

Diabetes Educator

National Association of Diabetes Educators of Pakistan
Plot No. 1-2, II-B, Block 2 Nazimabad, Karachi.
Phones: (92-21) 36688897-36608565 Fax: (92-21-36608568)
Web: <http://www.nadep.org.pk> Email: nadep@nadep.org.pk

Editor in Chief: Prof. Abdul Basit
Editors: Dr. Musarrat Riaz
Ms. Erum Ghafoor
Sub Editor : Ms. Sadaf mateen



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Diabetic Foot Ulcers: What can Educators do?

Dr. Musarrat Riaz
Consultant Physician

Diabetic Foot Ulcer is one of the major complications of Diabetes Mellitus. It occurs in 15% of all patients with diabetes and precedes 84% of all lower limb amputations.(1)

Vascular abnormalities and diabetic neuropathy along with delayed wound healing are the major pathophysiologic mechanisms contributing to diabetic foot ulcer.(2) The morbidity and financial consequences of diabetic foot problems are enormous. The social and psychological impact of amputation due to diabetic foot ulcer poses an added burden to our health care system.

Foot Ulcers in diabetes require multi disciplinary assessment. Foot Care education combined with increased surveillance can reduce the incidence of serious foot lesions.(3)

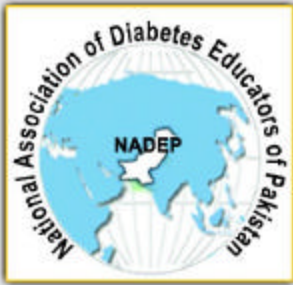
All diabetic patients irrespective of foot problems should be given comprehensive foot care education to prevent foot ulcers. Following are some of the points which should be discussed with every patient.

- 1) Importance of Foot Care.
- 2) Daily inspection of feet.
- 3) Nail cutting techniques.
- 4) Checking the temperature before dipping feet in water.
- 5) Checking of inter-digital spaces for any signs of infection.
- 6) Foot wear advice.
- 7) Keeping floors free of sharp objects.
- 8) Hazards of barefoot walking.
- 9) Regular feet examination by a trained person.
- 10) Taking action to improve circulation.

Recognition of risk factors, preventive foot care practices and regular foot examinations coupled with foot care education are essential in preventing foot ulcers in patients with diabetes. Diabetes Educators can play an important role in this regards.

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2. Stephanie CWU etal, Foot Ulcers in the diabetic Patients, prevention and treatment, Vase Health Risk Manay, (2007). 2(1): 65-76.
3. Debbie Sharman, Moist wound healing: a review of evidence application and outcome. The Diabetic Foot (2003), 6 (3): 112-120.



Diabetes Patient's Rights and your Responsibilities

Miss Erum Ghafoor

Diabetes Educator

Expert Trainer of Conversation Map Tools



The International Diabetes Federation (IDF) has identified three basic rights that people with diabetes are entitled to:

Your Rights:

1. You have a right to diabetes education.
2. You have a right to receive the treatment required for good health and survival.
3. You have a right to be a partner in your own treatment.

Effective diabetes care is normally achieved by good team work between you and your diabetes healthcare team. Looking after your diabetes and changing your lifestyle to fit in with the demands of your diabetes is hard work, but you are worth it.

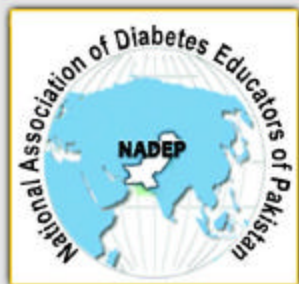
You will not always get your care right, none of us do, but your diabetes healthcare team is there to support you. Ask questions and request more information especially if you are uncertain or worried about your diabetes and/or your treatment. Remember, the most important person in the team is you.

Your responsibilities:

- Take as much control of your diabetes on a day to day basis as you can.
- Learn about and practice self-care which should include dietary education, exercise, foot care, monitoring blood glucose levels and understanding the medication you are taking.
- Know when, where and how to contact your diabetes care team, to regularly talk with them and to ask questions about your care.
- Include the diabetes advice discussed with you in your daily life.
- Attend your scheduled appointments or reschedule any that you do miss.

All people with diabetes should adopt the following six point plan:

1. Take responsibility for the self-management of your diabetes.
2. Understand what you need from your diabetes healthcare team.
3. Prepare a diabetes management plan that meets your needs.
4. Implement your diabetes management plan in your daily life.
5. Be prepared to change your diabetes management plan as your circumstances change.
6. Regularly review your diabetes management plan to ensure that it is still meeting your needs.



