance (SALSA) and ALPS Founding President.

"Through united efforts and global collaboration, PAD Awareness Month shines a spotlight on the transformative power of education." Dr Zulfiqarali G. Abbas, Consultant Physician, Dar es Salaam, Tanzania, President of D-Foot International, reminds us that education is a priceless tool, freely empowering patients in the developing world."Let's stride forward together, making a lasting impact through awareness campaigns led by our organizations."

**The "If You Think It's Just Leg Pain...Think Again" PAD awareness campaign will provide:**

- Information for clinicians to enhance patient collaboration.

- Awareness programs targeting individuals with diabetes and the professional healthcare community.

Join us in this significant public health initiative. For more information or to participate in PAD Awareness Month activities, please visit our [campaign page](#) or contact:

- American Limb Preservation Society (ALPS): Annkathrin Mathe ([am@cap-partner.eu](mailto:am@cap-partner.eu))
- Canadian Podiatric Medical Association (CPMA): Joel Alleyne ([jalleyne@podiatrycanada.org](mailto:jalleyne@podiatrycanada.org))
- D Foot International: [secretariat@d-foot.org](mailto:secretariat@d-foot.org)
- Wounds Canada: Loukia Papadopoulos ([loukia.papadopoulos@woundscanada.ca](mailto:loukia.papadopoulos@woundscanada.ca))

-END-

### **About American Limb Preservation Society**

The American Limb Preservation Society (ALPS) has made it its vision to eliminate preventable amputations over the next generation. We believe this can be achieved by promoting interdisciplinary teams to advance the science, clinical care, advocacy, awareness, and education of limb preservation through increased access to resources and specialized care that improves patient-centered outcomes. Learn more at [www.limbpreservationsociety.org](http://www.limbpreservationsociety.org).

### **About Canadian Podiatric Medical Association**

The Canadian Podiatric Medical Association (CPMA) is a non-profit organization working on behalf of its 400-plus members – Canada’s premier foot specialists. We are dedicated to enhancing the profession of podiatry and increasing awareness among Canadians about the importance of good foot health care. CPMA acts as the national voice for podiatrists in Canada, serving as a resource for legislative and policy changes affecting podiatry both provincially and federally. Learn more at <https://www.podiatrycanada.org/>

### **About D Foot International**

D-Foot International is a registered international non-profit association under Belgian law promoting the global profile of diabetic foot prevention and care through awareness, guidance, education, research, and professional development. The aim of the association is to prevent and reduce the number of lower limb amputations from diabetes worldwide. D-Foot International is the implementation group of the International Working Group on the Diabetic Foot (IWGDF). Learn more at <https://d-foot.org/>



## About Wounds Canada

Wounds Canada, a health charity founded in 1995, leads the way in advocating for best practices in wound prevention and management. We address the silent crisis of wounds, which affects countless Canadians and costs our health-care systems billions each year. We specialize in providing essential wound-related information, aiming to reduce the occurrence of life-altering wounds and ensure those affected by wounds receive adequate care.

Our mission extends beyond individual health. We strive to mitigate wounds' wider impact on families, communities and our health systems. By offering resources, advocacy, education and events, we support diverse networks of patients, families, health-care professionals, researchers, policy makers and sector leaders across the country.

Visit [www.woundscanada.ca](http://www.woundscanada.ca) to learn more about Wounds Canada and our commitment to enhancing Canadians' quality of life.

### Relevant Resources:

[Best Practice Recommendations](#)

[Information on PAD](#)

[Patient videos](#)

[Peripheral Arterial Disease - Causes, Symptoms and Treatments and More](#)

[Podcast](#)

[Professional Resources](#)

# DIABETES AWARENESS WEEK



|                       |                         |
|-----------------------|-------------------------|
| <b>AFRICAN Region</b> | TUESDAY, 7th Nov 2023   |
| <b>SACA Region</b>    | WEDNESDAY, 8th Nov 2023 |
| <b>NACA Region</b>    | THURSDAY, 9th Nov 2023  |
| <b>MENA Region</b>    | FRIDAY, 10th Nov 2023   |
| <b>EUROPE Region</b>  | SATURDAY, 11th Nov 2023 |
| <b>GLOBAL MEET</b>    | SUNDAY, 12th Nov 2023   |
| <b>SEA Region</b>     | MONDAY, 13th Nov 2023   |
| <b>WP Region</b>      | TUESDAY, 14th Nov 2023  |

# Message From the Coordinator of Diabetes Awareness Week

Dear D-Foot Members,

As we approach the much anticipated D-Foot Awareness Campaign of 2023, I extend a heartfelt invitation for your active participation.

This year's campaign promises to be truly exceptional, with a lineup of informative sessions by inspiring pioneers in the field of diabetes, engaging discussions, and inspiring stories. Their insights, knowledge, and expertise will undoubtedly enrich our understanding of diabetic foot complications.

Our combined efforts as educators and healthcare professionals have the power to change and improve lives. The D-Foot Awareness Campaign provides a forum for us to interact with professionals and colleagues from across the world, share knowledge, and cooperate. It's an opportunity to increase our knowledge, hone our abilities, and support the worldwide diabetic foot care movement.

The campaign will be made available to people from all around the world via virtual sessions. This exciting campaign has plenty to offer everyone, whether you're a seasoned practitioner or just starting your career in diabetic foot care.

I encourage you to join us not as participants but as active contributors. Share opinions, accounts, and inquiries.

Let's make this campaign a thriving platform of concepts, strategies, and solutions.

## Why should you participate?

- **Impact** - Global audience makes a positive impact beyond borders.
- **Unity** - A common platform that will amplify our collective voice for change.
- **Inspiration** - Inspire healthcare workers, patients, and caregivers.
- **Awareness** - Educating the public about diabetic foot complications.

Mark your calendars for the D-Foot Awareness Campaign and take part in a historic occasion that might revolutionize diabetic foot care around the globe. Together, we can bring about change, increase awareness, and strive toward a time when amputations that could have been avoided become a distant memory.

Your voice matters. Your story matters.

Join the **#GlobalActAgainstAmputation** movement on D-Foot International's Facebook page and be a part of a global community dedicated to ending preventable amputations due to diabetic foot complications.

Share your insights, experiences, and support using the hashtag. Your post can inspire, educate, and change lives. Join us today!



