



MALTA UNIVERSITY CONSULTING

**CARE OF THE DIABETIC FOOT
(6 hours)**

Course registration fee: €60

Dates: To be advised

Venue: Online Webinar using ZOOM

Aim and contents of course: The aim of this course is to equip participants with better knowledge and understanding about the diabetic foot and its related complications. Screening methods to help with the early identification of common foot pathologies in this specific patient population will be discussed. Educational and preventive measures including appropriate basic footcare and advice on footwear for this specific population will also be addressed.

Who should attend: This course is targeted towards persons with diabetes or their carers, as well as doctors, nurses and podiatrists.

Course outline:

Session 1:

Introduction to the subject. Learning why diabetes affects the foot and the need to prevent issues.

Diabetic foot disease is a global concern since it leads to morbidity and mortality. During this session, the effects of diabetes on the lower limb will be discussed together with necessary preventative measures which need to be taken by both patients and healthcare professionals to avoid/prevent diabetic foot complications.

Session 2:

Daily care of the foot. What to look out for. What symptoms warrant immediate call to professionals.

Our feet are the foundation of our mobility, therefore we need to care for them and address any problems that may arise; otherwise, our ability to walk, work, and engage in recreational activities may be compromised. Practicing good foot care is a cornerstone of preventive foot health. This session will address common foot pathologies often encountered by patients and the symptoms one should look out for to seek immediate help.

Session 3:

Therapeutic foot wear, shoes & hosiery.

Inappropriate footwear has been indicated as one of the major underlying causes of foot pathologies in the elderly population. During this session, the links between footwear and the onset of certain foot problems will be discussed, together with simple preventive measures to combat the issue.

Learning outcomes: By the end of this course participants will be able to critically evaluate strategies for the assessment, prevention, management and rehabilitation of the diabetic foot.

Delivery style: This will be a facilitated interactive webinar.

Course Trainers:

Professor Cynthia Formosa PhD, MSc (Brighton) FFPM RCPS (Glasg.)

Cynthia Formosa qualified as a State Registered Podiatrist from the Department of Health, Malta in February 1989. Cynthia Formosa is currently working on full-time basis with the University of Malta as the Head of Podiatry Department inside the Faculty of Health Sciences. A post which she has occupied for the past ten years.

Cynthia Formosa was awarded the Masters of Science in Podiatry in April 2003 from the University of Brighton, United Kingdom. She was later awarded the PhD in Podiatry in October 2009 from the same university. She was also President of the Association of Podiatrists, Malta for two years and is currently helping the Association with all the educational activities it organises. She was also appointed as a Visiting Fellow on the 1st September 2011 at the Centre for Sport, Health and Exercise Research, Faculty of Health, Staffordshire University. She is also External examiner for two universities one in the UK and another in Ireland. She is also Fellow of the Faculty of Podiatric Medicine at the Royal College of Physicians and Surgeons, Glasgow. She is currently a member of the International Federation of Podiatrists and a member of the Clinical Biomechanics and Human Performance Research Team at the Faculty of Health, Staffordshire University. She is also a founder member of the Diabetes Foot Research Group, University of Malta.

Cynthia has published over 60 papers in both local and peer-reviewed international journals. She has also contributed in a number of book chapters. She has presented over 100 presentations in leading Podiatry and Diabetes Congresses and Conferences. She is also a peer-reviewer and editorial board member of a number of local and international journals. She has participated in more than 100 conferences at the national and international level, in countries such as USA, Portugal, Italy, United Kingdom, Scotland, Germany, Belgium, Holland, Sweden, Slovenia, Poland, Dubai, France, and Romania.

Dr Alfred Gatt PhD MSc FFPM RCPS (Glasg.)

Alfred Gatt has been practicing podiatry since 1986. After 20 years as Manager of the Podiatry Department at the Department of Health, he focused on academia and research, especially in relation to biomechanics of the diabetic foot. He is presently a Senior Lecturer at the University of Malta and is the lead of the MSc Clinical Biomechanics programme. He has published extensively in various peer-reviewed journals and presented in leading Podiatry and Diabetes Conferences internationally. He is presently President of the European Network of Podiatry in Higher Education (Enpodhe), founder Chair of the Association of Podiatrists of Malta and the Diabetes Foot Research Group at the University of Malta. His current work is based on 3D motion analysis, medical thermography in diabetes, ulcer prevention and CAD/CAM manufacture of custom foot orthoses.

Dr. Stephen Mizzi

Stephen qualified from Queen Margaret University in 2000. He spent 13 years working for the National Health Service, during which he received his Masters in Podiatry from Brighton University and a Ph.D. from Canterbury Christ Church University (UK). Stephen is currently a full-time lecturer at the University of Malta, Faculty of Health Sciences, with research interests focusing on diabetic foot biomechanics and therapeutic footwear. Stephen is also a founder member of the Diabetic Foot Research Group (DFRG), launched in 2011, with the aim to identify, encourage and conduct research in order to provide knowledge to practitioners, scientists, and patients alike.

Certification: Participants who attend at least 80% of the sessions will be awarded a Digital Certificate of Attendance issued by Malta University Consulting Ltd.

Course registration fee and contact information: Cheques are to be made payable to Malta University Consulting Ltd.

For further information kindly contact: Malta University Consulting Ltd, Robert Mifsud Bonnici Street, Lija.
Tel: 99204637; e-mail: michelle.vellawood@muhc.com.mt; website: www.muhc.com.mt