

World Diabetes Day 2005: What were you doing on it?

To promote World Diabetes Day 2005 the diabetes specialist podiatrists from across Leicestershire and Rutland donned specially designed T-shirts and decorated the University Hospitals of Leicester diabetes department's double-decker bus. The theme for the day was that of the International Diabetes Federation's: 'Put Feet First – Prevent Amputations'.

The bus was parked on the pedestrian area of Humberstone Gate in Leicester city centre and the podiatrists spent the day talking to shoppers about diabetic foot complications and the associated risks of amputation. They were provided with foot care information and relevant leaflets as well as freebies such as balloons, shoe-horns and pedometers.

Those who took part in the day's quiz were entered into a prize draw. Prizes were kindly donated by local companies and included a day at Ragdale Hall (Melton Mowbray, Leicestershire), two



People signing up to take part in the global walk at 12 pm.

passes to the David Lloyd Fitness Centre in Leicester, a large basket of fruit and vegetables supplied by P Sketchley and Sons Grocers and a pair of Hotter shoes (Skelmersdale, Lancashire).

Novo Nordisk representatives were present during the morning – they were recruiting volunteers to join a record-breaking attempt to have the most people walking at 12 noon (visit <http://www.worlddiabetesfoundation.org/composite-348.htm> for up to date information on the attempt [accessed 08.03.2006]). We were supported during the middle of the day by a community diabetes specialist nurse, who joined the podiatrists to provide random blood glucose testing and general diabetes education.

The diabetes specialist podiatrists saw this day as an opportunity to publicise the excellent work that they have been doing during the previous 2 years. This work has included the development and delivery of a multidisciplinary care of the diabetic foot training package which aims to standardise the assessment process and included the introduction of a screening tool to facilitate this. Pathways of care for people with diabetic foot complications have also been developed using clinicians and resources more effectively. This work has reduced duplicity and improved the quality of care across the county.

*Melanie Thomson, Podiatry Manager,
Prince Philip House, Malabar Road,
Leicester*

For World Diabetes Day our department put up a display in the local hospital (Huddersfield Royal Infirmary) informing people about diabetes and its feet-related problems. We managed to secure a pair of shoes donated by Ecco (Oxford) and books about diabetes and held a little quiz, which people enthusiastically entered.

Tracy Baines, Podiatry Diabetes Team Leader, said, 'the event

aimed to raise awareness about the problems that can develop in the feet when people have diabetes. Foot complications caused by diabetes, and leg amputations in particular, constitute a major global public health problem.' [Quote taken from *Calderdale and Huddersfield NHS Trust News* December 2005.]

*Alison Williams, Diabetes Podiatrist,
Princess Royal Community Health Centre,
Huddersfield*

We cover two primary care trust (PCT) sites in East London: Redbridge PCT and Waltham Forest PCT. Both have a high number of people with diabetes. We provide community services to the population with diabetes and at high risk of foot problems and run two hospital-based diabetic foot clinics at Whipps Cross University Hospital and King George Hospital for acute diabetic foot problems.

On 14 November 2005 we provided all community clinics with the International Diabetes Federation's (IDF's) World Diabetes Day folders which included poster displays and patient education materials. Podiatrists were encouraged to bring the educational information to the attention of their patients with diabetes and encourage them to take away diabetic foot health information.

At both hospital sites we set up display areas promoting World Diabetes Day using the IDF information; footwear information, foot cream samples and all the usual foot health promotional materials were also made available. Those attending the diabetes outpatients clinics were encouraged by the diabetes teams to visit the displays.

We invited Diabetes UK to join us and they provided representatives at both hospital sites to talk to patients about patient involvement and support. At Whipps Cross Hospital the diabetes specialist nurse team joined us and offered blood glucose testing to visitors who don't have diabetes. We also provided local newspapers with public relations material which would allow them to run an article promoting diabetic foot health and general diabetes awareness advice to the local populations. All who attended the displays said they were impressed and found the information helpful. We were also able to talk to people with diabetes who may not have had the occasion or need to visit a podiatrist.

*Sue Burridge, Specialist Podiatrist and
Diabetes Clinical Lead, Redbridge PCT*