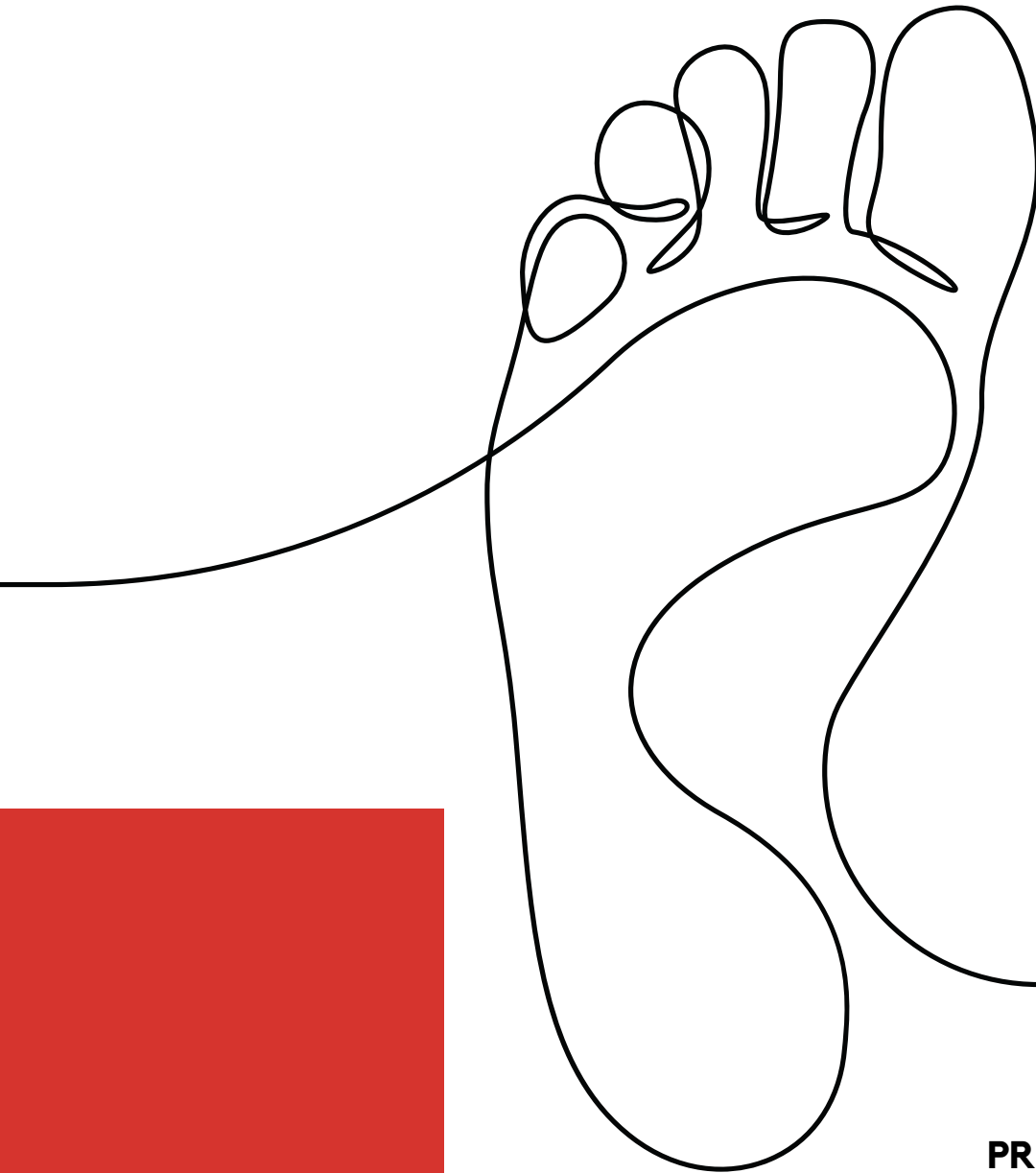




E - NEWSLETTER

JUNE 2026



PRESIDENT STATEMENT

Prof. Dato' Dr. Harikrishna K.R. Nair

GLOBAL UPDATES

Implementation Strategies
Consensus

UPCOMING EVENTS

Webinar: Role of Plastic Surgeon
Affordable Reconstruction
Dr. Mohammed Waheed

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President Statement

As we reach the middle of 2026, I am filled with gratitude and optimism as I reflect on the continued growth, achievements, and global impact of D-Foot International. Across every region of our organization continues to demonstrate an unwavering commitment to our mission: ending avoidable lower-limb amputations due to diabetes worldwide.

First and foremost, I would like to extend my sincere appreciation to our dedicated Board of Directors. Together with our President-Elect, Dr. Salma El Khuraibet, Immediate Past President Prof. Zulfikarali G. Abbas, Vice Presidents Mr. Willem van Dyck, Mr. Abbas Ladha, Ms. Johlene Sander, Dr. Mohamed Waheed, Prof. Fran Game, and Prof. Luinio Tongson, we continue to strengthen D-Foot International as a truly global movement united by a common purpose.

Education remains one of the pillars of our organization. Through our Sherlock Saturday Online Education Series, we continue to connect healthcare professionals across continents through accessible, high-quality learning opportunities. Earlier this year, we were privileged to host a highly successful webinar on Innovative Wound Care, delivered by myself under the Western Pacific Region. The session brought together participants from around the world to discuss advances in

wound assessment, infection control, dressing selection, and multidisciplinary approaches to limb preservation. The active participation and exchange of ideas demonstrated the global appetite for practical, evidence-based education.

I am equally pleased to all members and colleagues who joined our webinar on 13 June 2026, led by internationally renowned pedorthic expert Mr. Dennis Janisse, who will discuss the critical role of pedorthic and orthotic management in diabetic foot care. Offloading, footwear, and biomechanical interventions remain among the most underutilized yet effective strategies in preventing ulceration and recurrence. This promised to be an outstanding educational session that was well received.

One of the most significant accomplishments of the past year has been the development of the international consensus document on Implementation Strategies for the Prevention and Management of Diabetes-Related Foot Disease. Convened in Kuala Lumpur, this initiative brought together distinguished experts from across

Asia, Africa, Europe, and the Middle East to address a challenge that all healthcare systems face: translating evidence into routine practice. Rather than producing another set of recommendations, the consensus focused on practical implementation frameworks that can be adapted to local realities and resource settings. This landmark achievement reflects D-Foot International's evolution from an advocacy organization into a catalyst for meaningful implementation and systems change.

