

# 10<sup>th</sup> Train the Foot Trainer

February 15-17, 2024 | Bled, Slovenia



# MESSAGE FROM THE PRESIDENT OF D-FOOT INTERNATIONAL

It is a great pleasure to heartily welcome you all to the 10<sup>th</sup> Train the Foot Trainer and the 3<sup>rd</sup> follow-up meeting for Central and Eastern European region primary focused on the implementation of international consensus guidelines and the organisation of structure podiatry education being held from February 15<sup>th</sup> to 17<sup>th</sup>, 2024, in Bled, Slovenia.

D-Foot International is a global organisation dedicated to addressing diabetes-related foot complications and advocating for excellence in diabetes foot care. Our mission is „To end avoidable lower-limb amputations due to diabetes worldwide.“ With urgency, our mission, goals, and focus of action are tailored to combat this war.

At the 10<sup>th</sup> TtFT, health care professionals from the European region will go through lectures and workshops to have hands-on practical sessions. This reflects our mission and is a testament to our commitment to knowledge sharing and collaboration to improve the quality of life for people with diabetes.

I would like to express my deepest gratitude to Prof. Vilma Urbančič Rovan, the chairperson of the organising committee, and her hardworking team for their efforts, commitment and dedication towards the happening of the 10<sup>th</sup> TtFT in Slovenia. I would also like to extend my gratitude to all the members of the organising and scientific committees for their invaluable support.

On behalf of D-Foot International, I would like to take this opportunity to thank all our corporate partners who have been instrumental in turning our common dream into reality. We wish for and hope to have continuous support in the future.

We take this opportunity to welcome you all to the beautiful country of Slovenia.

**Dr. Zulfiqarali G. Abbas, FRCP, UK.**

Consultant Physician, Endocrinologist, Diabetologist,  
President, D-Foot International.

# PROGRAMME

## Programme Committee

*Zulfiqarali G. Abbas, Vilma Urbančič, Anna Korzon-Burakowska, Roberto Anichini, Norina Gavan, Nina Petrova*

## Programme

### Thursday, February 15, 2024

#### **16:00** Welcome

*Vilma Urbančič (Slovenia), on behalf of the Programme Committee*

#### **16:15** Opening speech: Message from the President of D-Foot International

*Zulfiqarali G. Abbas (Tanzania)*

#### **16:30** Introduction of the participants and their expectations

*Session chairs: Zulfiqarali G. Abbas, Vilma Urbančič*

#### **17:30** Report from the 1<sup>st</sup> meeting of the European coordination group of D-Foot International, Treviso, Italy, Feb 24<sup>th</sup>, 2020

*Roberto Anichini (Italy)*

- 3 main barriers for implementing IWGDF in different European areas,
- 5 top priorities to improve and homogenize assistance and take care of patients with diabetic foot,
- 3 most important actions with which to drive the strategy of the board.

#### **19:00** Get together

**Friday, February 16, 2024**

## **Implementation Day**

**08:00** Morning walk/run around the Bled lake

**09:30** What has been done since 2015? Messages from the countries participating in Bled TtFT course

*Session chairs: Miodrag Janić, Vilma Urbančič*

- Country reports and discussion
- Podiatry: breaking down the barriers

*Jerneja Uhan (Slovenia/UK)*

- Slovenia: National document on classification of foot care/pedicure and assignment of competencies

*Vilma Urbančič on behalf of the Slovenian working group on foot care/pedicure classification (Slovenia)*

- Poland: Kazimierz Declaration - the new challenge to change the DF perspective

*Beata Mrozikiewicz-Rakowska (Poland)*

**13:00** Satellite symposium – golden sponsor - Krka

**13:30 – 15:00** Lunch

**15:00** How to set up foot clinics

*Session chairs: Anna Korzon-Burakowska, Oleg Udovichenko*

- Foot care training – placement of the programme in existing educational system – experience from Slovenia

*Vilma Urbančič (Slovenia)*

- Romanian experience – setting up National Podiatry Association

*Norina Gavan (Romania)*

- From Russia through Kazakhstan to Israel

*Oleg Udovichenko (Israel)*

**16:00** Barriers – how to bring good projects into life

*Session chairs: Beata Mrozikiewicz Rakowska, Roberto Anichini*

- Lessons from Diabetic Foot Care Assistant programme approval in Czech Republic

*Alexandra Jirkowska (Czech Republic)*

- Lessons from the POINT project

*Pauline Wilson (Ireland)*

- Discussion: Licensing

*Vilma Urbančič on behalf of the Slovenian working group (Slovenia), Pauline Wilson (Ireland), Norina Gavan (Romania), Alexandra Jirkowská (Czech Republic)*

