

DIABETES EDUCATOR

Preventing Avoidable Amputations with “Fast Track Pathway” Early referral & treatment can avoid 80% Amputations-Dr. Zahid Miyan

Dr. Zahid Miyan, Project Director at Baqai Institute of Diabetology and Endocrinology, highlighted the significant and devastating complications of diabetes, particularly foot involvement. It was estimated that around three million people with diabetes in Pakistan have foot ulcers, leading to approximately three hundred thousand amputations annually. Dr. Miyan emphasized that early referral and treatment could prevent 80% of these amputations.

He spoke at the launch ceremony of the "Fast Track Pathway," a nationwide health initiative. During this event, an MOU was signed between BIDE and High-Q Pharmaceutical to implement the project. The initiative aims to establish 30 diabetic foot clinics in Karachi. These clinics will provide training to general practitioners and family physicians on identifying diabetic foot ulcers, their treatment, and proper referral to tertiary-care facilities for cases requiring surgery or vascular treatment.

Dr. Zahid Miyan described the "Fast Track Pathway" as a joint venture involving D Foot International, Baqai Institute of Diabetology and Endocrinology (BIDE), National Association of Diabetes Educators of Pakistan (NADEP), Pakistan Working Group on the Diabetic Foot (PWGDF), and dedicated corporate partners. He stressed the urgent need for consolidated and unified efforts due to the substantial burden of diabetic foot complications and the high frequency of avoidable amputations.



MOU signing ceremony between BIDE and High-Q Pharmaceutical for nationwide health initiative “Fast Track Pathway” held on December 29, 2021. Picture shows Dr. Zahid Miyan and Mr. Atif Iqbal signing MOU and on right is group photograph of BIDE team with MD and Senior Executives of High-Q Pharma.

Dr. Zahid Miyan continued, emphasizing that every twenty seconds, one amputation occurs worldwide. The collective struggle involves various stakeholders to control this alarming statistic. He described foot care management as a noble cause, acknowledging that it doesn't necessarily bring financial gain but is deeply rooted in humanity. A major challenge faced is the delay in patient referral; often, patients seek help when the disease has progressed significantly, making it more challenging to control.

Dr. Miyan highlighted the substantial financial burden associated with diabetic foot complications. The healing cost of a small ulcer amounts to around one hundred fifty thousand rupees, while the cost of an amputation ranges from three to four hundred thousand rupees. This emphasizes the urgent need to develop, implement, and sustain effective foot care services in Pakistan to address the rising incidence of diabetic foot complications and reduce the financial and human costs associated with them.