Another milestone worth celebrating is our collaboration with Wounds Canada, which resulted in the publication of a special feature documenting the journey of D-Foot International. This article chronicles our growth from a vision shared by a few passionate individuals into a global network spanning seven regions. It highlights our achievements in education, awareness, research, implementation, and multidisciplinary collaboration.

Throughout this newsletter, you will also see remarkable examples of regional leadership and innovation. From the Pan-African Diabetic Foot



Dato. Prof. Dr. Harikrishna KR Nair
MD, MSc, FRCPI, FRCPE,
FCWCS, FMSWCP,
PhD (ULSIT), PhD (Med Sciences)
Director, Kuala Lumpur Hospital
Professor of Wound Care

Study Group meeting in Nigeria, to capacity-building initiatives in Kenya, educational collaborations in Tanzania, diabetic foot training in Libya, medical student engagement in Chile, and diabetes awareness activities in Pakistan and India, our regions continue to demonstrate that local action can create global impact.

Many of our members have asked about the 4th D-Foot International Conference, originally planned for the Maldives. While we had looked forward to welcoming delegates from around the world, the Board made the difficult but responsible decision to postpone the event due to prevailing geopolitical uncertainties affecting international travel and participation.

As we move forward, our priorities remain clear: strengthening education, supporting implementation, fostering regional growth, expanding partnerships, and advocating for equitable access to quality diabetic foot care worldwide.

Let us continue this journey together with renewed purpose, determination, and hope.

BOARD MEMBERS 2025-2027



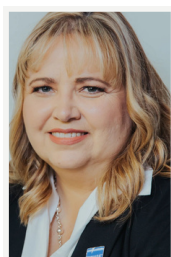
 **Dr. Salma Khuraibet**
President Elect
KUWAIT



 **Prof. Dato' Dr. Harikrishna K.R. Nair**
President
MALAYSIA



 **Prof. Zulfiqarali G. Abbas**
Immediate Past President
TANZANIA



 **Ms. Johlene Sander**
Vice President
SOUTH AFRICA



 **Dr. Mohammed Waheed**
Vice President
MALDIVES



 **Dr. Luinio Tongson**
Vice President
PHILIPPINES



 **Prof. Fran Games**
Vice President
ENGLAND



 **Mr. Willem van Dyck**
Vice President Finance
BELGIUM



 **Mr. Abbas Ladha**
Ass. Vice President Finance
BELGIUM

NOMINATING COMMITTEE 2025-2027



 **Prof. Zahid Miyan**
PAKISTAN



 **Dr. Shigeo Kono**
JAPAN

MEMBERSHIP BENEFITS 2025-2027

- ☒ 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 2025-2027

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.





Picture courtesy by Prof. Zulfiqarali G. Abbas, Immediate Past President of D-Foot International

**WHO HAS THE
SMARTS**

D-FOOT QUIZ

**Submitted Picture for
D-Foot International
e-Newsletter**

IN THE SPOTLIGHT

A 58-year-old man with a 15-year history of type 2 diabetes mellitus presents to the diabetic foot clinic with a 5-day history of increasing swelling, redness, and warmth of his right foot and lower leg. He reports mild pain but denies any recent trauma.

Examination reveals diffuse erythema extending from the dorsum of the foot to the mid-calf, associated with oedema and increased local temperature. No abscess or ulcer is visible. His temperature is 38.2°C and blood glucose is poorly controlled.

What is the most likely diagnosis?

- A. Deep vein thrombosis
- B. Cellulitis
- C. Charcot neuroarthropathy
- D. Chronic venous insufficiency

UPCOMING EVENTS



14:00 CET 2025-2027

WEBINAR

Sherlock Saturday

Date	Topic	Speakers
✓ 6 th September 2025	Hardest Wound A Realtime Case Study	<u>AFRICAN Region</u> Prof. Zulfiqarali G. Abbas 
✓ 6 th December 2025	Surgical Approach after Physician on Limb Salvage and Vascular Limb Revival	<u>MENA Region</u> Dr. Salma Khuraibet 
✓ 7 th March 2026	Innovative Wound Care Strategies	<u>WP Region</u> Prof. Dato. Dr. Harikrishna KR Nair 
✓ 13 th June 2026	Pedorthic and Orthotic Management of the Diabetic Foot	<u>NAC Region</u> Mr. Dennis Janisse 
12 th September 2026	Role of Plastic Surgeon Affordable Reconstruction	<u>SEA Region</u> Dr. Mohamed Waheed 
12 th December 2026	Nutritional Care Effect on Wound Healing: Health is Wealth	To Be Announced
13 th March 2027	Prevention of Recurrence of Ulcer: Prevention is Better than Cure	

WP REGION

Innovative Wound Care

Prof. Dato' Dr. Harikrishna K.R. Nair

Sherlock Saturday



ONLINE EDUCATION SERIES



Prof. Dato' Dr. Harikrishna K.R. Nair

MD, FRCPI FRCPE FCWCS FMSWCP,
OHD(DOH), CMIA(MAL), CHM(USA), ESWT (Austria, Germany), ICW, MSc in Wound Healing and
Tissue Repair (Cardiff, UK), PhD in Med Science, PhD (ULSIT)
Director, Kuala Lumpur Hospital,
Head and Professor, Wound Care Unit, Kuala Lumpur Hospital
President D-Foot International, President, World Union of Wound Healing Societies

WP REGION

Topic Innovative Wound Care

Date and Time 14th March, 2026 At 2:00 PM CET



For more details email;
secretariat@d-foot.org



As part of the D-Foot International Online Education Series, the WP Region hosted an engaging webinar on Innovative Wound Care on 14th March 2026, featuring Prof. Dato' Dr. Harikrishna K.R. Nair, President of D-Foot International and President of the World Union of Wound Healing Societies (WUWHS). The session brought together healthcare professionals, nurses, podiatrists, wound care practitioners, and students from different regions to explore current advances in wound management and limb preservation. Prof. Nair shared practical insights on wound assessment, infection control, dressing selection, and the importance of multidisciplinary care in improving patient outcomes.

Particular attention was given to innovative and sustainable approaches that can be implemented across diverse healthcare settings, including resource-limited environments. Participants also benefited from an interactive discussion, where they had the opportunity to exchange experiences and seek expert guidance on real-world clinical challenges. The webinar reinforced D-Foot International's commitment to education, collaboration, and innovation, empowering healthcare professionals with knowledge and skills to enhance wound care practices and reduce preventable complications worldwide.

