

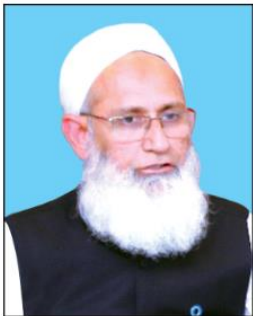
## DIABETES EDUCATOR

### NADEP Diabetes Foot Care 2023

# Fasting ensures long life and slows aging, reduce risk of CVD and results in weight reduction- Prof. Peter Schwarz

**We must take responsibility of our patients and blame Ourselves if we do not know their needs Pakistan needs three thousand primary care, three hundred secondary care and thirty tertiary diabetic care centers - Prof. Abdul Basit**

**KARACHI:** National Association of Diabetes Educators of Pakistan (NADEP) organized the Foot Care 2023 conference from August 25th to 27th 2023 at a local hotel. The first scientific session on second day of the conference on August 26th was jointly chaired by Prof. Jamil Ahmed with Prof. Najmul Islam and Prof. Jamal Zafar.



Prof. Abdul basit

Prof. Abdul Basit was the first speaker, and he talked about "How Diabetes Care is Going in Pakistan Right Now." He shared that currently, there are thirty-three million people in Pakistan dealing with diabetes. We've been concentrating on three main things: teaching people about diabetes, taking care of diabetic foot problems, and looking after children with diabetes.

We began a one-year diploma program to teach people about diabetes, and so far, we've trained 184 individuals. Additionally, we've trained more than 3,000 nurses. Right now, there are 150 clinics in Pakistan that focus on diabetic foot care, and because of these clinics, the number of amputations has gone down by 50%. We think it would be great to have 3,000 diabetic foot clinics all over the country. We've also set up places in ten centers where people can get special footwear for diabetes.

## Physicians need to engage the patient and educate them - Zulfiqar Abbas

Explaining about patients with diabetic foot issues, he mentioned that, based on estimates, we have 77,959 patients at risk, and 10,139 with active foot ulcers. Another project focuses on providing free insulin to 1,900 children in Sindh province, 352 in Baluchistan, and some in Multan. Through the Mylife project, 3,000 children without financial means are receiving free insulin.

To manage diabetes effectively, we require 3,000 primary diabetes centers, 300 secondary care centers, and 30 tertiary care centers in Pakistan. It's crucial to strengthen primary care. CPSP has trained 56 Endocrinology Fellows so far. We have a Diploma in Diabetes, and 21 batches have been completed, with 431 doctors earning this diploma. In 2017, we initiated an online course. Fifty-seven centers are contributing data to the DROP Registry. We are starting a Diploma in Public Health targeting non-communicable diseases. The DiaDem project will monitor depression in diabetes, and in collaboration with GreenStar, we are addressing maternal and child health related to diabetes.



*Dr. Saad Khalid Niaz Sindh Health Minister alongwith Dr. Zafar Mirza former Federal Health Advisor and*

**We must disseminate knowledge not technology as Education is most important- Dr. Zulfiqar G. Abbas**

In the following session, Dr. Zulfiqar G. Abbas from Tanzania discussed the "Step by Step history of Diabetic Foot from 2003 to 2023 in the prevention of amputation in Low and Middle Income countries." His presentation was excellent and highlighted that even more advanced countries can gain insights from leaders in less developed regions. He emphasized a 134% increase in diabetes in Africa, with diabetic retinopathy accounting for 29%. Major issues include gangrene and infections.

Dr. Abbas suggested that the actual prevalence of diabetes in developing countries is likely underestimated. The cost of treating diabetic foot problems is very high. Despite this, some individuals still walk barefoot or wear inappropriate footwear, contributing to the challenges faced in managing diabetes-related complications.



*Prof. Jamil Ahmed alongwith Prof. Kamaruddin and Prof. Ashar Fawad chairing one of the sessions during NADEP 2023 conference held recently.*

Ms. Erum Ghafoor discussed the initiative of Changing Diabetes in Children, providing information on the 1,340 children involved in the study. The study operates through five main centers and ten satellite centers, with seventeen new centers in development. A total of 114 doctors have been trained so far, and the provision of strips, meters, and insulin proves beneficial for these children.

In his presentation, Prof. Peter Schwarz highlighted that 70% of registered patients had high blood glucose levels, and 54% did not respond well to insulin therapy. He emphasized that colors convey messages more effectively than numbers.

Prof. Schwarz then delved into the details of calculating points within the desired range and its clinical impact. He suggested leveraging technology for the benefit of patients and promoting collaboration with the industry.