“Uniting to prevent diabetes-related amputations. Join the movement during Diabetes Awareness Week. Together, we can make a difference. **#GlobalActAgainstAmputation** **#D-FootInternational** **#DiabetesAwarenessWeek.**”

**Dr Mariam Botros**  
Vice-President of D-Foot International

# #GlobalActAgainstAmputation

# DIABETES AWARENESS WEEK



| REGION         | REGISTRATION                                  | DATE & TIME             |
|----------------|---|-------------------------|
| AFRICAN Region | <a href="#"><u>CLICK HERE TO REGISTER</u></a> | TUESDAY, 7th Nov 2023   |
| SACA Region    | <a href="#"><u>CLICK HERE TO REGISTER</u></a> | WEDNESDAY, 8th Nov 2023 |
| NACA Region    | <a href="#"><u>CLICK HERE TO REGISTER</u></a> | THURSDAY, 9th Nov 2023  |
| MENA Region    | <a href="#"><u>CLICK HERE TO REGISTER</u></a> | FRIDAY, 10th Nov 2023   |
| EUROPE Region  | <a href="#"><u>CLICK HERE TO REGISTER</u></a> | SATURDAY, 11th Nov 2023 |
| GLOBAL MEET    | <a href="#"><u>CLICK HERE TO REGISTER</u></a> | SUNDAY, 12th Nov 2023   |
| SEA Region     | <a href="#"><u>CLICK HERE TO REGISTER</u></a> | MONDAY, 13th Nov 2023   |
| WP Region      | <a href="#"><u>CLICK HERE TO REGISTER</u></a> | TUESDAY, 14th Nov 2023  |

**REGIONAL CHAIRS OF EACH REGION AND THE BOARD WILL BE THE COORDINATORS OF RESPECTIVE REGION \*TIMES TO BE ANNOUNCED\***

# AFRICA REGION



**TUESDAY**

7th November 2023



**TIME**

6:00 PM CET

## CHAIRS OF THE SESSION



**ZULFIQARALI G ABBAS, TANZANIA**



**MAIMOUNA MBAYE, SENEGAL**

## SPEAKERS



**FELICIA ANUMAH**

NIGERIA, WEST AFRICA

**TOPIC:** Why we need Master Course in Diabetes in Africa – An Initiative by University of Abuja



**HARDEEP GILL**

KENYA, EAST AFRICA

**TOPIC:** Peripheral Arterial Diseases (PAD) in African Population. How to Manage in Africa – Way Forward



**HELEN YIFTER**

RWANDA, EAST AFRICA

**TOPIC:** Wound Bed Preparation in Patients with Diabetes for LMICs



**TSHIDI MBONANI**

JOHANNESBURG, SOUTH AFRICA

**TOPIC:** Challenges of Podiatry in the Management of Diabetes Foot Complications



**CHARLEY LOUMADE ELENGA-BONGO**

BRAZZAVILLE, CONGO CENTRAL-AFRICA

**TOPIC:** Diabetic Foot: An Overview in 2023 in the Republic of Congo



SCAN  
**ME**



TO  
**REGISTER**



# GLOBAL MEET



**SUNDAY**

12th November 2023



**TIME**

2:00 PM CET

## TWO AWARD WINNER SPEAKERS AT THE HAGUE MEETING 2023



**William Jeffcoate**

**Lifetime Achievement Award**

Retired Consultant  
Endocrinology and Diabetes,  
Nottingham, England, UK

### TOPIC

**50 Years in the Field of  
Diabetes-Related Foot Disease**



**Prof. David Armstrong**

**Karrel Bakker Award**

Professor of Surgery  
Director, USC Limb Preservation Program  
Director, Southwestern Academic Limb  
Salvage Alliance  
Keck School of Medicine of University of  
Southern California

### TOPIC

**A Journal of a Barefoot Podiatrist  
to Modern Time Technology**



SCAN  
ME



TO  
REGISTER

# D-FOOT QUIZ

**WHO HAS THE SMARTS**  
IN THE SPOTLIGHT

Mr. Jackson is a 58-year-old man with a 12-year history of type 2 diabetes mellitus. He presents to the clinic with a chief complaint of a non-healing ulcer on his right foot. The ulcer has been present for the past four weeks and has been gradually increasing in size. On examination, a 2 cm x 2 cm ulcer is observed on the plantar aspect of the right foot, surrounded by erythema and edema. There is a purulent discharge from the wound and signs of cellulitis are noted around the wound margins. Mr. Jackson is in moderate distress due to pain at the ulcer site.

What patient education should be provided to Mr. Jackson and his family to prevent future foot ulcerations?

## D-Foot Infograph



# REGIONAL UPDATES





# AFRICAN REGION

## Pioneering Progress in Diabetes Education: University of Abuja's Landmark Achievement



In a remarkable stride towards transforming diabetes care in Africa, the University of Abuja has achieved a historic breakthrough by introducing the continent's first Master's degree program in Diabetes Education. This pioneering initiative signifies a momentous leap forward in addressing the escalating challenge of diabetes across the region.

Africa has witnessed a surge in diabetes cases, putting immense pressure on healthcare systems. Recognizing the urgent need for specialized education, the University of Abuja's Master's program stands as a beacon of progress, heralding a new era of diabetes education tailored to the African context.

At the heart of this groundbreaking program lies a comprehensive curriculum meticulously designed to equip healthcare professionals with an in-depth understanding of diabetes management and prevention. What sets this initiative apart is its pioneering approach to diabetes education. By offering a specialized Master's degree, the University of Abuja is pioneering a transformative model that addresses the intricate challenges posed by diabetes in Africa.

Graduates of this program will emerge as torchbearers, armed with the knowledge and skills to drive change in diabetes care at local, national, and continental levels.

This initiative also underscores the University's commitment to fostering healthcare leadership within the region. It signifies a transformative shift toward proactive, locally-focused strategies in managing and preventing diabetes. With each step forward, the University of Abuja's Master's program not only contributes to healthcare advancement but also empowers individuals, families, and communities to take charge of their health.

In essence, the University of Abuja's pioneering endeavor in diabetes education stands as a testament to Africa's resilience and determination to overcome healthcare challenges. With a commitment to innovation and excellence, this program is poised to create a ripple effect, ultimately leading to improved diabetes management, enhanced patient outcomes, and a brighter future for the continent.