NACA REGION

Pedorthic & Orthotic Management of the Diabetic Foot

Mr. Dennis Jannise

Sherlock Saturday



ONLINE EDUCATION SERIES



Mr. Dennis Janisse

President & CEO, National Pedorthic Services, USA
Board-certified pedorthist and expert in diabetic foot care with decades of clinical and academic experience. Assistant Professor at the Medical College of Wisconsin and guest lecturer at leading institutions, including Northwestern University. Former President of the Pedorthic Footwear Association and a recognized contributor to research and education in pedorthics and wound care.

NACA REGION

Topic Pedorthic and Orthotic Management of the Diabetic Foot

Date and Time 13th June, 2026 At 2:00 PM CET



For more details email;
secretariat@d-foot.org



On 13 June 2026, D-Foot International hosted an online educational webinar titled “Pedorthic and Orthotic Management of the Diabetic Foot,” presented by Mr. Dennis Janisse, President and CEO of National Pedorthic Services, USA. The session focused on the important role of pedorthic and orthotic interventions in preventing and managing diabetic foot complications.

Mr. Janisse discussed how therapeutic footwear, custom orthoses, and pressure offloading strategies can reduce plantar pressure, prevent ulcer development, and lower the risk of ulcer recurrence. He emphasized the need for individualized patient assessment, taking into account foot deformities, neuropathy, and biomechanical factors when selecting appropriate interventions. The webinar highlighted the value of integrating pedorthic and orthotic care into multidisciplinary diabetic foot services to improve mobility, enhance quality of life, and support limb preservation.

Overall, the session provided valuable knowledge on effective foot protection strategies and reinforced the importance of comprehensive care in reducing diabetes-related foot complications.

D-Foot International Upcoming Conferences

#No.	Tentative Dates	Country and Host
4th D-Foot International Conference	28-29th November 2026	Dr. Mohammed Waheed Maldives (SEA Region)  
5th D-Foot International Conference	2027	Dr. Salma Khuraibet Kuwait (MENA Region)  
6th D-Foot International Conference	2028	Dr. Luinio Tongson Phillipines (WP Region)  

04th D-FOOT INTERNATIONAL CONFERENCE

**28th to 29th
November 2026
Maldives**

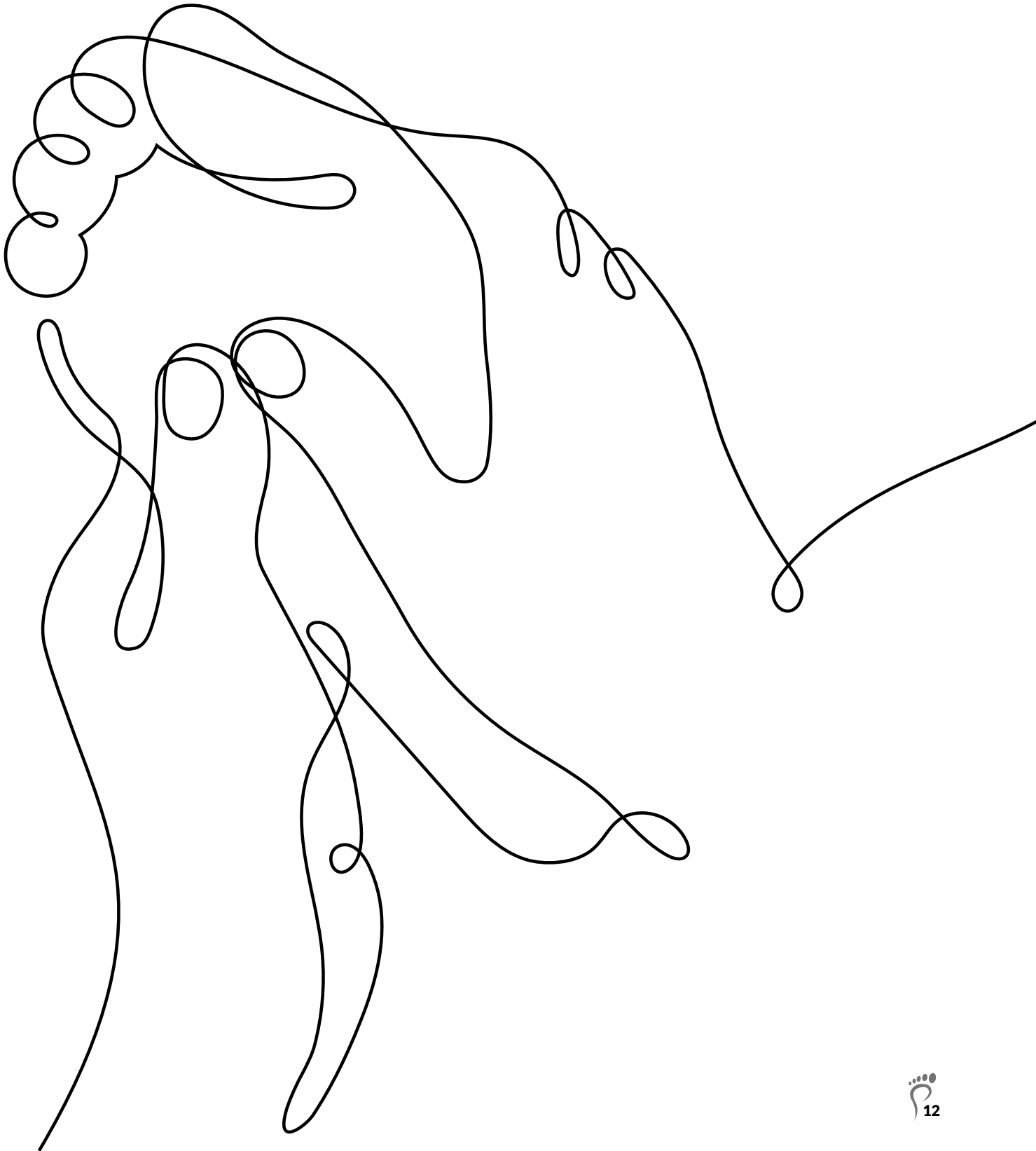


#2027 DIABETES AWARENESS DAY



REGION	15th November 2026
WP + SEA Region	TBA
MENA + AFRICA Region	TBA
Global Region	TBA
EUROPE Region	TBA
NACA Region	TBA
SACA Region	TBA

GLOBAL UPDATES



Implementation strategies for the prevention and management of diabetes- related foot disease



D-Foot International Leads Global Initiative to Advance Diabetic Foot Care

In October 2025, D-Foot International achieved a significant milestone by convening a multidisciplinary panel of international experts in Kuala Lumpur, Malaysia, to address one of the greatest challenges in diabetes-related foot care: translating evidence into everyday clinical practice.