Diabetes Myths

Ms.Safia Mehboob
Clinical Dietitian

There are that make it difficult for people to believe some of the hard facts – such as “Diabetes is a serious and potentially deadly disease”. These myths can create a picture of diabetes that is not accurate and full of stereotypes and stigma. It is important for diabetic patients that they should know about facts.

Myth: If you are overweight or obese, you will eventually develop type 2 diabetes.

Fact: Being overweight is a risk factor for developing this disease, but other risk factors such as family history, ethnicity and age also play a role. Most overweight people never develop type 2 diabetes, and many people with type 2 diabetes are at a normal weight or only moderately overweight.

Myth: Eating too much sugar causes diabetes.

Fact: No, it does not. Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease; type 2 diabetes is caused by genetics and lifestyle factors.

Myth: People with diabetes should eat special diabetic foods.

Fact: A healthy meal plan for people with diabetes is generally the same as a healthy diet for anyone low in fat (especially saturated and trans fat), moderate in salt and sugar, with meals based on whole grain foods, vegetables and fruit

Myth: People with diabetes can't eat sweets or chocolate.

Fact: If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more “off limits” to people with diabetes than they are to people without diabetes.

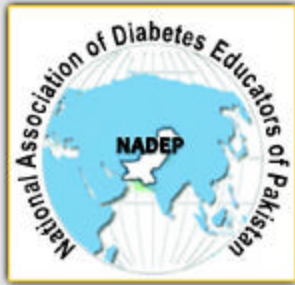
Myth: You can catch diabetes from someone else.

Fact: No. Although we don't know exactly why some people develop diabetes, we know diabetes is not contagious. It can't be caught like a cold or flu.

Myth: If you have type 2 diabetes and your doctor says you need to start using insulin, it means you're failing to take care of your diabetes properly.

Fact: For most people, type 2 diabetes is a progressive disease. When first diagnosed, many people with type 2 diabetes can keep their blood glucose at a healthy level with oral medications. But over time, the body gradually produces less and less of its own insulin, and eventually oral medications may not be enough to keep blood glucose levels normal. Using insulin to get blood glucose levels to a healthy level is a good thing, not a bad one.

Myth: Fruit is a healthy food. Therefore, it is ok to eat as much of it as you wish.



Quote : The only way to keep your health is to eat what you don't want, drink you don't like, do what you'd rather not.

..... Mark Twain

Fact: Fruit is a healthy food. It contains fiber and lots of vitamins and minerals. Because fruits contain carbohydrates, they need to be included in your meal plan.

Myth: People with diabetes can eat as much as they want as long as it doesn't have sugar.

Fact: Sugar is a carbohydrate, like bread, cereal, and potatoes. All carbohydrates raise blood sugar. Sweets / sugars tend to have more carbohydrates in "smaller packages" One should know that every food converts in glucose after digestion.

Myth: People with diabetes should only eat foods sweetened with sugar substitutes instead of sugar.

Fact: People with diabetes do not need "special foods". It's about the total amount of carbohydrates in the foods. Foods sweetened with sugar substitutes may still have carbohydrates that can cause the blood sugar to rise.

Insulin - the cord of life

Dr.Syed Maqsood Mohiuddin

Project Coordinator

BIDE-WDF Type1 Diabetes Project.

Life is a precious gift from almighty Allah, and as a human being we have to be thankful and try to conserve it by living healthy lifestyle.



Distraction from normal path can lead towards the vulnerability for a disaster or disease.

Diabetes is considered fourth leading cause of death in the world. It has two major subtypes, of which 'Type 1' predominantly affects children. Many children worldwide die every year from diabetes. Unfortunately, the majority of children with Type1 diabetes living in developing countries do not have access to the standardized care along with life-saving medicines. As a result, they become chronically unwell and are prone to life-threatening conditions.

Baqai Institute of Diabetology and Endocrinology (BIDE) has been striving for better diabetic care since more than a decade. Further to our ongoing efforts, we have initiated the project titled "Integrated and Comprehensive Management of children / people with type 1 diabetes to prevent complications in a low resource society of Sindh Pakistan" with collaboration of World Diabetes Foundation. Under this project (www.insulinmylife.com), Thirty Type 1 Diabetes Clinics has been established all over Sindh Province and our trained doctors are providing care to people with type 1 diabetes. This diabetes care includes provision of free insulin to non-affording diabetic (type 1) patients, education of patients, and free monitoring facilities.

We are doing our best to fulfill our social responsibility and expect same from various parts of community and organizations. For a type 1 diabetic child the provision of insulin is essential for life, and we are helping them to get hold-on their cord of life