



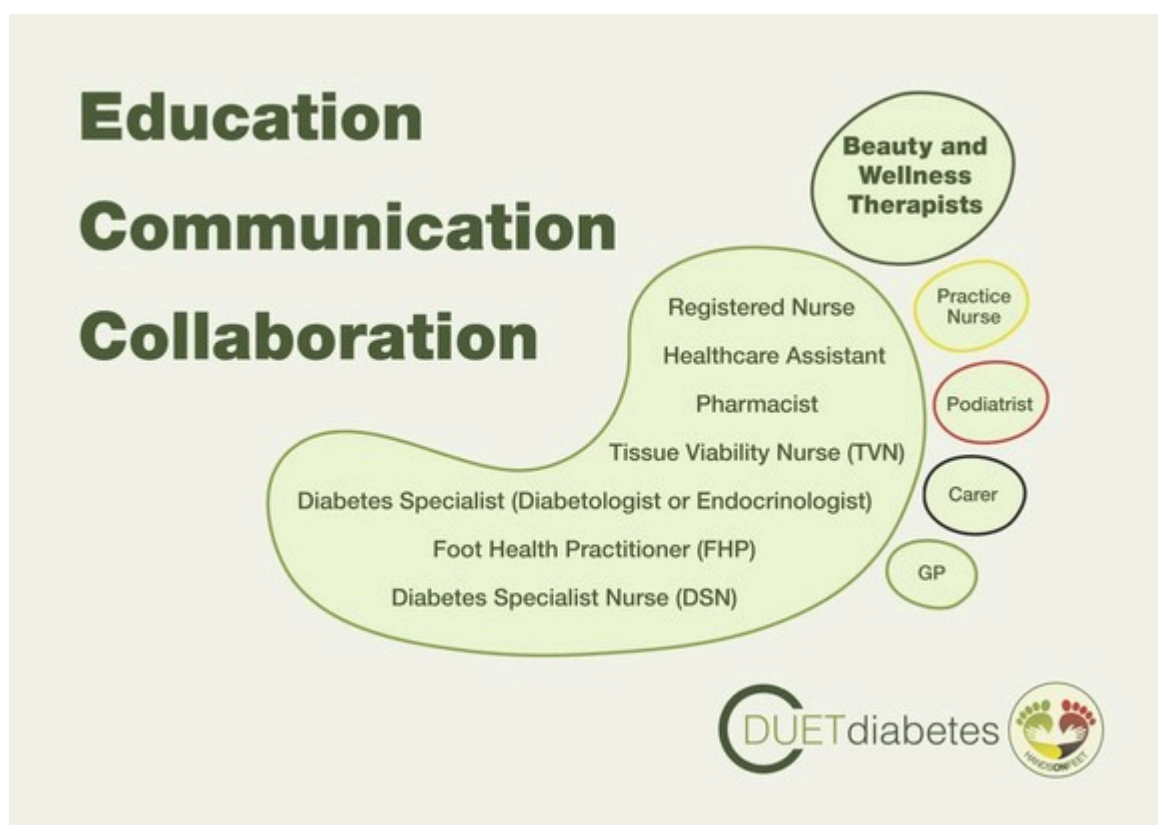
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April 2024 Bulletin: news & reminders

Our new year has got off to a busy start; scheduling lots of 'diabetic foot screening' open workshops - more about that below! As well as delivering a commissioned programme of workshops for Suffolk care providers.

If feels like the year is flying by at speed, with Easter already been and gone!

This bulletin is heavily focussed on the 'diabetic foot', but also has some other general information, including reminders about resources and Early Bird prices... as well as future plans!



Appropriate footcare for people living with diabetes is so important!

One of the regular healthcare checks for people living with diabetes is a 'diabetic foot screening' examination, regardless of whether they reside in their own home or in a care home.

We believe education, communication & collaboration are key to prevent/minimise diabetic foot problems.

Together we can make a difference; to reduce the number of diabetes related amputations taking place. In England alone:

- at least 1 amputation takes place every hour due to diabetic foot disease
- the cost of treating diabetic foot ulceration and amputation is higher than NHS expenditure on breast, prostate and lung cancer!

