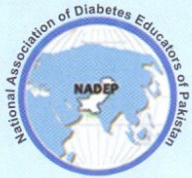


Monthly Diabetes Educator

NADEP NEWSLETTER



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About NADEP

National Association of Diabetes Educator Pakistan was established in 2009, to bring together diabetes educators, dietitians, doctors and other health care professionals (HCP) under one platform with the aim to provide, facilitate and promote education for the prevention and management of diabetes, and its complications. People with diabetes, their relatives or anybody with keen interest in diabetes is also welcomed under this umbrella.

NADEP conducts several activities throughout the year which include NADEP Diabetic Foot Conference, International Diabetes and Ramadan Conference, Patient Awareness Program for Ramadan and Hajj, doctors' training workshops and lectures at different medical schools and scientific meetings. Following are the highlights of some of these activities:

Awareness program for people with diabetes

Patient awareness programs are conducted before Ramadan each year to educate people living with diabetes on (PWD) safe fasting with diabetes.

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The program makes people with diabetes self-sufficient in managing their condition during Ramadan. It ensures that if proper care is taken PWD can enjoy the blessings of Ramadan through observing fast while managing their condition better.

Education related to diet, insulin, hyperglycemia and hypoglycemia is given to the participants.

Similar awareness sessions are conducted before Hajj to educate the patients on managing their condition at best while performing the physically challenging Hajj rituals.



Diabetes and Ramadan Health Care Professionals Training Workshop

Hands-on training workshops for HCPs are conducted every year with the objective to disseminate evidence-based knowledge related to safe fasting with diabetes during Ramadan. In 2018, 155 doctors have been trained through workshops in eight cities including Karachi, Quetta, Jhelum, Mardan, Sargodha, Sahiwal, Rahim Yar Khan and Sukkur.

Delegate from Saudi Arabia, Qatar, Malaysia, Egypt, Dubai and Pakistan attended the Diabetes and Ramadan Conference

Publications

- Association of Dietary Patterns with Glycated Haemoglobin among people with type 2 diabetes in Karachi, Pakistan. (Journal of Diabetology, 2018)
- Road map for better diabetes care. (Diabetes Voice, 2018)
- Diabetes and Ramadan: Practical Guidelines, international Diabetes Federation, in collaboration with Diabetes and Ramadan International Alliance. (Diabetes Research and Clinical Practices, 2017)
- Pakistan's Recommendation for Optimal Management of Diabetes from Primary to Tertiary Care Level. (Pakistan Journal of Medical Sciences, 2017)

International Diabetes and Ramadan Conference

In 2008, Baqai Institute of Diabetology & Endocrinology established Ramadan Study Group under Prof Yakoob Ahmedani for researching and creating evidence-based guidelines for management of diabetes during Ramadan. In the running year, upon completing 10 years of achieving several milestones in the form of research and awareness campaigns, the Ramadan Study Group Pakistan conducted 4th International Diabetes and Ramadan Conference from 6th to 8th April at Regent Plaza Hotel, Karachi. Delegate from Saudi Arabia, Qatar, Malaysia, Egypt, Dubai and Pakistan were invited.

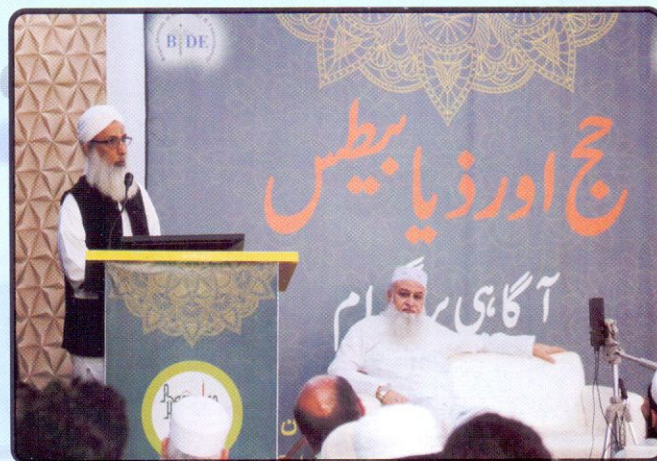
International Ramadan and Diabetes Conference includes state-of-the-art lectures, group discussion, debates, workshops and free paper presentations. The main objectives of the conference are to train health care professionals, using evidence-based guidelines, on safe fasting with diabetes during Ramadan. This year approximately 300 people attended the conference.