**17:00** The vision and the mission of Train the Foot Trainer Programme

Messages from the special guests

*Session chairs: Zulfiqarali G. Abbas, Vilma Urbančič*

**18:00** Satellite symposium

**19:00** Dinner

## Saturday, February 17, 2024

### International Consensus Guidelines Day

**09:00** Messages from the Hague 2023

*Session chairs: Anna Korzon Burakowska, Zulfiqarali G. Abbas*

- Most important new recommendations from the 2023 IWGDF Guideline

*Frances Game (UK)*

- What should be changed in everyday practice

*Frances Game (UK)*

- Tales of Diabetes Related Foot Ulcer Infection diagnosis and treatment – IWGDF (International Consensus Guidelines)

*Zulfiqarali G. Abbas (Tanzania)*

**12:00** Wrap-up

*Zulfiqarali G. Abbas, Vilma Urbančič*

**13:00** Lunch and departure



**SPEAKERS  
& SPECIAL  
GUESTS**

# ZULFIQARALI G. ABBAS



Dr Abbas is a consultant physician, endocrinologist and diabetologist in Dar es Salaam, Tanzania. He is involved in the field of diabetic foot since 1992. Has been awarded FRCP honours from Royal College of Physician and Surgeon of Glasgow and Royal College of Physician of London. Currently, he is President of D-Foot International, Chair of Pan-African Diabetic Foot Study Group, Executive board member of IWGDF for International Consensus on the diabetic Foot, Vice-President of Association of International Medical Salvage of the Extremity.

Dr Abbas is the founder member to start Step by Step foot project started in 2003 in Dar es Salaam, Tanzania. So far, this project has been implemented in 120 countries. Member of the editorial boards of several international peer-reviewed journals. Published extensively on the epidemiology of diabetic limb complications. Written several book chapters and edited a book on diabetic foot for health care workers. Received Karel Baker Diabetic Foot Medal of Honour (IWGDF) in 2019. Received Life Achievement Award, World Union of Wound Healing Societies in 2022. Received an award of honours in October 2022 by Diabetic Foot Society of India.



# ROBERTO ANICHINI



Roberto Anichini is Chief of Diabetes Foot Unit, Diabetes Unit, USL CENTRO-TOSCANA, Director of Diabetes Unit, General Hospital of Pistoia Italy. He is Past Coordinator of the Italian Study Group Podopatia Diabetica, Past Regional Chair of Europe D-Foot International; Vice President of D-Foot international.

Postgraduate specializations: Diabetology University Parma, Nephrology University Pisa, Internal Medicine University Pisa, Master in Evidence-based medicine the basis for promoting health University Pisa.

Supervisor of the translation (in Italian) and upgrade of the IWGDF Guidance (2016). Expert in the following topics:

- Implementation of IWGDF from a *step-by-step* approach to a shared care for screening/prevention/treatment/follow up of diabetic foot lesions in Italy.
- Sharing of IWGDF with GPs for diabetic foot prevention and early diagnosis of DF and with different specialists (multidisciplinary and multiprofessional approach).
- Production of specific protocols/flow charts for DF management.
- Referent for dfoot for the Ministry of Health and Italian Parliament for new standard/minimum healthcare provision and new footwear regulation.
- Referent of Regional Tuscany Health care system for new regional organization of DF care.
- DF with particular attention in epidemiological aspects and prevention program for amputations.
- Adapted Physical activity as an additional tool for prevention of DF (Assessment of limited joint mobility).

Memberships to Scientific societies:

- *Diabetic Foot Study Group of EASD*
- *Italian Society of Diabetology SID-AMD*
- *European Association for the study of Diabetes EASD*
- *D-Foot International*

MORE than 200 papers and Abstracts published in national and international journals.

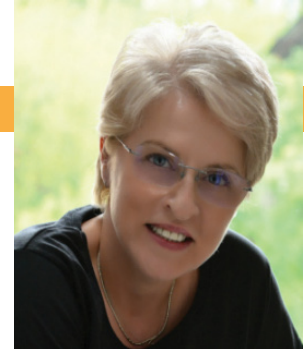
# FRANCES GAME



Professor Fran Game has been a consultant Diabetologist at the University Hospitals of Derby and Burton NHS Foundation Trust since 2011. She is the Clinical Director of R&D and the Derby Clinical Trials Support Unit, and Honorary Professor at the University of Nottingham. Her main clinical and research interest is the Diabetic Foot, leading a number of multicentre/multinational trials in this field. She chaired both the Classification and Wound Healing subgroups of the International Working Group of the Diabetic Foot for the 2023 guidelines has been a member of the Editorial Board of this organisation for the last 4 years and is the incoming Chair from January 2024.

