

DIABETES EDUCATOR

Amputation Free Sindh will be planned-Dr. Akram Sultan **About 300-450 Diabetic Foot Care Clinics** **to be established in three years-Zahid Miyan** **Diabetes Educators should be given recognition so** **that they play their role effectively-Saiful Haque**



During the inaugural session of the National Association of Diabetes Educators Pakistan (NADEP) Diabetes Foot Conference 2021 in Karachi, Dr. Akram Sultan, Director Health Services in the Sindh Government, expressed the government's commitment to planning an "Amputation Free Sindh." He emphasized the importance of providing primary, secondary, and tertiary diabetes care to prevent complications, including diabetic foot issues.

Dr. Sultan spoke as the Chief Guest at the event and highlighted the need for community education to actively participate in the prevention and management of diabetes. He noted the severe complications associated with diabetes, such as cardiovascular diseases, cerebrovascular diseases, and peripheral artery disease, which result in increased morbidity and mortality. Dr. Sultan stressed the importance of educating children about healthy eating habits to prevent obesity, a risk factor for diabetes.

Furthermore, he pledged to address the appointment of diabetes educators in healthcare facilities through legislation and supported the inclusion of diabetes-related questions in undergraduate examinations. Dr. Sultan also provided details on childhood vaccinations and commended the provincial government's efforts in effectively managing the COVID-19 pandemic.

Dr. Saiful Haque, President of NADEP, urged the government to recognize the significant role of Diabetes Educators in managing diabetes and advocated for their active involvement in prevention and management. He emphasized the need for community training and invited individuals interested in diabetes education to become members of NADEP. Dr. Haque also highlighted the successful training initiatives for Diabetes Educators initiated by BIDE.

Dr. Zahid Miyan, Chairman of the organizing committee, discussed the collaborative efforts involving BIDE, Baqai Medical University, Foot International, NADEP, and the Pakistan Working Group on Diabetic Foot. He introduced the "Fast Track Pathway," a nationwide initiative in collaboration with D Foot International, aiming to establish 300 to 450 Diabetic Foot Care Clinics across Pakistan in the next three years. The program aims for sustained diabetes foot care, covering primary, secondary, and tertiary care with proper referrals to prevent delayed foot care and reduce amputations.

Prof. Abdul Basit, Director of BIDE, emphasized the goal of achieving an amputation-free Pakistan. He shared statistics on the number of people with diabetes and the high incidence of diabetic foot complications leading to amputations. Prof. Basit highlighted ongoing collaborations with provincial governments, including an MOU with the Sindh Government for diabetes screening and care. He advocated for a cost-effective approach, including the provision of free insulin, statins, metformin, and ACE inhibitors for diabetics. Prof. Basit also stressed the need for training diabetes nurses and Nurse Practitioners, highlighting Pakistan's capabilities in producing diabetes equipment.

The session underscored the importance of collaborative efforts, education, and policy initiatives to address the growing challenges of diabetes and diabetic foot complications in Pakistan.