As Diabetes-Related Foot Complications (DRFCs) continues to be a leading cause of disability and non-traumatic lower limb amputations worldwide, the need for practical and scalable solutions has never been greater. Recognising this challenge, D-Foot International brought together experts from across Asia, Africa, Europe, and the Middle East to develop a consensus document focused on implementation strategies that can be adapted across diverse healthcare settings.

The initiative was led by Prof. Dr. Harikrishna K.R. Nair, President of D-Foot and President of the World Union of Wound Healing Societies, and Prof. Dr. Zulfiqarali G. Abbas, Immediate past president of D-Foot. They were joined by an esteemed multidisciplinary faculty including Dr. Salma El Kuwaiti (President-elect D-Foot), Ms. Johlene Sander (Vice president D-Foot), Prof. Llinio S. Tongson (Vice president D-Foot), Prof. Fran Game (Vice president D-Foot), Dr. Ana Lazaro, and Prof. Dr. Ewa Klara Stürmer.

The resulting consensus document represents a major achievement for D-Foot International.

It provides practical frameworks, implementation strategies, and decision-support tools designed to assist healthcare providers across a wide range of settings. Importantly, the document recognises that successful implementation requires solutions that are adaptable to local resources, workforce capacity, and healthcare infrastructure.

This accomplishment reflects D-Foot International's ongoing commitment to advancing diabetic foot care through education, collaboration, advocacy, and implementation. By bringing together global expertise and focusing on practical solutions, the organisation continues to strengthen its role as a leading international voice in the prevention of diabetes-related amputations.

As the global burden of diabetes continues to rise, initiatives such as this demonstrate the power of international collaboration in transforming knowledge into meaningful action. Through shared expertise and a commitment to implementation, D-Foot International is helping shape a future where fewer people experience preventable foot complications, disability, and limb loss.

The consensus document stands as a testament to what can be achieved when experts from around the world unite behind a common mission: preserving mobility, improving quality of life, and ensuring that every person living with diabetes has access to the best possible foot care.

Mission of D-Foot International: *Ending avoidable lower-limb amputations due to diabetes world wide.*

D-Foot International: A Global Movement For Limb Preservation

Harikrishna KR Nair, Raidah R Gangji and Zulfiqarali G Abbas

Abstract: Every 30 seconds, a limb is lost to diabetes mellitus, yet the majority of the amputations are avoidable and surely preventable. D-Foot International is helping to change this reality across seven regions by creating a global movement that brings together health-care professionals, educators and policymakers. Through flagship programs such as *Train the Foot Healthcare Professional* and *D-Foot Awareness Day*, D-Foot International has taught and trained thousands, screened tens of thousands, and driven measurable reductions in amputation rates, morbidity and mortality. Its journey serves as a testament to what can be accomplished via coordinated actions: turning knowledge into life-saving practice. D-Foot International continues to evolve from a professional network into a global movement providing a platform for learning, leadership and limb preservation aimed at ending avoidable diabetes-related amputations.

Key words: *diabetic foot ulcer, lower-limb amputation, global health education, multidisciplinary foot care, train-the-trainer model*

How to cite: Nair HKR, Gangji RR, Abbas ZG. D-Foot International: a global movement for limb reservation. *Limb Preservation Journal*. 2026;7(1): 104-109 DOI: [10.56885/144684vtvqzi](https://doi.org/10.56885/144684vtvqzi)



Celebrating the Journey of D-Foot International

In collaboration with Wounds Canada, D-Foot International is proud to present a special feature that chronicles the organisation's inspiring journey and growing impact on diabetic foot care worldwide. This publication is more than a historical reflection, it is a celebration of the vision, leadership, partnerships, and dedication that have transformed D-Foot International into a truly global movement.

The article highlights key milestones in the organisation's development, from its early foundations to its expansion across continents through education, advocacy, research, implementation projects, and multidisciplinary collaboration. Readers will gain insight into how D-Foot International has united healthcare professionals, researchers, policymakers, industry partners, and patient advocates around a shared mission of preventing diabetes-related amputations and improving quality of life for people living with diabetes.

Featuring achievements from around the world and reflections from international leaders, the publication demonstrates the power of collaboration in addressing one of the most challenging complications of diabetes.

It also showcases the organisation's commitment to capacity building, knowledge sharing, and strengthening diabetic foot services in both resource-rich and resource-limited settings.

Whether you are a long-standing member or discovering D-Foot International for the first time, this publication is a must-read that celebrates our collective achievements and inspires the next chapter of global action in diabetic foot care.

Interested in reading more?

Scan the QR code below to access the full article and discover the inspiring journey, milestones, and global impact of D-Foot International in collaboration with Wounds Canada.

SCAN ME!



REGIONAL UPDATES



5th Pan African Diabetic Foot Study Group & DFNI



The 5th Pan-African Diabetic Foot Study Group (PADFSG) Biannual Scientific Meeting, held from 15–17 April 2026 in Abuja, Nigeria, marked another important milestone in advancing diabetic foot care across Africa. Organized in collaboration with the Diabetic Foot Nigeria Initiative (DFNI) and D-Foot International, the conference brought together leading experts, researchers, nurses, surgeons, endocrinologists, podiatrists, and healthcare professionals from across Africa and beyond to share knowledge, build capacity, and strengthen multidisciplinary diabetic foot services.

A major highlight of the meeting was the presence of Prof. Zulfiqarali G. Abbas, Immediate Past President and Honorary President of D-Foot International, Founder and Chairman of the Pan-African Diabetic Foot Study Group, whose vision has played a pivotal role in advancing diabetic foot care throughout Africa. In his address, Prof. Abbas emphasized the growing burden of diabetes across Sub-Saharan Africa and the urgent need to improve prevention, early diagnosis, and management of diabetes-related foot complications.

The conference was hosted under the leadership of Prof. Felicia Anumah, President of the Diabetic Foot Nigeria Initiative, Board Member of PADFSG, and Nigeria Representative of D-Foot International. The scientific program featured lectures on diabetic peripheral neuropathy, peripheral arterial disease, diabetic foot infection, Charcot neuroarthropathy, wound care, offloading, vascular reconstruction, limb salvage, and emerging technologies in diabetic foot management.

Interactive workshops provided participants with practical training in wound care, infection management, biomechanics, offloading, neuropathy assessment, and patient education.

The meeting demonstrated the power of collaboration in addressing one of Africa's most challenging diabetes complications and reinforced a shared commitment to reducing amputations, preserving limbs, and improving the lives of people living with diabetes across the continent.