*Prof. Felicia Anumah  
& Dr. Zulfiqarali G. Abbas*



University of Abuja Entrance



The Diabetes Education team with the Dean of Medicine

# “Cornea to Callus”



Appreciation ceremony between Lions Club and Foot and Wound Clinic in Nairobi, Kenya

On June 6, 2023, the Foot and Wound Clinic was inaugurated at the Lions SightFirst Eye Hospital in Nairobi, Kenya, as part of our Diabetes Care Center. Our team's ethos has always been one of screening for complications - a "Cornea to Callus" approach if you may. We host a multidisciplinary team that provides holistic input from various specialties. This allows us to collaborate and improve diabetes foot outcomes, in an economically sustainable manner. Our goal is to focus on the avoidance of unnecessary amputations and the prevention of recurring foot ulcers.

We plan to achieve this through 3 objectives:

1. **Center of Excellence in clinical management** - preventive foot care, offloading measures for ulcerated feet, specialized dressings, adjunct therapies such topical oxygen therapy, and maggot therapy.
2. **Center of excellence in research** - currently engaged in the process of doing policy-oriented research on Diabetes foot care in Kenya.
3. **Center of Excellence in training** - aspiring to excel in training healthcare professionals in the specialized field of diabetes foot and wound management. As a team, we've conducted workshops and annual foot care symposiums in association with the annual Lions Diabetes Symposium- we've had the esteemed pleasure of including the D-Foot international president – Dr. Zulfiqarali G. Abbas, as part of these trainings, amongst other international faculty.

Being a center affordable to individuals from all strata of the community, more than 150-200 dressing changes are done per month; healing some wounds and preventing amputation in most. Being in pursuit of embracing digitization.

We utilize wound management software to store details of wounds and their management and have the assistance of Artificial intelligence to objectively assess and manage wounds.

We look forward to showcasing a case series to the rest of the world from our center soon!

As a team, we pride ourselves on taking a step forward to cut back our carbon footprint (no puns intended!).

The duty towards planetary health extends to the healthcare sector as well.

**Dr. Shilpa Ranjan Mulki**



Hands-on experience for skills training



## SACA REGION

Dr. Yamile Jubiz

Dr. Hermelinda Pedrosa

We are at a turning point in history when each decision we make has the power to alter the course of diabetic foot care. We share the incredible success of the 8th Train the Foot Trainer (TtFT) event, which took place in Barranquilla, Colombia, from August 16 to August 19, with great joy and pride. As devoted D-Foot International members, we were there at an event that echoed to pursuit of the mission of D-Foot International.

The journey of the TtFT event was a transformative one. More than just a meeting, it offered foot care professionals the chance to immerse themselves in a variety of information and skill-enhancing activities. The event's agenda was carefully planned to incorporate lectures conducted by experts, interactive workshops, and practical demonstrations. Every second was evidence of the group's commitment to preventing needless amputations via the training and development of professionals.

We would like to express our sincere appreciation to all of the extraordinary participants who helped make this event a huge success. Your enthusiastic participation and active participation reinforces our belief in the power of collaboration.

We also like to express our sincere gratitude to the sponsors who helped make this event possible. Your assistance not only made the event possible but also

serves as a sign of our region's united commitment to improving diabetic foot care. Additionally, the invaluable collaboration and support of the Mayor's Office of Barranquilla-Distrital Secretary of Health and the University Simon Bolivar, who are strategic allies to ensure that what was achieved during the course lasts over time.

As we reflect on the triumph of the TtFT event, we are reminded that our mission is a continuous journey. The knowledge gained and connections forged will serve as pillars for future collaborations and initiatives. We look forward to continuing this journey together, where every endeavor contributes to our collective goal of reducing diabetic foot-related complications.

In closing, we invite all foot care practitioners to embrace the spirit of collaboration that defined the TtFT event. Your dedication and participation in upcoming events and initiatives will serve as catalysts for change, amplifying the impact of our collective efforts.

With heartfelt gratitude and renewed determination.

*Muchas gracias.*

# 8th TtFT SACA SOUTH AND CENTRAL AMERICA REGION



Dedicated participants and committed facilitators in the workshop



With the SACA Region board at the Summit Dinner



Board members of the SACA Region of D-Foot International



Left to right: Dr Bernal president of the society of scientific colombian societies, Dr Pinillos representative of Simon Bolivar University, Dr Mendoza secretary of health, Dr Jubiz D-Foot SACA Region, Dr Pedrosa Vice president D-Foot International



Key organizers of the 8th TtFT: Dr Jubiz and Dr Pedrosa



Board members of the SACA Region of D-Foot International

# Dominican Republic's National Diabetes Month - August 2023

August is a significant month for the Dominican Republic, marked not only by warm weather but also by a profound commitment to health and awareness. Since 1973, August has been designated as the National Diabetes Month in the country through decree number 4061. This month-long observance is a dedicated effort to shed light on diabetes as a prevalent health condition and to foster a culture of understanding and adaptation to living with it.

Plaza de la Salud General Hospital took a bold step in joining the nationwide celebration. A beacon of healthcare excellence, the hospital played a pivotal role in contributing to the cause. It was an honor to host the 10th International Step by Step course, a crucial initiative focused on preventing amputations. Moreover, the event marked the inauguration of the first National Surgery Congress organized by the non-profit Foundation, Honey Heart.

The Dominican Republic's National Diabetes Month celebration stands as a testament to the power of collaboration, education, and community engagement. It sets a precedent for future endeavors in healthcare awareness and empowers individuals to navigate the challenges of diabetes with knowledge and confidence.

*Dr. Nalini Campillo*



Truly a successful event by Honey Heart celebrating the Dominican Republic's National Month of Diabetes - August 2023

## International Diabetes, Heart and Renal Courses

From July 6th to July 9th, 2023, Punta Cana, the picturesque coastal city of the Dominican Republic, became the epicenter of a remarkable healthcare event. This event, jointly organized by ALAD (Latin American Diabetes Association) and Emory University, marked a significant stride in the field of diabetes, cardiovascular, and renal care. Healthcare professionals, experts, and researchers from all corners of the globe gathered at the Punta Cana Summit 2023 to share knowledge, insights, and discoveries. The summit served as a dynamic platform for discussions on the latest advancements in diabetes management, cardiovascular health, and renal care.

