

## [P35] METHODOLOGY OF A STRUCTURED DIABETIC FOOT EDUCATION PROGRAM (DFEP): A PAN INDIA INITIATIVE

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**Aim:** The diabetic foot is one of the most important contemporary challenges in India, the diabetic capital of the world. The Diabetic Foot Education Program – India (DFEP-India) is a Pan India programme initiated with the primary objective of updating treating physician's knowledge on

- Prevention of Diabetic Foot
- Management of Diabetic Foot (Debridement and offloading)
- Prevention of Diabetic Foot Complications

**Method:** The phase 1 of this pan India course was conducted during the period of April 2014 to Jan 2015 at 20 different centers in India and trained more than 1102 MD physicians. In the Phase 1 during nine hours of continuing medical education, participants were trained with didactic lectures, interactive live & simulated cases, interactive spot diagnosis, discussion & practical demonstration.

The phase 2 (Feb 2015 to Jan 2016) consisted of

- Distant learning certificate course
- Hands on training workshop for Diabetic foot

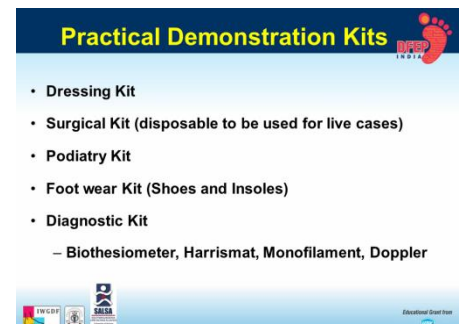
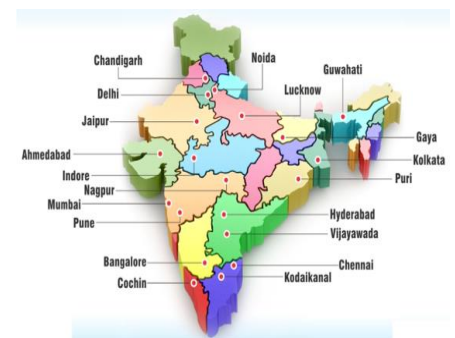
**Results/Discussion:** The course was developed and jointly rolled out under the auspices of International Working Group on the diabetic foot (IWGDF), Southern Arizona Limb Salvage Alliance (SALSA) & Indian College of Physicians (ICP). Phase 1

- Successfully conducted across 20 centers across India
- Participation of 1102 consulting Physicians
- All Doctors invariably rated the programme Excellent & universally appreciated the initiative Phase 2
- Total 40 workshops in 40 weekends across India
- Duration: 5 hours with one hour of lectures/case discussion (11 am to 4.30 pm)
- Number of participants/workshop: 20 (divided in 4 groups for all activities)
- Faculty: (1) Surgeons and (1-2) Diabetologists/Endocrinologists

### 5 text modules for distant learning certificate course :

1. Assessment and examination of feet in diabetics (Diagnosing foot at risk)
2. Diabetic neuropathy
3. Diabetic foot infection
4. Neuroischaemic foot and its management
5. Podiatry procedures and Offloading & Shoe

Structured modules with few video lectures on five pre-selected topics were given to all enrolled physicians under the distant learning course. Parallel to this, the practical hands-on training



workshops were conducted at 27 centers in India, wherein there was a day workshop with the primary aim to demonstrate practical issues and how to treat patients with diabetic foot lesion.

**Conclusion:** This programme DFEP Pan India initiative has conclusively proven that

- 1) There is an unmet need of such mega foot education initiative in India and other developing countries
- 2) A graded phase 1 and 2 programme has trained around 1100 physicians across the country with the basics and advanced diabetic foot management issues
- 3) A mix of lectures, video demonstrations, live case demos and live demonstration of 3 kits namely podiatry kit, dressing kit and footwear should be essential components of such programmes and very much appreciated by the participants
- 4) Interestingly the feedback demonstrated all round rating of the programme as excellent and there was universal appreciation of the DFEP initiative.
- 5) Expansion of such programme to tier 4 and tier 3 cities and rural India is the need of the hour