



Back ground 1

- Diabetes mellitus (DM) is a global epidemic, and diabetic foot ulcer (DFU) is one of its most serious and costly complications.
- 4% of 2,679 (107, 2023) patients of diabetes develop DFU that will need amputations. Patients with DFUs frequently require amputations of the lower limbs and,
- in 2017 a 37Y/M builder With 1 wife and 3 children turned down amputation and said him as a bread winner cant go back to his children lame.
- A team of 3 health workers took up the mantle researched and came up with the alternative "God's way of healing with natural remedies"
- After 5 months of treatment on November 24th 2017 the man went back home with his foot.

PROBLEMS AS of 2018 2

- Major amputation is associated with significant morbidity and mortality (ranging from 13 to 40% at 1 year to 39 to 80% at 5 years 2) in addition to immense social, psychological, and financial consequences.
- Increased number of refusal DFU amputations (1:1).
- Un established natural remedies treatment protocols.
- Poor acceptance of lifestyle practices by medical team.
- Medical legal issues resulting from alternative management..
- Long treatment duration and associated costs.

AIM 3

- Provide an option for patients who turn down amputation.
- Enhance quality of life in DFU patients.
- Control causes of DFU; glycaemic control, manage peripheral neuropathy and peripheral arterial disease.
- Reduce on amputation rate.

year	2018	2019	2020	2021	2022	2023
DFU numbers	213	159	89	173	271	256

Gaps Lifestyle DFU treatment 4

- No life style department.
- No lifestyle treatment protocols.
- No experienced working personnel (lifestyle therapists)
- Limited knowledge in general DFU treatment.
- Lack of funds to establish a dedicated lifestyle centre.

Strengths . 5

- Dedicated team of health workers to pioneer lifestyle services at IAH.
- Supportive management team.
- A residential house to become a ward/ department for life style.