Diabetes and Hajj

Hajj is an obligatory pilgrimage that is highly esteemed in Muslim culture. All Muslims are obliged to perform this pilgrimage at least once in the life time if they can afford to. Hajj requires Muslims to perform a set of physical rituals that demand continuous physical exertion in between a large crowd. Considering the importance of performing all the rituals while protecting health, Ramadan Study Group of Baqai Institute of Diabetology and Endocrinology initiated a Diabetes and Hajj program, the first session of which was conducted in 2017. Following topics are covered in these sessions

- Health risks for pilgrims with diabetes
- Pre-travel consultation, assessment & education
- Specific risks during Hajj
- Awareness about hypoglycemia
- Awareness about hyperglycemia
- Dealing with emergencies related to diabetes
- Preventing foot problems
- Hajj vaccinations
- Diabetes care during Hajj
- Common diseases during Hajj



In the past people with diabetes have straight away visited BIDE from airport after returning from Hajj due to severe foot wounds and injuries. The program last year helped pilgrims in performing the rituals without compromising their health. It reduced the number of patients' visit after returning from Hajj.

NADEP Chapters across Pakistan

NADEP has established its chapters in different cities across Pakistan

- Islamabad
- Lahore
- Peshawar
- Multan
- Bhawalpur

The chapter conduct several activities intended for health care professionals and people with diabetes in their cities.

Activities include:

Patient Awareness Sessions

- Type 1 DM
- Type 2 DM
- Gestational DM for expecting mothers

Peer group support programs
Diabetes and Ramadan Seminar
Psychological support programs
HCP training workshops

NADEP DIABETES FOOT CON 2018

August 10-12, 2018 at PC Hotel, Lahore

"SAVING FEET"

Implementation of Guidelines
in Clinical Practice

- Pragmatic Approach towards Healthy Lifestyle
- Innovative Educational Techniques
- Updates on Diabetic Foot Management
- State of the Art Lectures
- Live Workshops
- International and National Speakers

Submit Your Abstracts # 15th July 2018

REGISTER ONLINE

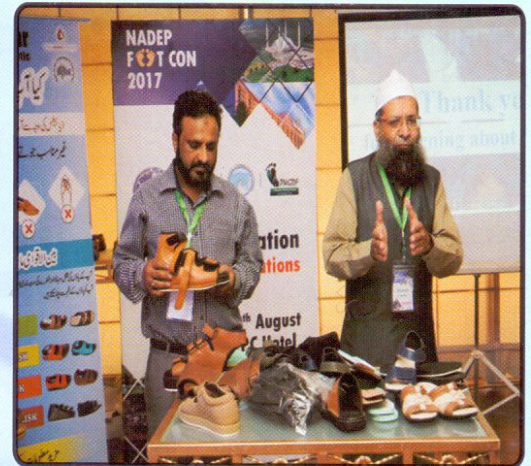
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"Footwear for Every Diabetic" The footwear initiative in Pakistan

The footcare team at Baqai Institute of Diabetology and Endocrinology, Karachi, Pakistan, developed the concept of standardized, low cost and durable footwear for people with diabetes. Subsequently, a project proposal based on that concept was designed and submitted to WDF, which was approved as the project "Footwear for Every Diabetic"

Initiation of this project in Pakistan is an important landmark in prevention of foot ulcers and improving the diabetic foot care.

The footwear manufacturing network of the project comprises of the main project center at BIDE Karachi and 10 peripheral project centers, across the country.



Train the trainer program:

10 foot care assistants and 10 footwear technicians from the main project center were trained intensively in the footwear manufacturing techniques, by Mr. Bent R. Nielsen- the Master Trainer.

Subsequent Training Course

A practical training manual was printed in the national language of Pakistan

From each of the peripheral project centers, a team consisting of a foot care assistant and a footwear technician were trained. The course was conducted by the team already trained in "Train the Trainer Program"

Risk Assessment Clinics

At risk assessment clinics established at the main project center and peripheral project centers, people with diabetes are being regularly examined and the risk categories identified. Subsequently they are referred to the footwear department for counseling, advising and manufacturing the standardized footwear according to the risk category.

Awareness Literature

An educational booklet on foot care and footwear, compiled in the national language is being distributed at risk assessment clinics.

- Diabetic foot care and footwear manufacturing established at 11 tertiary level facilities
- 20 ToTs provided with differentiated training and equipment
- 150,000 diabetes patients screened for diabetic foot,
- 75,000 feet identified at risk, 15,000 foot ulcers treated and 2,000 amputations prevented
- 150,000 pairs of low cost shoes manufactured and provided to people with diabetes

In next issue

- Latest updates of NADEP activities
- Latest researches and updates in the world of diabetes care and management
- Read about Zain's day to day life with diabetes

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