

Diabetic Foot Problems

Prevention and Management

Tuesday 16th November 2021 Virtual Conference

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Chair & Speakers Include;

Dr Matthew Young
Consultant Diabetologist
Royal Infirmary of Edinburgh
and *Editor*
Diabetic Foot Journal

Dr William Jeffcoate
Clinical Lead
National Diabetes Footcare
Audit

Fiona Sylvester
Principal Podiatrist
Dartford and Gravesham
NHS Trust

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Diabetic Foot Problems

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This conference focuses on the important issue of prevention and management of diabetic foot problems. There will be a focus on how practice and presentation of foot problems has changed during Covid-19, and how we can improve practice and outcomes and ultimately reduce patient mortality.

“Diabetes foot problems are the most common causes of diabetes-related hospital admissions in the UK”

Delivering diabetes foot care during the Covid-19 restrictions, August 2020

“Each year in England approximately 60,000 people with diabetes present with diabetic foot ulceration (DFU). The 5-year mortality rate for these patients is around 50%. Peripheral diabetic neuropathy is present in almost 100% of these patients and is associated with a high death rate from cardiac events.” NDA NHS Digital 2020

“Managing the growing incidences of diabetes in England is set to be one of the major clinical challenges of the 21st century. Estimates suggest that the number of people with diabetes is expected to rise to 4.2 million people by 2030, affecting almost 9% of the population.” NHS England 2021

“We understand the immeasurable amount of work foot care teams working with people with diabetes have undertaken over the past few months and want to thank you for all you continue to do. We’ve heard already that many changes have been made that have impacted the capability of teams to deliver care as they would normally, but we also know that in some places this has led to positive change and we want to understand how this can be sustained.” NDA, 2020

“We have to preserve the beneficial changes in diabetic and high-risk foot and lower-limb care that have been facilitated by the pandemic, including enhanced local system working, professional networking and technology-enabled service delivery options, such as digital consultations.”

Foot in Diabetes UK and the Covid-19 lower-limb amputation prevention guidance challenge, June 2020

“NICE recommends that six care structures be in place to improve the detection and prevention of diabetic foot complications:

- Access to a foot protection team
- Clear step-down protocols from multidisciplinary teams
- Local training in diabetic foot assessment
- Clear pathways to refer patients for specialist assessment
- Access to urgent vascular assessment
- Vascular discussion time within the multidisciplinary team.

The recent National Diabetes Inpatient Audit (NaDIA; NHS Digital, 2019), however, demonstrated that the necessary framework is not in situ on a national scale.”

Application of simplified diabetic foot assessment in an acute medical unit, June 2020 The Diabetic Foot Journal Vol 23

“People living with diabetes should be confident that foot care services can provide early diagnosis and effective treatment of foot problems to give the best possible outcome. It is unacceptable that the care you can expect to receive can be dependent on where you live. It is also important for services to work closely with people with diabetes to prevent foot disease. The cost to the NHS of diabetes care is headline news, but improvement of foot care services has shown that the financial and human cost can be reduced.” Patient Representative, National Diabetes Foot Care Audit

This conference will enable you to:

- Network with fellow delegates working to improve the prevention and management of diabetic foot problems
- Learn from the National Diabetic Foot Care Audit and understand how to implement the recommendations locally
- Reflect on the lived experience patient perspective
- Understand the challenges of the Covid-19 pandemic, and how some of the innovative ways of working can be sustained
- Develop strategies for improving practice, outcomes and reduce mortality locally in patients with Diabetic Foot Ulceration
- Improve the timeliness of referrals from primary care to a multi-disciplinary foot team for people with diabetic foot disease
- Improve patient education and support
- Ensure best practice in Risk Assessment and Identification of the at risk foot
- Understand the principles of effective foot ulcer care from a wound management perspective
- Improve your understanding of types and management of active foot disease including Charcot Neuroarthropathy
- Reduce mortality and improve cardiac management of patients with DFU
- Self assess and reflect on your own practice
- Gain CPD accreditation points contributing to professional development and revalidation evidence

