Outcome Step by Step projects in India and Tanzania

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Cairo 11 October 2009
Foot Facts
Foot facts

• People with diabetes are 25 times more likely to lose a leg than people without the condition

• Throughout the world, up to 70% of all leg amputations happen to people with diabetes
Foot facts

• In developed countries one in every six people with diabetes will have an ulcer during their lifetime

• In developing countries, foot problems related to diabetes are thought to be even more common
“Every 30 seconds a lower limb is lost somewhere in the world as a consequence of diabetes.”
International Working Group on the Diabetic Foot
1996
IDF Consultative Section on the Diabetic Foot
2000
National initiative for diabetic foot care and prevention of amputations
World population 2005

- Total: 6.5 billion
- For every 100 inhabitants in the world
  - 61 live in Asia
  - 14 in Africa
  - 11 in Europe
  - 9 in Latin America
  - 5 in Northern America
  - < 1 in Oceania

Institut Français pour l’Etude Demographique (IFED), June 2005
Aim:

improving diabetic foot care in the developing world by providing education for people with diabetes based on the Step by Step model
March 2003 visit WDF
Dar es Salaam, Tanzania
Kick off meeting Step by Step, Mumbai 2003
Illiteracy, poverty, lack of infrastructure, many cultural beliefs

40 million diabetics

50,000 amputations

1,096,695,000 Tropical Hindu

26 dialects

New Delhi

Kolkata

Mumbai

Chennai
INDIA
SOCIOECONOMIC FACTORS

Barefoot walking
Inappropriate footwear-Hawaii slippers
Lack of awareness in patients & doctors
Home surgery
Faith healers & alternative medicine
“Step by step” - improving diabetes foot care in the developing world

Funded by the World Diabetes Foundation (WDF)
India September 2004

Ali Foster, podiatrist (centre), demonstrating nail clipping at a ‘Step By Step’ workshop on improving diabetes foot care in Chennai. — Photo: K.V. Srinivasan

Nail care for good health

By Ramya Kannan

by training doctors and nurses in prevention...
Tanzania’s Minister of Health welcomes the delegates 2004
Tanzania 35 million
December 2004 WDF project
Dar es Salaam
Self reporting data by delegates from the India Step by Step courses

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>1st year 2005</th>
<th>2nd year 2006</th>
<th>Increase (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patients screened for high risk feet</td>
<td>45,000</td>
<td>82,761</td>
<td>83.92</td>
</tr>
<tr>
<td>Patients who received foot care education</td>
<td>45,000</td>
<td>79,399</td>
<td>76.44</td>
</tr>
<tr>
<td>Patients with high risk feet</td>
<td>15,000</td>
<td>38,082</td>
<td>153.88</td>
</tr>
<tr>
<td>Patients receiving treatment for trivial foot lesions</td>
<td>4500</td>
<td>9716</td>
<td>115.91</td>
</tr>
<tr>
<td>Referral to Tertiary Centre</td>
<td>350</td>
<td>388</td>
<td>10.85</td>
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### Self reporting data by delegates from the Tanzania Step by Step course
December 2005 and December 2006

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Registered patients at diabetic clinics</td>
<td>11,583</td>
<td>14,716</td>
</tr>
<tr>
<td>Patients with high risk foot</td>
<td>4,322 (37%)</td>
<td>5,540 (38%)</td>
</tr>
<tr>
<td>Patients with foot ulcers</td>
<td>465 (11%)</td>
<td>794 (14%)</td>
</tr>
<tr>
<td>Reported patients ended up with amputation</td>
<td>42 (9%)</td>
<td>52 (6.5%)</td>
</tr>
</tbody>
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Self reporting data by delegates from the Tanzania Step by Step course December 2005 and December 2006

<table>
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<tbody>
<tr>
<td>Reported patients died</td>
<td>17 (4%)</td>
<td>38 (4.7%)</td>
</tr>
<tr>
<td>Clinical officers trained by trainees</td>
<td>69</td>
<td>125</td>
</tr>
<tr>
<td>Nurses trained by trainees</td>
<td>147</td>
<td>176</td>
</tr>
<tr>
<td>Education sessions with patients in 14 centres in 2005 and 2006</td>
<td>163</td>
<td>563</td>
</tr>
</tbody>
</table>
Project funded by WDF

Academic support by

IDF          IWGDF          DFSI          MUCHS
The Resolution addresses all diabetes

Designates World Diabetes Day 14 November as a UN-observed day as of 2007

Encourages national policies for prevention, care and treatment in line with sustainable development of healthcare systems
UN Resolution Implementation project Step by Step

- Pakistan 2007 (WDF)
- Republic of Congo 2009 (WDF)
- Caribbean Region 2009 (funded by Rotary, IDF and WDF)
Prevalence of diabetes (20%) and the incidence of lower extremity amputations are very high in the Caribbean region.
In February 2008 talks between Ledbury Rotary Club and the IDF led to an international agreement and partnership with IDF offering a start-up matching grant of 60,000 US$
Caribbean DFC Step by Step

• Barbados
• St Lucia
• St Maarten
• British Virgin Islands (BVI)
St Lucia July 2009
UN Resolution Implementation project Step by Step

- Pakistan 2007 (WDF)
- Republic of Congo 2009 (WDF)
- Caribbean Region 2009 (funded by Rotary, IDF and WDF)
- Egypt 2009 (WDF)
STEP BY STEP
IMPROVING DIABETIC FOOT CARE IN EGYPT
BASIC TRAINING COURSE
11-13 NOVEMBER 2009

WORLD DIABETES FOUNDATION