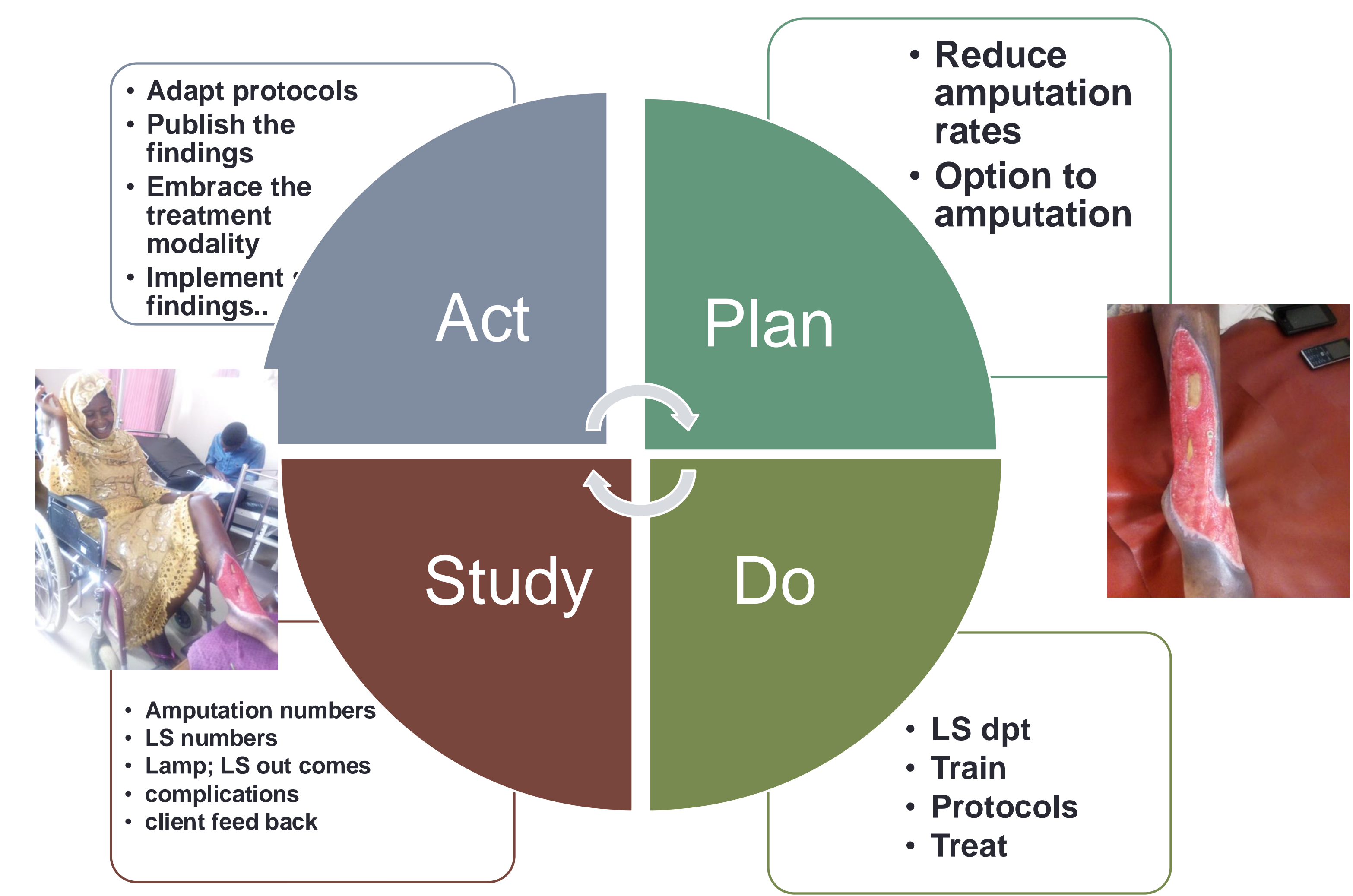
Management Decisions 6

- Embrace the idea of lifestyle establishment at IAH.
- Dedicate and renovate house number 12 for life style department.
- Search for funding to establish the department: Dr Fam,
- Conduct first life style / medical missionaries training for willing health care workers.
- Establish DFU management protocols.

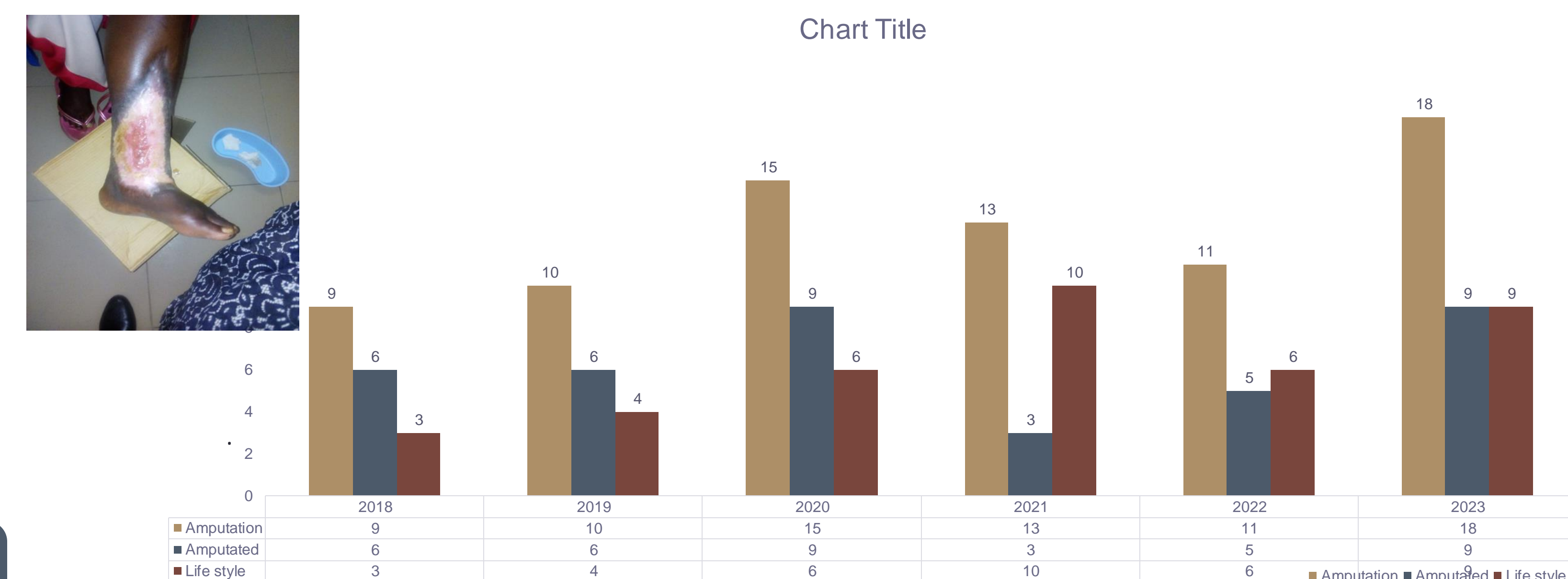
Implementation plan 7

SN	Action	who	when
1	Establish lifestyle centre	ED, MD	May 2017
2	House renovations	ED,MD	July 2017
3	Training	MD, LS incharge	August 2017
4	Design protocols	MD, LS incharge	Sept 2017

I CANT LOOSE MY FOOT PROJECT 8



RESULTS: 2018- 2023 9



OBSERVATIONS/ OUTCOMES.

SN	CHALLENGES	LESSONS LEARNT
1	Slow progress	Limb salvage
2	Disfigurement	LS treatment has improved wound care in the hospital.
3	Change in treatment plan	Control/ reversion of DM
4	Total engagement/ commitment	NEWSTART works
5	Regression to risky behaviour.	Adherence is key.