*Dr. Nalini Campillo*



A successful event thanks to the organizers, participants, and supporting sponsors



Representatives from D-Foot International, International Diabetes Federation and NADEP

# NADEP DIABETES FOOT CON

## MENA REGION



MOU ceremony with Dr. Saif-ul Haque and Dr. Riasat Ali Khan in presence of DFI President Dr. Zulfiqarali G. Abbas and PCDA President Dr Ziyaad Miyan

In a groundbreaking move towards improving the landscape of diabetic foot care in Pakistan, an MOU was inked between the Primary Care Diabetes Association-Pakistan (PCDA) and Saving Limbs in Pakistan (SLiP).

The NADEP Diabetes Foot Con'2023, which was held from August 25–27, 2023, at the famous Hotel Moven Pick in Karachi, saw this crucial action. Dr. Zulfiqarali G. Abbas, President of D-Foot International, graced the signing ceremony, underscoring the event's importance on a worldwide scale.

The Fast Track Program was presented under the direction of Dr. Zahid Miyan, Project Director of Saving Limbs in Pakistan (SLiP) and President of PCDA. This approach is intended to drastically reduce needless amputations in Pakistan in accordance with the most recent guidelines from D-FOOT International. The Fast-Track Pathway (FTP), which addresses both the severity of diabetic foot ulcers and the patient's comorbidities, offers an organized method of controlling both conditions.

*This approachable tool will help healthcare professionals, especially those working in primary care settings, evaluate patients with diabetic foot ulcers and customize their care plans to meet their unique requirements.*

*This historic MOU signifies a giant stride towards standardizing care practices and ensuring timely referrals, ultimately aiming to diminish the scourge of avoidable amputations in Pakistan. The ceremony, graced by Dr. Zulfiqarali G. Abbas, witnessed the signatures of Dr. Saif ul Haque, General Secretary of SLiP, and Dr. Riasat Ali Khan, President-Elect of PCDA. The occasion was made more impressive by notable attendees including Prof. A. Basit, Director of BIDE, Dr. Zahid Miyan, the whole central cabinet of PCDA, and chapter chiefs from all four provinces. This partnership represents a significant advance in Pakistan's fight against diabetic foot problems and heralds better days for those who are affected.*

**Dr. Zahid Miyan  
& Dr. Riasat Ali Khan**





Dr. Ziyaad Miyan, Dr. Zulficarli G. Abbas, Prof. Peter Schwarz, Prof. Abdul Basit



Dr. Zulficarli G. Abbas, President of DFI and Dr. Saad Khalid Niaz Chief Guest, Minister of Health Sindh



Dr. Zulficarli G. Abbas, President of DFI and Prof. Peter Schwarz, President Elect of IDF



Dr. Ziyaad Miyan, Prof. Dr. Asher Fawwad, Dr. Zulficarli G. Abbas, and Dr. Saif ul Haque



President of DFI, Dr. Zulficarli G. Abbas representing D-Foot International at the NADEP Diabetes Foot Con 2023



President of PCDA, Dr. Ziyaad Miyan a key organizer in NADEP Diabetes Foot Con 2023

# Train the Trainer Program: A Transformative Journey

In a remarkable confluence of expertise and dedication, the Train the Trainer (TtT) program unfolded as a beacon of knowledge and skill enhancement. For four insightful days, healthcare professionals gathered to delve into the intricacies of diabetic foot care, guided by the most recent guidelines and practices. This intensive program is a collaborative effort between the Egyptian Society of Diabetic Foot and the Diabetic Foot Clinic at Mansoura University, Egypt.

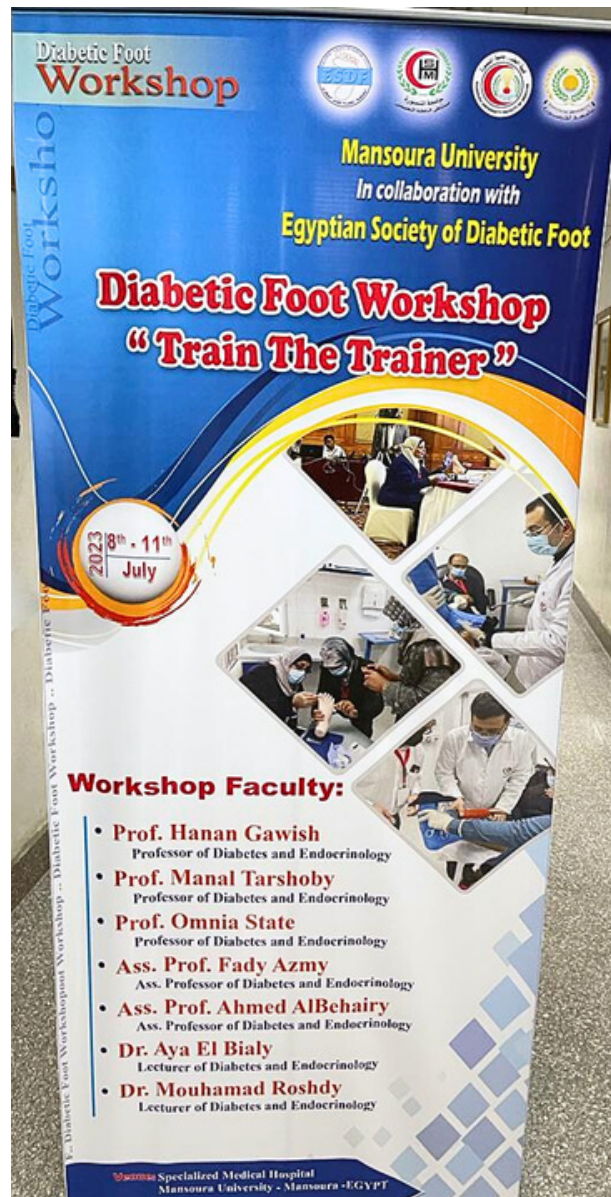
The program, held from July 8th to July 11th, 2023, stands as a testament to the dedication of healthcare professionals toward advancing diabetic foot care. The collaboration between the Egyptian Society of Diabetic Foot and Diabetic Foot Clinic, Mansoura University, Egypt, highlights the collective commitment to fostering a generation of skilled practitioners.

In the realm of diabetic foot care, education is a cornerstone. The program stands as a shining example of collaborative efforts.

*Prof. Hanan Gawish*



Prof. Hanan Gawish facilitating the hands-on workshop



"Train the Trainer"



Successful "Train the Trainer" workshop



# Diabetic Foot at the Hajj

## Hajj Health Volunteer Program

The annual Hajj pilgrimage draws millions of Muslims to Mecca, but with such a massive gathering comes unique health challenges. The Hajj Health Volunteer Program played a crucial role in offering essential healthcare services to pilgrims for the last 18 years. This initiative particularly focuses on providing diabetic foot services, and safeguarding the health and feet of those with diabetes during this sacred journey.