People with diabetes need to take particular care of their feet and check them daily. They should seek medical advice/care as soon as they notice any changes. They need to be assured that GPs, NHS footcare teams, private podiatrists and foot health practitioners are all available and not to delay in acting upon any foot related problems. What can appear to be a small problem can deteriorate very quickly.

The prevalence of diabetes & footcare outcomes

The National Diabetes Audit (NDA) and National Diabetes Footcare Audit (NDFA)

The number of people being diagnosed with type 2 diabetes is continuing to grow, as are the number of people at risk of developing diabetes.

Between 2017-18 and 2021-22, there was a steady year-on-year increase in the number of people with type 2 diabetes across all age groups, with a total percentage increase of 11.6% from 2017-18 to 2021-22. However, a steeper rise was observed in those under the age of 40 with a percentage increase of 18.7% between 2017-18 and 2021-2022 compared to 11.3% in those aged between 40 and 79 years old).

The NDFA Interval Review July 2014-March 2021 has found that the proportion of referrals seen by a specialist foot care team within 13 days has increased nationally, with a linked reduction in the proportion of ulcers that are severe at first expert assessment. However variations in 12-week outcomes still persist. There are gaps in service provision and "it is notable that almost 1 in 5 people (18%) presenting with a severe ulcer are dead (15%) or have undergone major amputation (3%) within 1 year". "There is still much work to do".

Click the buttons below to read more
(including recommendations to further improve foot care provision and outcomes):

[NDA - Young People and type 2 diabetes](#)

[NDFA](#)

The English Diabetes Footcare Network (EDFN)

The **EDFN**, founded in 2019, is holding it's annual National Conference on 26 April 2024 online (1pm-4.45pm).

The event is free to attend and includes expert speakers, hot topics, latest research and best practice.

[EDFN conference - book here](#)

New resource

Since returning to face to face training in the summer of 2022, our most popular workshop has been the 'diabetic foot screening' session.

NEW resource! If you have attended this training with us previously, we would like to share a new resource we have been discussing in the sessions – “wound care and skin tone signs, symptoms and terminology for all skin tones”. This can be accessed via the button below.

[Wound care and skin tone](#)

What have we been up to?

Following on from a successful diabetes training programme roll out for **Hallmark Care Homes** in 2022, we continue to work closely with them as an organisation. Our founder Lynne and their Head of Learning & Development, Claire Collen, recently presented at the **Essex Care Association** conference in Colchester - 'management of diabetes in care homes - investing in people and their learning'. A key resource we reminded attendees about was the 'National Advisory Panel on Care Home Diabetes' (NAPCHD) strategic document and associated guidelines. Lynne is a member of the panel and is always keen to signpost and talk to people about this important resource for care homes! Access the guidelines via the button below.

Last year we were commissioned by two Integrated care Boards in the East of England to deliver a wider diabetes training programme for healthcare professionals working in primary care who undertake diabetes reviews.

Information regarding one of these programmes was the subject of an article published in the Integrated Care Journal last month (click the button below to read).

Alongside these, we continued to deliver smaller in-house sessions (commissioned by organisations exclusively for their teams), as well as offering a number of open workshops at various locations.

[NAPCHD guidelines](#)

[Integrated Care Journal](#)

Future plans...

Diabetic foot awareness for beauty and wellness

therapists



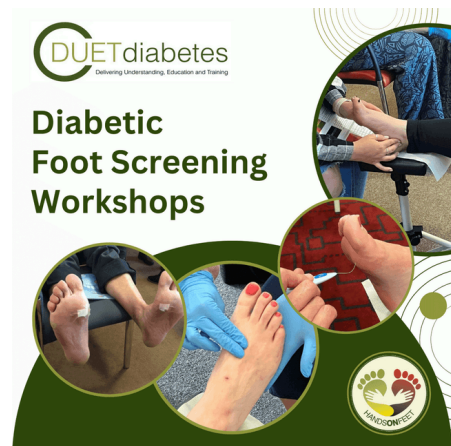
For professionals working in the beauty and/or the holistic therapy industry, we are currently updating our online course which will be re-launched later this spring.

