



Outcome Step by Step projects in India and Tanzania

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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





THE LANCET

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www.thelancet.com

“Every 30 seconds a lower limb
is lost somewhere in the world
as a consequence of diabetes.”

See [Review](#) page 1719

Articles

SIDESTEP: ertapenem for
diabetic foot infections
See page 1695

Articles

Wound therapy after diabetic
foot amputation
See page 1704

Articles

Skin microcirculation and
muscle metabolism of
diabetic foot
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Review

Treatment of diabetic
foot ulcers
See page 1725

Review

Wound healing in
diabetic foot
See page 1736

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Founded 1823. Published weekly



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



Aim:

improving diabetic foot care in the developing world by providing education for people with diabetes based on the Step by Step model





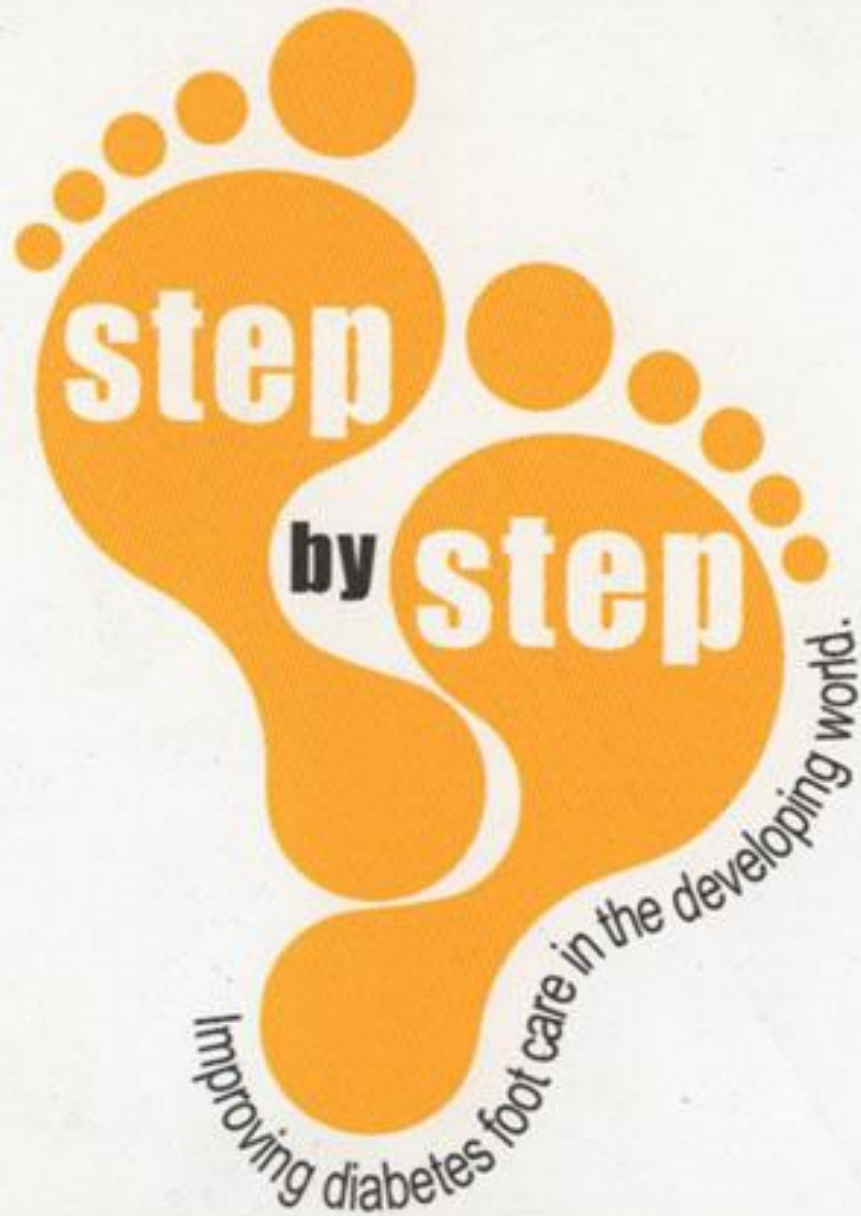
March 2003 visit WDF
Dar es Salaam, Tanzania