### Hajj Health Volunteer Program

Established 18 years ago by World Assembly of Muslim Youth [WAMY], a UN non-governmental organization member, and currently managed by “Derhum Weqaya Society” a non-profit Saudi organization, the Hajj Health Volunteer Program engages medical students in tackling diabetic foot concerns during Hajj.

I have had the privilege of volunteering with them as a trainer for over a decade. More than 550 students were trained in Foot Anatomy, Podiatric Examination, Wound Care, and OffLoading. The program also prints thousands of pamphlets in Arabic and English to be distributed to the pilgrims to educate them on foot care for diabetics during the Hajj, and exploit the opportunity of Hajj to spread awareness about diabetic foot, wounds, and ulcers prevention.

### Diabetic Foot Care: A Vital Emphasis

In the midst of rising global diabetes cases, the Middle East and most Islamic countries host nations with high prevalence rates. With around 2 million pilgrims, Hajj is the biggest gathering in the world of diabetic patients with approximately more than 200,000 diabetic patients. Pilgrims also walk approximately 10 kilometers, barefoot or in unsuitable footwear, raising the risk of foot injuries. Recognizing the increased risks for individuals with diabetes during the demanding pilgrimage, the program places special importance on diabetic foot care. This is essential to prevent diabetic foot ulcers and infections, which can lead to severe complications if not properly managed.

### Meeting Challenges

The program utilizes young talents to manage the challenges of health care during the Hajj. In 2030, more than 15,700 pilgrims benefited from the program's services provided by 130 field teams, including more than 550 volunteers, who were trained by specialists in various types of medical conditions, including foot problems and diabetic foot, for more than 13,000 hours of training. Those numbers highlight the program's importance in ensuring the safety and well-being of pilgrims, especially those with diabetes.

The Hajj Volunteer Health Program and its focus on foot and diabetic foot services reflects its commitment to pilgrim well-being. By addressing the unique health needs of individuals with diabetes. In the evolving landscape of healthcare and service, this program remains an exemplar of devotion and care within the global community.

*Dr. Khalid M. Edrees*



*Dr. Khalid Edrees presenting Hajj Health Volunteer Program at NADEP Diabetic Care Foot Con 2023, Pakistan*



*Workshop for volunteers participating at Hajj Health Volunteer Program*



*Demonstration for the Hajj Health Volunteer Program*



*The Hajj Health Volunteers on duty*

# Diabetic Foot & Hajj

Hajj is one of the five pillars of Islam and is obligatory for all adult Muslims who can afford the Journey and are in good health it involves traveling to the Holy sites in Saudi Arabia (between Makah and Madinah) during a specific short period of Time in the month of Zelheja.

People camp in the Desert Tents for 5 days walk very long distances and spend much of the time standing in humidity and Praying barefooted in the Sands in a crowded area full of people from all over the world.

A significant proportion of those people are elderly and may suffer from chronic medical conditions such as Diabetes.

Diabetic foot was identified as one of the most common causes of admission to the Hospitals after Hajj in Saudi and most of the other pilgrims' countries when going back.

The risk of suffering from Trauma and foot injury is highly increasing among them also cracking the skin and developing deep fissures due to dryness.

Another very important cause is Wearing bad Quality footwear and walking in high humidity areas sometimes reaching 50-60 degrees which causes foot Burns due to diabetic Neuropathy most of the Time.

Apart from that delaying and ignoring scheduled meals and neglecting medication time while doing Hajj requirements contribute to the elevation of the blood sugar level which will impact negatively the whole body.

Language barriers cause most of the pilgrims not to attend Health care centers available in the Holy places and immediately seek their Help and advice which worsens the problem more. Saudi Government prepared a high standard of well-equipped Health care centers and some of the big Hospitals with well-trained Staff to help those pilgrims with the effect of this unusual practice and finish their religious requirements safely.

All diabetic patients who are planning to perform Hajj should pay attention to the following:

1. To inform their Doctor about their Hajj plan.
2. Wear a diabetic identifying wristband.
3. Take enough diabetic Medication and store it properly.
4. Always carry any kind of Carbohydrates in case of a Hypoglycemic attack .
5. Always carry a diabetic emergency Kit.
6. Wear medical protective shoes.
7. Always inspect their feet and moisturize when necessary.

Finally, all health care centers should prepare multi-language Educational materials about diabetes and its management during Hajj to be distributed up on arrival at the Airport and the port. Also, pre-Hajj Health workshops and meetings should be conducted in all Islamic countries to help in reducing the impact of Hajj on diabetic foot patients and other patients.

*Eisiah Abbas*



The Hajj Pilgrimage 2023



The Hajj Pilgrimage 2023



The Hajj tents used during the pilgrimage

# Diabetic Foot Care in Sudan, A War Affected Country

In the landscape of diabetic foot management, Sudan's unique challenges and circumstances call for tailored strategies. By adhering to essential guidelines and implementing targeted interventions, we can make significant strides in enhancing diabetic foot care in this war-affected nation.

- **Localized Glycemic Control:** Establishing strict glycemic control becomes even more crucial in Sudan, given the population's limited access to healthcare facilities. Ensuring that patients grasp the significance of blood sugar management is essential.
- **Culturally Relevant Education:** The promotion of health education, tailored to Sudan's cultural context, can make a difference. By highlighting the risks associated with sharp object injuries and heat-induced blisters, we can help individuals prevent the development of chronic foot ulcers. Empowering patients with the right knowledge is a critical step towards better foot care.
- **Timely Sepsis Management:** Diabetic foot sepsis demands prompt and accurate diagnosis and treatment. In a country dealing with war's aftermath, healthcare infrastructure might be strained. Empowering local healthcare providers with training in sepsis management and antibiotic administration can significantly impact patient outcomes.
- **War-Affected Ischemic Foot Care:** Sudan's challenging circumstances might limit access to advanced procedures like angioplasty or bypass surgeries for ischemic foot cases. Alternative approaches, like timely amputation when necessary, must be coupled with fostering a sense of community awareness.
- **Overcoming Osteomyelitis Challenges:** Sudan's healthcare facilities might face resource constraints in diagnosing and treating osteomyelitis. Here, rapid debridement and localized antibiotic treatments could offer pragmatic solutions. Educating local healthcare workers about these interventions can lead to early identification and management.