10.00 Chair's Introduction & Welcome

Dr Matthew Young *Consultant Diabetologist*, Royal Infirmary of Edinburgh and *Editor*, Diabetic Foot Journal

10.10 A Patient Perspective

Sheila Burston MBE

Volunteer, Diabetes UK and *Patient Member*, The London Diabetic Footcare Group and S.E. London Diabetic Footcare Group

- my experience

10.30 Reducing mortality after foot ulceration - the potential of modern diabetes therapy

Dr Matthew Young

Consultant Diabetologist
Royal Infirmary of Edinburgh and
Editor, Diabetic Foot Journal

- the Diabetic Foot and Covid-19
- improving the timeliness of referrals from primary care to a multi-disciplinary foot team for people with diabetic foot disease
- monitoring adherence to the NICE quality standard: how are we performing?
- educating patients to avoid delay in seeking medical attention

11.05 Learning from the National Diabetes Foot Care Audit (NDFA)

Dr William Jeffcoate

Clinical Lead
National Diabetes Footcare Audit

- learning from the national diabetes foot care audit (NDFA)
- does referral and treatment comply with national recommended guidance?
- are the outcomes of treatment as good as they can be?
- patient and ulcer characteristics, and factors that predict healing
- using the findings to improve care at a local level
- audit developments during the pandemic

11.45 Comfort Break & Virtual Networking

12.00 Putting Feet First: communicating the importance of diabetic foot care

Jayne Robbie

Senior Podiatrist - Diabetes UK Clinical Champion
University Hospitals Birmingham NHS Foundation Trust

- how do we educate people with diabetes know how to look after their feet and know what to expect from their health service
- ensuring local health services provide an integrated footcare pathway – the right treatment at the right time in the right place
- raising awareness in health professionals and in people with diabetes
- the Diabetes UK 'Putting Feet First Campaign'

12.35 EXTENDED SESSION: Effective Risk Assessment and Identification of the at risk foot

Karl Guttormsen *Advanced Clinical Practitioner in Diabetes, Endocrinology and General Medicine*

Dr Ramneet Khurana *Consultant Diabetes & Endocrinology, Undergraduate Lead*, North Manchester General Hospital, Manchester University NHS Foundation Trust

Jenna Tilbury *Advanced Podiatrist*
Manchester Local Care Organisation

- developing effective screening for early identification of problems
- risk assessment, risk stratification and identification of the foot at risk
- moving from risk assessment to action: ensuring appropriate referral
- improving practice through locally-delivered training relating to simplified assessment and structured management

This session includes small breakout groups

13.20 Lunch Break & Virtual Networking

14.00 Improving diabetic foot care during Covid-19

Fiona Sylvester

Principal Podiatrist
Dartford and Gravesham NHS Trust

- diabetic foot problems during Covid-19 - what issues are we seeing?
- sustaining hospital admission avoidance – alternatives and prevention
- what we have learned through the pandemic

14.25 EXTENDED SESSION: The principles of effective foot ulcer care

Professor Jackie Stephen-Haynes

Professor in Wound Healing
Birmingham City University

- effective management of foot ulcers
- TVN role within the multidisciplinary team
- what works? The evidence

This session includes small breakout groups

15.40 Comfort Break

15.55 Types and management of active foot disease

Dr Maria Pilar Vela-Orus

Vascular and Endovascular Consultant Surgeon
Cruces University Hospital, Barakaldo, Spain

- types and management of active foot disease
- advanced assessment
- diabetic foot infections
- Charcot Neuroarthropathy in the Diabetic Foot
- management of painful neuropathy

16.30 Reducing Mortality through identifying and managing cardiac issues in patients presenting with Diabetic Foot Ulceration

Professor Michael Edmonds

Consultant Physician
King's College Hospital

- how can we improve the identification and management of cardiac issues in patients with DFU
- engaging and involving patients
- learning from deaths in patients with DFU
- how can we improve practice and outcomes for people living with diabetes related foot complications

17.05 Closing Remarks and Close

There will be time after each session for Question & Answers

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Virtual

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Date

Tuesday 16th November 2021

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