She is the current Clinical Lead for the National Diabetes Foot Audit of England and Wales and has been one of the NHS England Co-Clinical Directors for Diabetes, East Midlands since May 2018. She was awarded the Edward James Olmos Award for Amputation Prevention by the American Limb Preservation Society in 2021.

# NORINA ALINTA GAVAN



I have graduated in 1989 the Faculty of Chemical Engineering with a master degree. After 1991, I have developed my studies in the field of clinical biochemistry. As specialist biochemist, I led for 7 years the Biochemistry Laboratory of Clinic of Dermatology from Cluj, Romania. In 1997, after a doctoral training at the Dermatology Clinic, University of San Francisco, California, US, I received the PhD degree in chemistry, clinical biochemistry at Babes-Bolyai University from Cluj, Romania. Since 1998, I am leading the business in Romania of a German pharmaceutical company. From 2002, I am voluntary involved in Romania in activities related to diabetic neuropathy and diabetic foot, at all levels of healthcare providers, patients, and authorities. In 2012, I was one of the founders of NeuRODiab-Society for Diabetic Neuropathy in Romania. In 2015, I founded the Association for Podiatry, with the aim of promoting the foot care culture and education, for the general population and diabetic foot care in particular. I was the leader of the group who succeeded in 2018 to get the recognition of the podiatrist profession in Romania. I support the implementation of academic education in the field of podiatry for all healthcare professionals, especially for the young generation. I am very actively involved in activities for reducing the amputation rate in people with diabetes. I am part of the activities organized by FIP-IFP, DFoot International, member of charity organizations, which promote the healthcare and education, especially in people with diabetes. I am author and co-author in different publications in the field of diabetes. I am invited as speaker in events dedicated to HCP and patients with diabetes talking about the management of diabetic neuropathy and diabetic foot in Romania. I do consider that I am a trusted leader in pharmaceutical industry, by staying knowledge driven and influencing organizational change, transforms ideas in reality.

# MIODRAG JANIĆ



I was born in 1984 in Kraljevo, Serbia. After graduating from the Faculty of Medicine of the University of Ljubljana in 2010 and obtaining a medical licence to practice internal medicine in 2017, I have been employed in the Department of Vascular Diseases of the University Medical Centre of Ljubljana. In 2016 I defended my doctoral thesis, which was awarded the Krka grand award in 2017. I have been deeply involved in research since the last years of medical school and have authored and co-authored 31 research and review articles, all published in respected peer-reviewed journals and listed in PubMed. I became an assistant professor in 2020. Additionally, I have been involved in the teaching process at the Faculty of Medicine of the University of Ljubljana, also mentoring medical students in the fields of pre-graduate research and two doctoral students. I have participated in many national and international congresses and symposia, presenting my own research work and teaching. Since 2019, I have been employed in the Department of Endocrinology, Diabetes, and Metabolic Diseases, also at the University Medical Centre of Ljubljana. Since then, I have been more involved in the care of diabetic foot. My additional research interests cover the fields of cardiovascular and metabolic medicine, particularly atherosclerosis, arterial ageing, and the impact of diabetes mellitus on the arterial wall and function, in addition to chronic diabetes complications and modern antidiabetic therapy, particularly incretins and SGLT-2 inhibitors; while my professional interests cover the fields of vascular ultrasound, peripheral arterial disease, diabetic foot, and chronic diabetes complications.

# ALEXANDRA JIRKOVSKÁ



After my PhD studies and board examination in internal medicine and diabetology, I became professor at Charles University in Prague, in 2008. I was working in the Institute for Clinical and Experimental Medicine where I founded an educational department and a foot clinic in the early 1990s. At the same time, I initiated the founding of diabetic foot clinics across the Czech Republic and, in 2008, I launched, together with my colleagues, certified courses for Diabetic Foot Care Assistants and for nurses - Diabetes Educators. I served as a supervisor of PhD student(s) and was involved in some research projects such as those aimed at organization of foot clinics, Charcot foot management, and autologous cell therapy of critical limb ischemia. I am a long-time member of the Committee of the Czech Diabetes Society; I founded a podiatric section of this Society. In the years 2005–2009, I was a member of the Committee of the DFSG. Now I work at the Thomayer University Hospital, which is a regional hospital in Prague, and I try to help improve podiatric care and introduce modern technology in diabetology. But my priority is also taking care of my little grandson – I am an enthusiastic grandmother.

