Diabetes UK puts feet first in Winchester

Thursday 14 January, 2016

Diabetes UK tackles the high rate of diabetes related amputations in West Hampshire by organising a free foot care workshop at the Mercure Winchester Wessex Hotel on Friday 18 March.

As part of its 'Putting Feet First' national campaign, Diabetes UK together with is working with the North and West Hampshire CCGs, Hampshire Hospitals NHS Foundation Trust and Southern Heath NHS Foundation Trust has arranged the local education session for people with diabetes to highlight how diabetes can cause potential problems for feet.

In the West Hampshire Clinical Commissioning Group (CCG) area, amputations in people with diabetes are historically high. Work by Health Services in Hampshire has seen this rate fall from 38 amputations for every 10,000 people with diabetes in 2010/11 to 31 in 2012/13. The national average was 26.

The session will focus on preventing foot problems and is designed for people with diabetes who currently have healthy feet and are not seeing a podiatrist.

The workshop will offer practical advice and information about the importance of having an annual foot check and highlight the healthcare checks that people with diabetes should be getting from their local NHS clinics.

Ian Piotrowsky (74), a local podiatry patient will also give a personal account of the impact that developing a diabetes- related foot complaint and a series of toes amputations has had on his life.

Ian said: I was first diagnosed in 2001 with Type 2 diabetes as I had a foot injury which hadn't healed, leading to a 'hidden' infection that resulted in the removal of a toe together with a couple of the bones from my right foot. Since then I have been frequently (at least every three weeks) seen by my hospital podiatrist for treatment of subsequent foot ulcers. I am rated high risk because when a condition appears, it very quickly deteriorates. In 201 the second toe on my left foot was amputated. In 2014, I again contracted a condition that caused an a swelling of one of my bones and, within a week, despite taking antibiotics, I was again admitted to hospital where two further toes were amputated.

Jill Steaton, South East Regional Manager of Diabetes UK and an advisor at the event, said:

“A single preventable amputation is one too many. This workshop not only gives people with diabetes the necessary practical advice and information about how to look after their feet, but will also help them understand what healthcare they should be getting.”

The free workshop is taking place from 11am to 3.30pm Friday 18 March at the Mercure Winchester Wessex Hotel. The event includes a buffet lunch and light refreshments and is open to all living with diabetes.

Booking is essential as space is limited. For a place book online by typing the link below into your web browser https://pffwinchester.eventbrite.co.uk

People can find out more about the 'Putting Feet First' campaign at www.diabetes.org.uk/putting-feet-first

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