As delegates departed Abuja, they carried home not only new knowledge and skills but also renewed determination to strengthen diabetic foot services in their respective countries. The conference concluded with an invitation to the 6th Pan-African Diabetic Foot Study Group Meeting, scheduled to be held in Tanzania in 2028, continuing the journey toward better diabetic foot care across Africa.





Prof. Abbas, Immediate Past President presenting and representing D-Foot International at the prestigious conference



Organizers and speakers at the 5th Pan African Diabetic Study Group meeting in Nigeria



Prof. Abbas and Prof. Anumah



Prof. Abbas and delegate during networking



The “Miracle of Moshi Street”: How Beetles, Honey, and a New Model are Saving Limbs in Tanzania

The Amputation Crisis

The International Diabetes Federation estimates that 24.6 million individuals in Sub-Saharan Africa currently live with diabetes, a figure projected to reach 59.5 million by 2050, a 142% increase (1-4). Among diabetic complications, foot ulceration carries the highest morbidity and mortality. Population-based data from Tanzania indicate that 15% of diabetes admissions to the largest national hospital involve foot ulcers, and approximately 40-60% of all non-traumatic lower-limb amputations worldwide are diabetes-related (2,5).

Yet the conventional response: multidisciplinary teams, vascular surgical capacity, and advanced wound care products remains largely inaccessible across most of the continent. A simple ulcer in Tanzania costs approximately USD 100 to treat, but a complicated case requiring amputation escalates to USD 3,000, a barrier for most patients (6). Moreover, five-year mortality following a major amputation in diabetic patients approaches 70%, with even higher rates among those on dialysis (3).

The question is not whether diabetic foot disease is a crisis in Africa. The question is: What works when the Western model is unavailable?

Methods: A Hybrid Capacity-Building Model

On site seminars

An international multidisciplinary team: comprising a vascular surgeon, podiatrist, wound infection specialist nurse, orthosis and prosthesis technician, and the Immediate Past President of D-Foot International: Prof. Abbas; conducted two separate 5-day visits to KCMC. Each seminar combined didactic lectures with hands-on clinical rounds and bedside debridement supervision.

First visit (Year 1): 20 KCMC staff participants (nurses, surgical trainees, and attending surgeons). Clinical review of 12 patients with active DFUs. One full day in the septic theatre to standardize surgical debridement technique.

Second visit (Year 2): 40 participants, expanded to include surgical medical officers and ward nurses from three regional hospitals in the Kilimanjaro area, plus a private-sector podiatrist. Clinical volume increased to 20 patient reviews.

Digital Training

Between physical visits, the Radboud UMC team delivered six online lectures targeted at the core nursing group identified for the future wound clinic. An e-logbook system using clinical photography was initiated to allow

remote consultation and progress monitoring between KCMC and Radboud teams.

Integration of Innovations

The program actively implemented:

1. Biological debridement - maggot therapy for non-healing ulcers
2. Topical antimicrobial - locally harvested honey for wound dressings
3. Pressure redistribution - on-site orthosis and prosthesis unit fabrication of offloading devices

Results

Training Reach and Institutional Support

Participation doubled between visits. Critically, engagement extended beyond KCMC to peripheral centers, establishing a "train-the-trainer" cascade. Formal meetings with the Head of Surgery, Director of Surgical and Medical Services, and the Executive Director resulted in full institutional commitment to establish a permanent Surgical Wound Clinic.

Long-Term Prognostic Context

To interpret these process outcomes, we examined longitudinal data from Tanzanian diabetic foot cohorts. Morbach et al. (2012) prospectively followed

247 patients with DFUs (55.5% with peripheral arterial disease [PAD]) over 10 years (3). Key findings:

Outcome	Cumulative Probability
1 st Major amputation at 5 years	15.9%
1 st Major amputation at 10 years	22.3%
Mortality at 5 years	45.8%
Mortality at 10 years	70.4%

Independent predictors of major amputation were age (HR 1.05 per year), dialysis dependence (HR 3.51), and PAD (HR 35.34). Notably, all but one patient who underwent major amputation had evidence of PAD at baseline, and 51.4% had severe PAD (ankle-brachial index ≤ 0.4) (3).

These data suggest that limb salvage is achievable in neuropathic ulcers, but PAD remains the critical determinant of amputation risk. The KCMC wound clinic with its emphasis on early debridement, offloading, and infection control, directly targets the modifiable factors in this equation.

Prevention Infrastructure: The Step by Step Approach

The KCMC initiative builds directly on Tanzania's national "Step by Step" (SbS) program, first implemented in 2003. SbS trained doctor-nurse pairs from 15 centers across 14 regions, providing standardized educational materials, screening kits, and follow-up protocols (5). By 2008, amputation rates for DFU patients referred to Muhimbili National Hospital fell to nearly two standard deviations below the national mean (5). As of August 2024, SbS has been implemented in 128 countries worldwide (1).

Discussion

What the KCMC Model Adds?

The SbS program demonstrated that decentralized, team-based education reduces amputations at a population level. The KCMC collaboration adds a second tier: advanced surgical capacity building integrated with frugal innovation. The expansion from 20 to 40 participants and the inclusion of peripheral regional hospitals, indicates successful knowledge diffusion.



The Role of PAD

Long-term data confirm that PAD is the dominant predictor of both amputation and mortality (3,7). Neuro-ischaemic ulcers now constitute 17.5% of DFUs in Tanzanian cohorts, up from near-zero in earlier decades, a reflection of rapid urbanization and dietary transition (1). The KCMC program's emphasis on offloading and infection control addresses the neuropathic component, but PAD detection remains a challenge in settings where ankle-brachial index measurement is inconsistent.

Innovation as Standard Care

The use of maggot therapy and locally harvested honey is not a stopgap measure. In controlled settings, larval debridement removes necrotic tissue more selectively than surgical debridement alone, and honey's broad-spectrum antimicrobial activity (including against biofilm-forming organisms) is well-documented (8). These interventions are not "second best" they are context-appropriate, sustainable, and evidence-based.

Mortality: The Unfinished Agenda

Even with optimal foot care, 10-year mortality exceeds 70% (3). The majority of deaths are cardiovascular and renal, not septic. The diabetic foot is a sentinel marker of systemic disease burden. Reducing amputations is necessary but insufficient; the same collaborative infrastructure must expand to include cardiovascular risk management and renal surveillance.

Conclusion

The partnership between KCMC, D-Foot International, and Radboud UMC demonstrates that structured education, frugal innovation, and institutional commitment can produce durable improvements in diabetic foot outcomes in low-resource settings. When viewed against longitudinal Tanzanian data, the model achieves what is possible: limb salvage exceeding 80% in patients without severe PAD.