Why I chose podiatry? In the early 1990s, diabetic foot syndrome was “the challenge” for me. I realized that it pose the “worse” problems for our diabetic patients. I learned that we can effectively help these people and that the diabetic foot is a separate clinical entity and a field of research.

# ANNA KORZON-BURAKOWSKA



## **PROFESSIONAL EXPERIENCE:**

- 1987-88 postgraduate training
- 1991 1st degree specialisation internal diseases
- 1993-1995 Prince of Wales scholarship, Guy's Hospital, London
- 1995 - II nd degree specialisation internal diseases
- 1996 - EASD Travel Grant King's College London
- 1997 - EASD scholarship King's College, Londyn
- Since 1998 - Department of Diabetology and Hypertension. Medical University Gdansk
- 1998 - specialisation in diabetology
- 2000 - PhD thesis „Sensitivity to thermal sensation as indicator of early diabetic neuropathy”
- 2005 - assistant Department of Diabetology and Hypertension. Regional Diabetic Centre Medical University
- 2014 - habilitation thesis „The role of polymorphisms in OPG, RANKL and RANK genes in Charcot neruoosteoarthopathy in type 1 and type 2 diabetes”

## **MEMBERSHIPS:**

- Polish Diabetic Society- chair of Diabetic Foot Section
- European Association for the Study of Diabetes
- International Diabetic Foot Study Group – mentor for young researchers group

# MOJCA LUNDER



Mojca Lunder, MD, PhD, is an assistant professor of Internal Medicine and works as diabetologist in Diabetes out-patient clinic, Department of Endocrinology, Diabetes and Metabolic Disease at University Medical Centre Ljubljana, Slovenia. She graduated and obtained her PhD from the Faculty of Medicine at the University of Ljubljana. She is currently a member of a national research program on genes, hormones, and personality changes in metabolic disorders at the Slovenian Research Agency. Her main research interests include diabetes treatment possibilities, pleiotropic effects of antidiabetic drugs, research of functional and structural arterial wall changes and research of diabetic foot. She has published 30 SCI articles with over 400 citations.

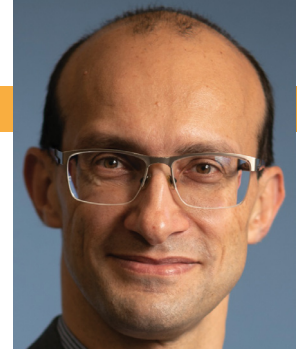
# BEATA MROZIKIEWICZ-RAKOWSKA



President of the Polish Wound Management Association, vice President of DFoot International (2023-2025), chairwoman of the team for establishing recommendations in the field of diabetic foot syndrome on behalf of the Polish Wound Management Association, member of the Local Organizing Committee of the 24<sup>th</sup> Congress of the European Wound Management Society (EWMA). From 01/07/2023, the head of the Diabetology and Metabolic Disorders Subdivision at the Department of Endocrinology, Medical Centre of Postgraduate Education in Warsaw. Until September 31, 2022, assistant professor at the Department of Diabetology and Internal Diseases of the Medical University of Warsaw. Author of chapters in textbooks and didactic scripts for doctors and students. Author and co-author of numerous original and review papers, author of several chapters in academic textbooks and scientific monographs.



# OLEG V. UDOVICHENKO



Endocrinologist (diabetologist), diabetic foot care specialist, with more than 25 years of experience.

After graduation from the medical university (Moscow Sechenov Medical Academy) in 1996 I completed Clinical Residency in Endocrinology.

Since 1997 I worked in the field of Diabetic Foot prevention and treatment (mainly at outpatient base, also in multi-disciplinary hospital teams) in Moscow.

Since 2022 (March) during 4 months I worked in Kazakhstan

In August 2022 I emigrated to Israel. Since June 2023 I work in the Diabetes Foot care team of the Hillel Yaffe Hospital (Hadera city)

In 1997-2000 I played an important role in organizing of a system of municipal outpatient diabetic foot clinics in Moscow. In 2022 we used my experience for organization of DF outpatient clinics in Kazakhstan.

In 2014-2015 I was a member of authors' group preparing Russian National Diabetic Foot Guidelines

Since 2001 - member of Diabetic Foot Study Group of the EASD. In 2010 I was elected for 4 years to the Executive Committee of this group.