In Sudan, D-Foot International's intervention can make a significant impact. By collaborating with local organizations and communities, the organization can introduce culturally relevant education and provide resources to healthcare providers working under challenging conditions. Creating a network of support, sharing knowledge, and ensuring that best practices are followed can uplift Sudan's diabetic foot care landscape.

*Prof. Mohamed Elmakki Ahmed*



University of Khartoum



Patient A



Patient B

# Every Little Success Counts: Advancing Towards a Diabetes-Free Future

Healing hard-to-heal wounds is a tough mission, yet a feasible one, in most cases. Non-healing wounds shouldn't exist anymore in the year 2023. Maybe it will be preferable to classify wound caregivers into wound healers and non-healers.

After many weeks or even months of having a patient come on a regular basis to my wound clinic, when definitive healing is achieved, my team and I, together with the patient and family, celebrate success, in the presence of all the other patients present in the clinic. The ceremony looks like a college graduation, with hats, trumpets, clapping, pictures, and even sometimes, when properly planned, a certificate of graduation from the wound clinic.

I start by giving a brief summary of the case, preserving the privacy of the patient, and then the patient is allowed a short speech. Then comes the trumpet, applause, and nice wishes to all from the departing graduating patient.

This is how we live it as a team and inter-patients family bonds. The departing patient feels happy, his family members take pictures or videos to memorize the event. This helps overcome the burnout of my clinic team and that of the ongoing wound patients. *They, patients, like it a lot. They keep asking when will we graduate?*

They regain hope when they share the success of another patient who used to share with them the waiting room of the clinic.

Hope, joy and positive vibes are essential in the journey of patients with hard-to-heal wounds. Sharing the sorrow of others reduces it by half or more.

Sharing the joy of others elevates it into a double dose.

*Dr. Jamil Halabi*



Celebrating a graduating patient from wound care

# SEA REGION

## Empowering Rural India

In the vast expanse of rural India, where healthcare resources can be scarce and accessibility remains a challenge, the battle against diabetic foot complications has found an ally. In a commendable initiative, a company has taken upon itself the noble task of fortifying primary care for diabetic foot health, with a dual focus on prevention and healing.

The journey began with an unwavering commitment to educate and empower rural healthcare workers. The company recognized the crucial role played by Asha Health Care workers, who diligently visit homes in every village to assess the health status of rural families. With these dedicated individuals as a starting point, the foundation for a holistic and comprehensive approach to diabetic foot care was laid.

The initiative then expanded its reach to Ayush Health Care Doctors, who encompass a wide spectrum of traditional and non-conventional healthcare practices such as Ayurveda, Yoga, Unani, Naturopathy, Siddha, and more. By raising awareness among these practitioners about early reference and diabetic foot care in resource-poor settings, the initiative ventured into uncharted territories of healthcare awareness.

Geographical barriers were no obstacle to the company's dedication. Its footprint expanded across a radius of 400 kilometers from its Tertiary Care Centre in Hubballi, Karnataka. This expansion aimed to reach every corner, every village, and every community, striving to prevent amputations in diabetic foot cases.

In an act of compassion, the company extended its services to senior citizens residing in Old Age Homes, emphasizing diabetic foot care. These often-overlooked members of society received a unique and invaluable gift – the gift of understanding and prioritizing their foot health.

In the face of limited resources, geographical challenges, and diverse healthcare practices, this company's initiative stands as a beacon of hope. It showcases the profound impact that grassroots education and awareness can have on preventing the scourge of diabetic foot complications. By empowering rural healthcare workers, traditional practitioners, physicians, and even engineering students, the company has set a remarkable example of how collaborative efforts can transform lives.

In rural India, where every step counts, this initiative is paving a path towards healthier futures, free from the shadow of diabetic foot complications.

**Dr. Sunil V Kari**



Ongoing session for the event



Informative seminar with the citizens in old age homes



Teaching the health professionals

# Preventative Foot Care in India

Swasthya Diabetes Care is one of the centres of Excellence in Preventive care in Southeast Asia in collaboration with D-Foot International for years. Education for All in Swasthya Diabetes Centre is always admirable by Patients and relatives attending tertiary care centers.

At Swasthya, we understand that good foot hygiene is the first step in preventing diabetic foot issues. Our continuous educational initiatives are directed at those who have severe diabetic neuropathy. Twenty to twenty-five patients are taught about different types of shoes, nail and toe care, using insoles, and joint flexibility in specialized group sessions. We highlight early ulcer development, early indications of deformities, and dos and don'ts in foot care. Together, we give patients the tools they need to protect their feet and avoid potential harm.

A total of 2 to 3 sessions in a week with different groups of patients was really helpful to them to avoid future events leading to foot complications.

**Dr. Yash Patel**



Dr. Yash Patel holding an awareness session with patients



Dr. Yash Patel holding an awareness session with patients

## D-Foot International and DRS Unite to Prevent Amputations

D-Foot International, in collaboration with Diabetes Research and Solutions (DRS), marked an important milestone in the battle against diabetes-related amputations. This two-day symposium, held from September 2nd-to-3rd, 2023, brought together leading experts and advocates in the field.

The symposium featured a prominent lineup of speakers, including Dr. Zulfiqarali G Abbas, President of D-Foot International, and Dr. Vijay Viswanathan, Immediate Past President. Their contributions were instrumental in shedding light on critical strategies for preventing amputations in diabetic patients.

With a collective commitment to raising awareness and sharing knowledge, this event was a testament to the dedication of healthcare professionals worldwide to combat diabetes-related complications.

D-Foot International continues to spearhead efforts in this crucial area, working collaboratively to ensure that every step forward counts in the fight against amputations.