Kick off meeting Step by Step, Mumbai 2003





INDIA

1,096,695,000

Tropical

Hindu

26 dialects



New Delhi



Kolkata



Mumbai



Chennai

Illiteracy, poverty,
lack of
infrastructure, many
cultural beliefs

40 million diabetics

50.000 amputations



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



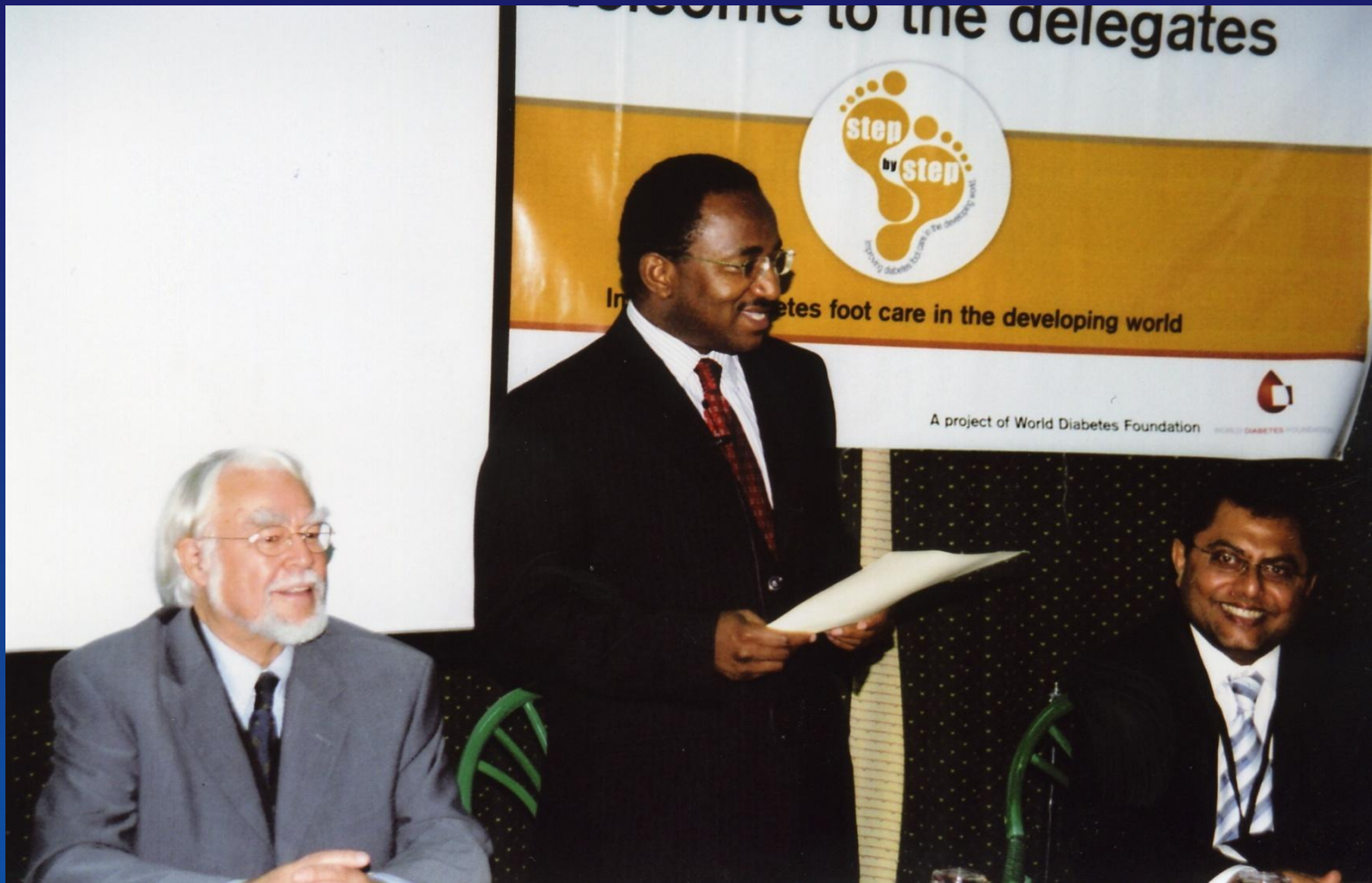
Ali Foster, podiatrist (centre), demonstrating nail clipping at a 'Step By Step' workshop on improving diabetes foot care in Chennai. — Photo: K.V. Srinivasan

Nail care for good health

By Ramya Kannan

by training doctors and nurses in preven-





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

Characteristics	1st year 2005	2nd year 2006	Increase (%)
Patients screened for high risk feet	45,000	82,761	83.92
Patients who received foot care education	45,000	79,399	76.44
Patients with high risk feet	15,000	38,082	153.88
Patients receiving treatment for trivial foot lesions	4500	9716	115.91
Referral to Tertiary Centre	350	388	10.85



Self reporting data by delegates from the Tanzania Step by Step course December 2005 and December 2006

Variables	Dec. 2005	Dec. 2006
Registered patients at diabetic clinics	11,583	14,716
Patients with high risk foot	4,322 (37%)	5,540 (38%)
Patients with foot ulcers	465 (11%)	794 (14%)
Reported patients ended up with amputation	42 (9%)	52 (6.5%)



Self reporting data by delegates from the Tanzania Step by Step course December 2005 and December 2006

Variables	Dec. 2005	Dec. 2006
Reported patients died	17 (4%)	38 (4.7%)
Clinical officers trained by trainees	69	125
Nurses trained by trainees	147	176
Education sessions with patients in 14 centres in 2005 and 2006	163	563



Project funded by WDF



Academic support by

IDF



IWGDF



DFSI



MUCHS



The background of the slide is a photograph of the United Nations flag, which is light blue with a white emblem in the center. The flag is flying on a tall, silver pole against a clear, bright blue sky. The text is overlaid on the left side of the image.

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

www.worlddiabetesday.org



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



Partnership



International
Diabetes
Federation

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



BVI September 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

Egypt



WORLD **DIABETES** FOUNDATION