Since 2019: Member of the European Council of the D-Foot International, the international community of specialists against diabetic foot amputations

In 2015 – official reviewer of thesis “Establishment of the Brunei diabetic foot registry” (University of Sydney, under tutorship of Prof. Joshua Burns).

Since 2018 – reviewer in the International Journal of Lower Extremity Wounds

# VILMA URBANČIČ ROVAN



Vilma Urbancic graduated at Ljubljana University in 1985 and completed specialist training in internal medicine in 1993. In 1996, she obtained Master of Science Degree with a thesis on Diabetic Foot Infections at University of Zagreb, Croatia. In January 2006, she defended her PhD thesis Variability of peripheral blood flow, heart rate and breathing in patients with diabetes mellitus and was elected as associate professor of internal medicine at Ljubljana University. Since 2007, she has served as Head of Diabetes Unit at University Medical Centre Ljubljana.

She made her first steps in the field of diabetic foot in 1989 at King's College Hospital in London in 1989, under the mentorship of Prof. Michael Edmonds and Mrs. Ali Foster. In 1990, she started an out-patient diabetic foot clinic at University Medical Centre Ljubljana.

In 1996 she became a coordinator of Slovenian working group on the diabetic foot and moving spirit of national diabetic foot training courses for nurses. She is a founding member of the DFSG and of the International Working Group on the Diabetic foot. She participated in all editions of the International Consensus on the Diabetic Foot. She joined Step by Step project in 2009 and participated in preparation of Diabetic Foot Care Assistant programme and of Train the Foot Trainer programme. She served as vice-president of D-Foot International. She was also an active member of the Eurodiale Group.

She has a son and a daughter and is a proud grandmother of two boys. In her free time, she loves mountaineering, cycling and skiing, reading books, listening to good music and visiting art exhibitions.

# KRISTIEN VAN ACKER



Kristien Van Acker completed her internal medicine/diabetology training in 1989 at the University of Antwerp. In the same year she founded the first multidisciplinary Diabetic Foot Clinic for Belgium. Her PhD thesis titled „The Diabetic Foot a Challenge for Policy Makers and Health Care Professionals“. She was active at the University Hospital of Antwerp from 1986 till 2003.

Since 2001 Dr Van Acker has gained extensive experience in the field of diabetic foot education in developing countries. She founded and chaired the Train-the-Foot-Trainer projects for the SACA region, the Caribbean Region, in Europe, Western Pacific Region, the Marrakesh meeting for French speaking African countries and Maghreb. The last course was established in Abu Dhabi for all regional experts of the Middle East in January 2020.

She is (co-) author of many peer reviewed articles, book chapters and books, of which the IDF WDD publication „Time to Act, Put feet first“ in 2005. She was a consultant of the Tropical Institute in Antwerp, Belgium and a lecturer on “Public Health” and “Chronic disease management” matters. She was co-founder of “Eurodiale” group.

She received the life-time achievement award of the DFSG/EASD 2017 in Porto. She was 2 times board member of DFSG. She received the Indian DFSICON award of 2016 and at the 4-yearly ISDF meeting in The Hague in 2019 the Diabetic Foot Medal of Honor for outstanding contribution to diabetic foot care. She was extremely pleased to receive in 2022 the DFCON award in Los Angeles: The Edward James Olmos Award for Advocacy Amputation Prevention.

Today she is the Founder-Past-President and Honorary President of D-Foot International (the International Working Group on the Diabetic Foot – Implementation Group) ( [www.d-foot.org](http://www.d-foot.org)).

# PAULINE WILSON



Dr Pauline Wilson is a clinical specialist podiatrist who co-ordinates a multidisciplinary foot team which serves a large population based in Dublin, Ireland as well as a manager of clinical primary care diabetic foot services. She is the current Irish delegate to D-Foot international as well as a member of the POINT working group for both D-Foot and FIP-IFP. Additionally she is the current chairman of the Scientific committee and acting secretary for FIP-IFP. She is on the board of directors for ABPM international. She is regional chair for the wound management association of Ireland. She has represented podiatry on a number of local, regional and national committees and is currently an honorary lecturer for the RCSI and visiting lecturer at Trinity College in Dublin. She has presented widely at international conferences on a variety of topics in relation to the prevention and management of diabetic foot disease. She has a keen interest in clinical based research with over 20 publications in the last 2 years. She is the current holder of the Rick Druggan award and the regional advisor for Ireland for the RCPSG.







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