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Building Better Diabetic Foot Care in Tanzania Through Global Collaborations



Healthcare professionals from Tanzania and international partners came together to share expertise, strengthen diabetic foot care services, and advance limb preservation efforts through clinical training, knowledge exchange, and multidisciplinary engagement.



A remarkable example of international collaboration and sustainable healthcare development has emerged in Tanzania through a partnership dedicated to improving diabetic foot care services. Bringing together healthcare professionals from the Netherlands and Tanzania, the initiative focused on strengthening local capacity to prevent, identify, and manage diabetes-related foot complications, one of the leading causes of disability and lower-limb amputation among people living with diabetes.

The collaboration centered on Benjamin Mkapa Hospital (BMH) in Dodoma, where healthcare workers received training, mentorship, and practical support in diabetic foot management.

Through a combination of virtual learning sessions, clinical discussions, and on-site training, local teams developed skills in foot screening, risk assessment, wound care, patient education, and multidisciplinary management.

One of the most impressive outcomes of the project was the rapid establishment of a dedicated diabetic foot service. Within months, healthcare professionals were implementing routine foot examinations, identifying high-risk patients earlier, and providing timely interventions aimed at preventing ulceration and amputation.

The initiative also highlighted the importance of teamwork, bringing together expertise from multiple disciplines to improve patient outcomes.

Rather than focusing on short-term interventions, the project emphasized sustainability by investing in local healthcare workers and empowering them to lead services within their own communities.

As diabetes continues to rise across Africa, initiatives such as this demonstrate how education, mentorship, and international partnerships can create lasting impact. By strengthening local capacity and promoting evidence-based diabetic foot care, the collaboration is helping to build a future where fewer people suffer preventable foot complications, disability, and limb loss, while improving the quality of life for people living with diabetes throughout Tanzania.

Strengthening Diabetic Foot Care Capacity Across Kenya



Mr. James delivering a diabetic foot care training session for healthcare professionals in Kenya, focusing on early detection, risk assessment, and evidence-based management of diabetes-related foot complications.



Hands-on clinical training on diabetic foot examination, where participants learned practical skills in foot screening, neuropathy assessment, and risk stratification to support early intervention and ulcer prevention.

D-Foot International is pleased to highlight the outstanding efforts of Mr. James, a dedicated diabetic foot nurse from Kenya, who has been actively contributing to the advancement of diabetic foot care through healthcare worker training and capacity building initiatives across the country.

Over the course of his outreach activities, Mr. James successfully trained 50 healthcare professionals across 10 counties in Kenya, equipping them with essential knowledge and practical skills for the prevention, early detection, and management of diabetes-related foot disease. The training focused on the fundamentals of diabetic foot care, emphasizing the importance of routine foot screening and early intervention to prevent ulceration and lower-limb amputation.

Participants received hands-on instruction in comprehensive foot assessment techniques, including history taking, monofilament testing, tuning fork examination for neuropathy assessment, handheld Doppler vascular assessment, and basic wound care principles. A key component of the training was the application of the T.I.M.E. framework for wound bed preparation, utilizing locally available and sustainable wound care products suitable for resource-limited settings.

The program also emphasized the importance of prioritizing foot examinations during every clinic visit for people living with diabetes. Healthcare workers were encouraged to ensure that patients receive regular foot assessments and timely management of any abnormalities identified. Furthermore, participants were trained to classify patients according to their diabetic foot risk status, enabling more structured follow-up, targeted interventions, and improved care planning.

Through his commitment to education and mentorship, Mr. James is helping strengthen local capacity and improve diabetic foot services across Kenya. His work demonstrates how empowering frontline healthcare professionals with practical knowledge and skills can contribute significantly to the prevention of foot complications, preservation of limbs, and improvement of outcomes for people living with diabetes.

International Nurses Day **AFRICA**



Happy International Nurses Day!
Celebrating the heroes who care, heal, advocate, and bring hope to countless lives.



MENA REGION

Advancing Evidence-Based Wound Care Through Clinical Learning

**GRAND ROUND LECTURE
INVITATION**

**CME
ACCREDITED
CATEGORY 1**

Evidence-Based Medicine

**Evidence Based Wound Care
and Dressing Selection**

**GUEST
SPEAKER**



Dr. Salma Khuraibet
Diabetic Foot & Wound Surgeon,
Jaber Al-Ahmad Hospital;
Vice President of Diabetic foot and
Wound care Association of Kuwait

OBJECTIVES

- Analyze the requirements of the wound bed for optimal healing.
- Apply the principle of "Wound Bed preparation; (TIME)".
- Evaluate different dressing categories.
- Apply evidence-based protocols for dressing selection.
- Differentiate between surgical, and conservative debridement techniques.
- Select appropriate chemical and enzymatic debridement agents.


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6th of April


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As part of Kuwait Hospital's CME-accredited Grand Round Lecture Series, Dr. Salma Khuraibet, President-Elect of D-Foot International and Diabetic Foot & Wound Surgeon at Jaber Al Ahmad Hospital, delivered an engaging presentation on "Evidence-Based Wound Care and Dressing Selection." The session brought together healthcare professionals seeking to strengthen their knowledge of modern wound management and diabetic foot care.

A highlight of the lecture was the presentation of a complex diabetic foot case involving a 71-year-old man with Charcot neuroarthropathy, peripheral vascular disease, and a chronic infected foot ulcer resulting from a burn injury. Despite previous angioplasty, surgical debridement, and ongoing diabetic foot care, delayed wound healing remained a significant challenge.

Using this case, Dr. Khuraibet demonstrated the importance of comprehensive wound assessment, vascular evaluation, wound bed preparation, and evidence-based dressing selection. Particular emphasis was placed on the successful use of Kerecis fish-skin graft technology, illustrating how advanced biological therapies can support healing when applied to a well-prepared wound bed. The session also explored the principles of the TIME framework, debridement strategies, and individualized treatment planning.

The lecture reflected D-Foot International's ongoing commitment to education, innovation, and excellence in diabetic foot and wound care.



Dr. Salma Khuraibet sharing evidence-based wound care principles, highlighting advanced dressing selection and multidisciplinary approaches to diabetic foot management.

Strengthening Diabetic Foot Care Capacity at MENA Medical Expo 2026



Dr. Nizar Al-Mahjoub demonstrating practical diabetic foot assessment and examination techniques.



Dr. Suhair Jaber presenting diabetic foot risk stratification and prevention strategies.



Dr. Nizar Al-Mahjoub leading hands-on training in diabetic foot screening.