**Dr. Vijay Viswanathan  
& Dr. Zulfiqarali G. Abbas**

The poster is for the D-Foot International Symposium, part of the DRS Diabetes Research &amp; Solutions 2nd &amp; 3rd September 2023 event. It is held at ITC Maratha, Andheri East, Mumbai. The poster details the schedule for Day 2, 3rd September, 2023 (Sunday). The main event is the D-Foot International Symposium from 11:15AM to 12:30PM. The speakers are: Dr. Vijay Viswanathan (Chennai) at 11:15AM-11:30AM, Dr. Amit Naghate (Aurangabad) at 11:30AM-11:45AM, Dr. Zulfiqar Abbas (Tanzania) at 11:45AM-12:00PM, and Dr. Jessy Thomas (Mumbai) at 12:00PM-12:15PM. The topics are: "How to approach Diabetic foot from Physicians point of View and When to Refer?", "How to set up a Diabetic Foot Clinic?", "Perioperative Care in Diabetic foot", and "Post Operative Management of Diabetic foot patient (Role of Silver in Wound Care)". There is a discussion session from 12:15PM to 12:30PM. The chairpersons are Dr. Aparna Methil (Navi Mumbai) and Dr. Deepak Patil (Mumbai). The poster also features logos for DRS, DTECH, and D-FOOT.

Official poster of the main event including the main speakers and chairpersons of the insightful and amazing symposium

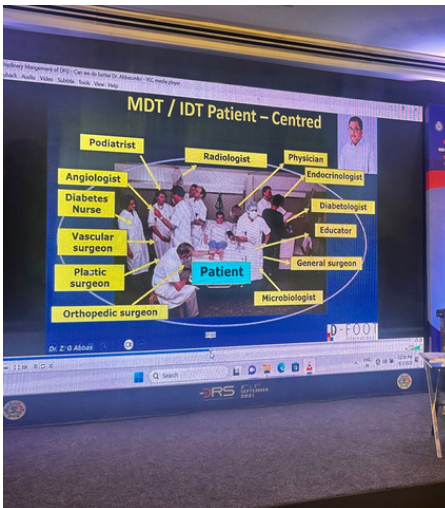
# D-Foot International and DRS Unite to Prevent Amputations



Dr. Vijay Viswanathan delivering his impactful session



A special recognition for the work by Dr. Jessy Thomas



Dr. Zulfiqarali G. Abbas delivering his talk stressing the importance of patient centered care



Dr. Amit Naghate delivering his talk on how to set up a diabetic foot clinic



The fruitful collaboration produce a wonderful and successful event

# WP REGION

## Sarawak Diabetic Foot Update 2023

In a significant stride towards its mission to prevent avoidable lower-limb amputations due to diabetes, D-Foot International played a pivotal role in the recently concluded Sarawak Diabetic Foot Update 2023, held in the vibrant city of Kuching, Sarawak, Malaysia. The event marked a momentous collaboration that brought together the expertise and dedication of healthcare professionals and specialists from across the region with a diverse audience of over 200 delegates.

The highlight of the event was the introduction of the Fast Track Pathway - a groundbreaking initiative that promises to revolutionize diabetic foot care. In addition to the remarkable progress achieved during the event, a parallel initiative was set in motion. Recognizing the significance of language accessibility, a dedicated committee has been established to translate the Fast Track Pathway into Bahasa Melayu - the official language of Malaysia, Indonesia, and Brunei. This monumental effort acknowledges the importance of ensuring that the life-changing information reaches a wider audience, transcending linguistic barriers.

This event, along with the ongoing initiatives, underscores the organization's role in precipitating change and a source of inspiration for the global medical community.

*Prof. HariKrishna K.R. Nair*



A group of active and engaging delegates attending the event



The official poster of event



Prof. HariKrishna, President elect of D-Foot International attending the event

| TIME        | TOPIC   | SPEAKER   |
|-------------|---|---|
| 0700 - 0800 | REGISTRATION  |   |
| 0800 - 0830 | INTRODUCTION TO FAST TRACK PATHWAY FOR DIABETIC FOOT                                  | Prof. Hari Krishna K.R. Nair, Head Of Wound Care Unit, Kuala Lumpur Hospital          |
| 0830 - 0900 | NEUROLOGY AND THE CHARCOT FOOT: PATHOGENESIS AND DIAGNOSIS                            | Dr. Kambhampati Sri Prasad, Department Of Orthopedic, Sarawak General Hospital        |
| 0900 - 0945 | OPENING CEREMONY  |   |
| 0945 - 1015 | TESTAMENT   |   |
| 1015 - 1100 | DIAGNOSING THE HIGH RISK FEET AMONG PEOPLE WITH DIABETES                              | Dr. Noreen Azim, RPP, Kuala Lumpur Hospital   |
| 1100 - 1130 | WHY WE DELIBERATE THE SCIENCES BEHIND THE PRACTICE                                    | Dr. Kambhampati Sri Prasad, Department Of Orthopedic, Sarawak General Hospital        |
| 1130 - 1200 | LOCAL WOUND MANAGEMENT OF DIABETIC FOOT ULCER   | Dr. Noreen Azim, RPP, Kuala Lumpur Hospital   |
| 1200 - 1230 | TREATING INFECTION IN DIABETIC FOOT: LOCAL AND SYSTEMIC                               | Dr. Anand Chandran, Consultant Infectious Disease Physician, Sarawak General Hospital |
| 1230 - 1300 | HAPPY FEET TO GO TO KEEP YOUR FEET HEALTHY  | Dr. Noreen Azim, RPP, Kuala Lumpur Hospital   |
| 1300 - 1400 | LUNCH BREAK   |   |
| 1400 - 1430 | GLYCEMIC CONTROL IN DIABETIC PATIENTS: CHALLENGES & PRACTICES                         | Dr. Florence Tan, Endocrinologist, Sarawak General Hospital                           |
| 1430 - 1500 | THE BIOMECHANIC OF GAIT AND OFFLOADING NEUROPATHIC FOOT                               | Dr. Ching Hong, Podiatrist, Sarawak General Hospital                                  |
| 1500 - 1545 | SURGICAL ASPECTS IN DIABETIC FOOT SALVAGE   | Dr. Noreen Azim, RPP, Kuala Lumpur Hospital   |
| 1545 - 1630 | INTERNATIONAL WORKING GROUP ON THE DIABETIC FOOT (IWGDF) GUIDELINES FOR DIABETIC FOOT | Prof. Hari Krishna K.R. Nair, Head Of Wound Care Unit, Kuala Lumpur Hospital          |
| 1630 - 1700 | CLOSURE   |   |

Schedule of event



# Recap the Essentials in Hong Kong



**The Hong Kong Society for Diabetic Limb Care**



Official poster of the upcoming event: Recap the Essentials

Hong Kong is gearing up for a pivotal event in the realm of diabetes care - the "Diabetic Wound Healing - Recap the Essentials" symposium, scheduled for the 23rd of September 2023. This symposium seeks to demystify the intricacies surrounding it by offering a comprehensive review of the essentials. Attendees will have the unique opportunity to delve into the latest advancements, best practices, and cutting-edge insights in the field of diabetic wound care.