A new aspect of this training will be the ability for learners to book a place at a short live virtual classroom session after completing the online content. An opportunity to ask questions and consolidate learning; to further enhance knowledge and confidence.

Diabetic Foot Screening

These workshops offer the opportunity to build confidence, increase knowledge and obtain the tools/resources to help the people living with diabetes to reduce the risk of foot problems.

We discuss different foot problems encountered with people living with diabetes, what good daily footcare entails and we share some case studies.



The workshop is relevant for all practitioners working for social care or healthcare providers (whether in registered or non-registered roles), who are involved in examining the feet of people with diabetes.

The session provides the tools/processes that are used to undertake diabetic foot screening and result in a risk classification; the person performing the

examination is not required to make a clinical judgement.

For care homes...the NAPCHD guidelines state the use of '*a risk-calculation and assessment tool for diabetes foot disease*' as being one of the elements of 'satisfactory diabetes care'. We often hear that this is a check that is missed when someone is in receipt of social care.

Open workshops

As well as providing this training as a commissioned service, we also continue to schedule open workshops.

Due to the popularity of this training, and in response to requests, we are travelling across the country to different venues. More are being planned, including Northern Ireland (near Belfast), Scotland (near Perth), South Wales (near Cardiff) to name a few.

Does your role involve caring for or treating people with diabetes, including checking their foot health?

Learn new (or refresh existing) skills! Ensure you are following current guidelines and best practice, including understanding the different risk classifications and associated actions to take and advice to give.

It's not just the theory! In an interactive and safe learning environment, you will be putting your new knowledge into practice. There is plenty of time for a practical 'hands on feet' session. And come armed with your questions – it is your training day and we want to ensure that the training relates to your setting and experiences so that you maintain, or even improve, your confidence!

Interested?

Upcoming locations and dates:

More information and links to book are available on our Ticket Tailor web page via the button below*.

- Swindon 20 April 2024 - FULLY BOOKED
- Chichester 25 April
- Heathrow 26 April
- Taunton 10 May - 6 PLACES LEFT
- Towyn (North wales) 8 June - 6 PLACES LEFT
- Birmingham 28 June - ONLY 4 PLACES LEFT
- *Needham Market (Suffolk) 3 July

*for the Needham Market workshop, to book places please email Sarah-Jayne at the Suffolk Care Association: sarah@scaservices.org.uk

As an “Easter treat” we extended the EARLY BIRD prices by a week for Chichester, London (Heathrow) and Taunton: now available until end of 8 April 2024 (midnight). Be quick though as all the sessions are filling up!

Book open workshop places



If none of the locations or dates work for you, please register your interest by completing a short questionnaire which will help us plan future sessions (unless you have already done so!)...

Register interest

Commissioned training programmes:

Suffolk Care Providers

We are currently working with **Care Development East** to deliver a funded diabetes training programme for social care providers across Suffolk.

There are currently three more dates available for the 'diabetes awareness and blood glucose monitoring & glucometer training' sessions - for more information, including details on how to book, click the button below.

We are also in the process of finalising some 'insulin awareness & injection technique' workshops as part of this commissioned service. Contact us to find out more.

Suffolk CDE funded workshops

Contact us

Some diabetes related awareness events:

[Insulin Safety Week \(ISW\): 1 – 7 July 2024](#)

[Hypo Awareness Week \(HAW\): 7 – 13 October 2024](#)

[World Diabetes Day: 14 November 2024](#)

Conferences/meetings we will be attending:

[East of England Footcare Conference](#), Cambridgeshire
25 April 2024

[Suffolk Social Care Network Forum](#), Elmswell, Suffolk
23 May 2024

[PCN Diabetes Study Day](#), London
18 June 2024

[NHS LTP & ICB 2024 Conference](#), London
25 June 2024

[Public Policy Projects Diabetes Care Conference](#), London
27 June 2024

[West Midlands Foot Health Conference](#), Dudley
9 November 2024

You can keep in touch with us via our website or on social media, where we share various information and list our upcoming workshops.

Please do not hesitate to contact us for an informal chat about your diabetes training needs, we are always happy to help where we can.

01799 584178 | [Visit our website](#) | [Send us an email](#)





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