As part of the MENA Medical Expo 2026, held on 5th May 2026, the Libyan Diabetes Association proudly represented Libya through a practical and highly interactive workshop dedicated to diabetic foot care. The session was led by Dr. Suhair Jaber and Dr. Nizar Al-Mahjoub, who focused on equipping healthcare professionals with the essential skills needed to prevent diabetic foot complications and reduce the risk of amputation.

The workshop emphasized a structured approach to diabetic foot assessment, guiding participants through comprehensive foot examinations, including skin and nail inspection, vascular assessment, and neurological testing using the 10 g monofilament. Particular attention was given to the importance of identifying loss of protective sensation, a key risk factor that is frequently overlooked in routine clinical practice. Participants were also introduced to practical methods of risk stratification, enabling clinicians to categorize patients according to their level of risk and determine appropriate follow-up intervals. Discussions highlighted the importance of translating risk assessment into meaningful clinical action to ensure timely intervention.

A major focus of the workshop was the recognition and management of pre-ulcerative conditions such as calluses, foot deformities, and dry or fissured skin. Through hands-on demonstrations, participants learned how early intervention, including debridement, offloading strategies, and patient education, can prevent progression to ulceration.

The interactive nature of the session allowed participants to apply these principles directly using clinical models and guided demonstrations. As the workshop progressed, attendees became increasingly confident and systematic in their examination techniques, reinforcing the value of practical learning and repeated practice. The discussions also provided an opportunity for clinicians to share challenges encountered in their own settings and explore realistic solutions that could be implemented within available resources.

The session reinforced a powerful message: successful diabetic foot care does not depend on complex technology but on consistently applying fundamental principles. By strengthening practical skills, promoting early detection, and encouraging proactive intervention, the workshop contributed to building local capacity and advancing limb preservation efforts across Libya and the wider MENA region.

Dr. Nizar Al-Mahjoub



**LIBYAN DIABETES
Association**
— We Care —
LDA

Advancing the Future of Diabetic Foot Care: 4th Diabetic Foot Conference 2026



International expert sharing advances in diabetic foot prevention and limb preservation.



Prof. Abbas, Immediate Past President of D-Foot International, fostering international collaboration in diabetic foot care.

The 4th Diabetic Foot Conference (DFC 2026) will take place from 4–6 February 2026 in Riyadh, Saudi Arabia, bringing together leading experts, clinicians, researchers, and healthcare professionals dedicated to improving diabetic foot care and reducing preventable amputations.

Building on the success of previous conferences, DFC 2026 will provide a dynamic platform for sharing the latest advances in diabetic foot prevention, wound management, infection control, vascular intervention, offloading, and limb preservation. Under the theme “Diabetic Foot Across All Challenges,” the conference will address the real-world complexities faced by healthcare providers and explore practical solutions through multidisciplinary collaboration.

Participants can look forward to expert lectures, interactive workshops, case discussions, and opportunities to exchange knowledge with international and regional leaders in the field. The meeting will also highlight innovative approaches and emerging technologies that are shaping the future of diabetic foot care.

As the burden of diabetes continues to rise globally, DFC 2026 represents an important opportunity to strengthen partnerships, advance clinical practice, and reaffirm our shared commitment to preserving limbs and improving lives. As diabetic foot disease continues to pose a major global health challenge, DFC 2026 reflects the region's growing commitment to education, innovation, multidisciplinary collaboration, and excellence in limb preservation.



4TH DIABETIC FOOT CONFERENCE

Prevention First

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PCDA Pakistan Expands Diabetic Foot Prevention Through Education, Awareness, and Community Outreach

The Primary Care Diabetes Association (PCDA) Pakistan, a member of the International Diabetes Federation (IDF), continues to play a leading role in advancing diabetes prevention, education, and diabetic foot care across Pakistan. Through a combination of clinical services, public awareness initiatives, and educational resources, the association is helping address one of the most pressing public health challenges facing the region today.

A major recent achievement has been the establishment of a dedicated Foot Care Clinic within PCDA Pakistan. The clinic was developed to strengthen the prevention, early diagnosis, and management of diabetes-related foot complications, which remain a significant cause of disability, hospitalization, and lower-limb amputation among people living with diabetes. By promoting routine foot examinations, risk assessment, patient education, and timely intervention, the clinic aims to reduce preventable complications and improve quality of life for patients.

Recognizing that education is one of the most powerful tools in prevention, PCDA Pakistan is also developing an educational book in the local language for people living with diabetes. The publication will

provide practical guidance on daily foot care, early warning signs of complications, ulcer prevention, and when to seek medical attention. By making this information accessible in a language that patients can easily understand, the association hopes to empower individuals to take an active role in protecting their foot health.

Beyond clinical care, PCDA Pakistan has established itself as a strong advocate for diabetes awareness through its monthly newsletter, Prevention First. Published regularly and distributed widely, the newsletter serves as a valuable platform for sharing updates on local activities, educational events, community outreach programs, and advances in diabetes care. Importantly, each issue includes practical prevention and management tips for both healthcare professionals and people living with diabetes, reinforcing the importance of self-care, early intervention, and healthy lifestyle practices.

Through its dedicated foot clinic, patient education initiatives, monthly publications, and commitment to public awareness, PCDA Pakistan continues to demonstrate how local leadership can create meaningful impact in diabetes care.

Dr. Riasat Ali Khan

SACA REGION

SACA Region Activities Highlighted in Chile



Healthcare professionals from the SACA Region networking and strengthening regional diabetic foot care partnerships.

In November 2025, the South and Central America (SACA) Region of D-Foot International participated in activities in Chile aimed at promoting collaboration, education, and awareness in diabetic foot care across the region.

The event brought together healthcare professionals committed to improving the prevention and management of diabetes-related foot complications. It provided an important platform for the exchange of knowledge, experiences, and best practices in areas such as diabetic foot screening, wound care, patient education, and limb preservation.

Participants engaged in scientific discussions focused on addressing regional challenges and identifying opportunities to strengthen diabetic foot services throughout Latin America. The activities also reinforced the importance of multidisciplinary teamwork and early intervention in reducing ulceration and preventing avoidable amputations.

The involvement of the SACA Region reflects D-Foot International's ongoing commitment to supporting regional initiatives and fostering international collaboration.

Through continued engagement and knowledge sharing, the region is helping advance diabetic foot care and improve outcomes for people living with diabetes throughout South and Central America.