Eminent experts and thought leaders will take the stage to share their wisdom, research findings, and clinical experiences. The symposium will encompass a wide array of topics, from the pathophysiology of diabetic wounds to advanced wound care techniques.

Join us on the 23rd of September as we recap the essentials of diabetic wound healing and work together to improve the lives of individuals grappling with diabetes-related wounds.

## Fiji's Ongoing Endeavors

### Activity 1 - Leadership Fiji Health Cohort Presentation on 9th August 2023.

The presentation encompassed several key facets:

- 1. Overview of Diabetes Centre's Work:** An insightful overview shed light on the pivotal role of the Diabetes Centre in Fiji. These serve as a cornerstone in the battle against diabetes, offering care, support, and education to the public.
- 2. Challenges and Lessons:** Acknowledging challenges is the first step towards overcoming them. The presentation explored the hurdles faced in diabetes care, sharing valuable lessons learned along the way.
- 3. Future Health Plans:** Mapping a way forward, the presentation elaborated on the strategic health plan designed to combat this pressing health crisis.

### Activity 2 - Guideline Review on 17th August 2023.

The Diabetes Management Guideline and the Diabetes Foot Care Guideline were critically reviewed. These recommendations are essential tools for making sure diabetes care meets the highest standards. The head of wellness in Fiji and the coordinator for NCDs both received drafts of these recommendations. With the ultimate objective of building a healthy society, this joint project represents Fiji's commitment to improving its approach to diabetes control and foot care.



Insightful discussions in session



Group of delegates for reviewing the Diabetes Foot Care Guideline

# Annual Diabetic Foot Conference, Thailand



Opening ceremony of the event



An amazing event held in Thailand



Active workshop for foot evaluation



Hands-on skills session with passionate delegates

Thailand has taken a proactive step forward in the relentless battle against diabetes with its annual Diabetic Foot Conference, held from the 17th to the 18th of August 2023. This year's theme, "Power of Multidisciplinary Management in Diabetic Foot," underscored the nation's commitment to holistic and comprehensive diabetes care.

## What Justifies Multidisciplinary Management?

This meeting highlighted the value of a coordinated effort and the need for a diversified approach to diabetic foot problems. Diabetes is a systemic disorder that can have an effect on a number of organs and systems, not just one. As a result, controlling diabetic foot issues frequently calls for the knowledge of specialists from several medical fields.

## Key Highlights of the Conference

- 1. Expert Speakers:** The conference boasted an impressive lineup of speakers, including diabetologists, endocrinologists, podiatrists, orthopedic surgeons, and wound care specialists.
- 2. Interactive Workshops:** Practical workshops were a significant component of the event, offering participants hands-on experience in various aspects of diabetic foot care, from nail cutting to offloading techniques.
- 3. Research Insights:** The conference also provided a platform for researchers to present their findings and innovations in the field of diabetic foot care.
- 4. Networking Opportunities:** Beyond the wealth of knowledge shared, the conference facilitated networking and collaboration among healthcare professionals.

Diabetes is a global health challenge, and Thailand's proactive approach to diabetic foot management is commendable. By fostering collaboration, sharing knowledge, and empowering multidisciplinary teams, Thailand aims to enhance the quality of care for individuals living with diabetes.

The nation is a shining example of devotion and commitment in the worldwide battle against this common ailment as it continues to encourage multidisciplinary diabetic treatment, conduct research, and raise awareness of the condition.

As we reflect on the achievements of this conference, we eagerly anticipate similar gatherings occurring in different corners of the globe. With each successful event, we take one step closer to a world where diabetic foot complications are reducing.

# Fast Track Pathway in Myanmar

The Myanmar Wound Care Society orchestrated a hybrid meeting on the 27th of August 2023 at the esteemed Grand Hantha International Hospital in Yangon. An important step forward in the field of healthcare education was made on this occasion. Notably, the event supported D-Foot International's Fast Track Pathway for Diabetic Foot Ulcers, which was thoughtfully incorporated into the in-depth training modules for wound care. A wide range of healthcare workers, most notably general practitioners, nurses, and nurse assistants, were the program's main beneficiaries.

The event's significance was highlighted by a tremendous participant turnout, which included participation from many different medical specialties. Notable were the 42 experts who represented a variety of specialties. They were joined by a group of 10 family doctors and 3 nurses. This assembly embodies a collective commitment to advancing wound care knowledge and, more specifically, addressing the complex terrain of Diabetic Foot complications. This event is an important step in reducing the effect of diabetic foot ulcers and fostering better patient outcomes in Myanmar by fusing global best practices with local healthcare requirements.

*A/Prof. Gulapar Srisawasdi*



Productive event in Myanmar



Seminar in session



Dedicated delegates in the event

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**Dear Esteemed Readers,**

As we bring another insightful edition of the D-Foot International newsletter to your screens, we want to express our heartfelt gratitude for your continued support and engagement. Your dedication to further the mission of D-Foot International is truly inspiring and it's your enthusiasm that fuels our mission.

We hope this newsletter has been both informative and empowering. Our aim is to provide you with valuable insights into the world of diabetic foot care, to keep you updated on the latest activities in D-Foot, and to foster a sense of community among our members.

We extend a warm welcome to all our new members and a sincere "welcome back" to our returning reader. Your commitment to staying informed and engaged contributes greatly to our collective effort to make a meaningful difference in the lives of those affected by diabetic foot complications.

We would also like to take this moment to extend our gratitude to Mr. Muhammad Abbas Gangji for his exceptional design skills that have lent a visually appealing touch to our D-Foot website. Additionally, our heartfelt thanks go out to Mr. Ali Salim, our dedicated secretariat, whose efforts behind the scenes ensure the smooth functioning of D-Foot International.

As we continue on this journey, we encourage you to stay involved, share your thoughts, and contribute your insights. Together, we are making strides toward our mission, and your involvement is an integral part of our success.

Thank you once again for your unwavering support. We look forward to connecting with you in the upcoming editions.

Thank you.

**Newsletter Coordinator.**



**Raidah R Gangji**  
BSc Biomedical  
Science

# Members of Nominating Committee 2023-2025

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# Provisional Dates 2025

## **Dates for Nominations:**

10th February to 10th March 2025

## **Dates for Election:**

10th April to 24th April 2025

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