Inspiring the Next Generation: Diabetic Foot Education for Medical Students in Chile

Education remains one of the most powerful tools in the fight against diabetes-related amputations. Recognizing this, a dedicated podologist has been actively involved in teaching medical students the principles of diabetic foot care, emphasizing the importance of prevention, early detection, and limb preservation.

Through lectures, practical demonstrations, and clinical discussions, students are introduced to the fundamentals of diabetic foot assessment, including foot screening, risk stratification, recognition of neuropathy and peripheral arterial disease, and the identification of pre-ulcerative lesions. These learning experiences help future doctors appreciate that many diabetic foot complications are preventable when identified and managed early.

A key message throughout the teaching sessions is that diabetic foot care should not be viewed solely as a specialist subject. Every healthcare professional who manages people living with diabetes has a role in prevention. Simple interventions such as routine foot examinations, patient education, appropriate footwear advice, and timely referrals can significantly reduce the risk of ulceration and amputation.

The initiative also highlights the need for diabetic foot care to be more strongly integrated into medical curricula. Despite the growing global burden of diabetes, many healthcare professionals receive limited formal training in foot assessment and limb preservation during their undergraduate education. Strengthening this aspect of medical training can equip future clinicians with the knowledge and confidence needed to recognize problems earlier and intervene appropriately.

By investing in education today, we are helping to create a future workforce that is better prepared to prevent avoidable complications and improve patient outcomes. Teaching medical students about diabetic foot disease is not only an educational activity: it is an investment in limb preservation, quality of life, and the future of diabetes care.

Collaboration is fundamental to improving diabetic foot outcomes. Effective prevention and limb preservation require the combined efforts of podologists, physicians, nurses, surgeons, vascular specialists, orthotists, educators, and healthcare institutions working toward a common goal. By fostering partnerships between academic institutions, healthcare facilities, and professional organizations, knowledge and best practices can be shared more effectively. Such collaboration strengthens training opportunities for students and healthcare professionals, promotes multidisciplinary care, and ultimately leads to earlier diagnosis, better treatment decisions, fewer amputations, and improved quality of life for people living with diabetes.



Medical students participating in hands-on diabetic foot assessment and wound care training.



Clinical mentorship session highlighting diabetic foot examination and patient-centered care.



Medical students attending a diabetic foot education program focused on prevention and limb preservation.

ACCHEHC Scientific Meeting: SACA Region Collaboration



D-Foot International was honored to be represented at the ACCHEHC scientific meeting in Chile, an important platform bringing together healthcare professionals dedicated to advancing wound care, diabetic foot management, ostomy care, and continence services across Latin America. Events such as these play a vital role in fostering knowledge exchange, professional networking, and the dissemination of best practices that ultimately improve patient outcomes.

The meeting highlighted the growing commitment within the South and Central America (SACA) Region to strengthen multidisciplinary approaches to wound prevention and management. Through scientific presentations, discussions, and collaborative engagement, participants had the opportunity to share experiences, innovations, and practical solutions tailored to both high-resource and resource-limited healthcare settings.

D-Foot International extends its sincere appreciation to Dr. Daniel Braver, Regional Chair Member for the SACA Region, for his leadership and continued dedication to promoting diabetic foot awareness, education, and capacity building throughout the region. His efforts have been instrumental in strengthening partnerships between D-Foot International and regional professional organizations, creating opportunities for healthcare professionals to learn from one another and work collectively toward reducing the burden of diabetic foot disease and chronic wounds. The ACCHEHC meeting serves as an excellent example of the power of regional collaboration in addressing common healthcare challenges. By bringing together clinicians, nurses, researchers, educators, and healthcare leaders, the event reinforced the importance of multidisciplinary care, evidence-based practice, and continuous professional development.

SEA REGION

SwasthyaCON 2026: Transforming Diabetes Care Through Innovation, Evidence, and Practical Learning

SwasthyaCON 2026, one of India's most esteemed international conferences on diabetes and metabolic diseases, was successfully held on 10–11 January 2026 in Ahmedabad, India, under the visionary leadership of Dr. Mayur Patel and Dr. Yash Patel. Over the years, the conference has earned a reputation for introducing a unique "new pearl" with each edition, continuously raising the standard of scientific learning and professional engagement.

The 2026 conference stood out with its innovative theme, "FAQs", focusing on more than 230 frequently asked questions encountered in real-world clinical practice. Designed to bridge the gap between theory and practical application, the scientific program addressed challenges ranging from basic symptom recognition and diagnosis to advanced management strategies, emerging therapies, artificial intelligence, and future innovations in diabetes care.

SwasthyaCON 2026 attracted an impressive audience of over 5,000 delegates, supported by more than 250 national faculty members and over 25 international experts from countries including the United States, United Kingdom, Belgium, and Tanzania. This global participation reinforced the conference's growing international stature and its role as a leading platform for scientific exchange.

One of the most appreciated aspects of the conference was its highly interactive format. Evidence-based discussions, case-based learning sessions, and expert panel interactions provided participants with practical solutions to everyday clinical challenges. Topics such as next-generation metabolic agents, automated insulin delivery systems, advances in obesity management, artificial intelligence in healthcare, and the future of diabetic foot care generated significant interest and discussion.

Supported by major medical associations and accredited with six GMC credit points, SwasthyaCON 2026 successfully combined scientific excellence with clinical relevance.

The conference reaffirmed its position as a premier educational event, empowering healthcare professionals with the latest knowledge, innovative thinking, and practical tools needed to improve outcomes for people living with diabetes and metabolic disorders.



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Dear Esteemed Readers,

As we reach the midpoint of 2026, we take a moment to reflect on the progress, partnerships, and collective achievements that continue to strengthen the global movement for diabetic foot care and limb preservation. This edition highlights the remarkable efforts of our members, partners, and advocates who remain committed to advancing prevention, education, research, and multidisciplinary care across diverse healthcare settings.

We extend our sincere appreciation to all contributors featured in this issue and to the many individuals working behind the scenes to advance diabetic foot care within their communities. A special note of gratitude goes to Mrs Zaimah Gangji, our dedicated Secretariat, whose tireless efforts ensure the smooth coordination of our activities and communications. Her commitment, professionalism, and creativity play an invaluable role in keeping our international community connected and engaged.

As we look toward the remainder of 2026, we do so with enthusiasm and renewed determination. We anticipate further opportunities for collaboration, learning, advocacy, and implementation as we continue working toward our shared vision of improving diabetic foot care globally and reducing preventable amputations.

Thank you for being part of this journey. Your continued support, expertise, and engagement remain the driving force behind the progress we achieve together.

With sincere appreciation,
Newsletter Coordinator,
D-Foot International.



Dr. Raidah R. Gangji

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