

4th NUHS REGIONAL TRAINING COURSE FOR DIABETIC FOOT SCREENING

PROGRAMME

Day 1: 19 th October 2009 (Monday)		
Venue: CRC symposium room (NUS)		
8:00 – 8.30	Registration	
8:30 – 9:15	<ul style="list-style-type: none"> Importance of Team Approach & Foot Screening Setting up a Foot Screening Service 	A/P Aziz Nather
9:15 – 10:15	<ul style="list-style-type: none"> Introduction to Diabetes Mellitus Types of Diabetic Neuropathy 	Chionh Siok Bee
10:15 – 10:45	Coffee Break	
10:45 – 11:30	Biomechanics of the Foot	Samuel Randall
11:30 - 13:00	<ul style="list-style-type: none"> Role of Classification Systems King's College Classification 	Tiffany Tsao
13:00 - 14:00	Lunch	
14:00 – 15:30	Anatomy of the Foot	Tiffany Tsao
15:30 – 16:15	Healthy Lifestyle <ul style="list-style-type: none"> Glycaemic Control Self-Blood Glucose Control 	<i>Jeannie Chen</i>
16:15 – 17:00	Weight Management	<i>Loy Yijun</i>

Day 2: 20th October 2009 (Tuesday)**Venue: CRC symposium room (NUS)**

8:30 – 9:00	Education and Self-Management	Esther Tan
9:00 – 9:30	Diabetes Complications Screening <ul style="list-style-type: none">• Eyes• Kidneys• Drugs in Diabetes	<i>Jeannie Chen</i>
9:30 – 10:30	Education on Diabetic Foot Care	Malia Ho
10:30 – 10:50	Coffee Break	
10:50 – 11:50	Diabetic Foot Infections <ul style="list-style-type: none">• Clinical Presentation• Types of Pathogens• Investigation• Antibiotic Treatment	Michelle Balm
11:50 – 12:30	Outpatient Parenteral Antibiotic Therapy (OPAT)	Dale Fisher
12:30 – 13:30	Lunch	
13:30 – 14:30	Peripheral Vascular Disease & Microangiopathy	Jackie Ho
14:30 – 15:30	Footwear <ul style="list-style-type: none">• Importance of Appropriate Footwear• Anatomy of the Shoe• Footwear Prescription• Cultural Habits on Shoe Wear	Samuel Randall
15:30 – 17:30	Lecture Demonstration – How to Use Recommended Protocol for Foot Screening	Tiffany Tsao Rajeswari

Day 3: 21th October 2009 (Wednesday)		
Venue: CRC symposium room (NUS)		
8:30 – 9:30	Clinical Examination of a Diabetic Foot	Aziz Nather
9:30 – 10:45	Assessment of Diabetic Neuropathy <ul style="list-style-type: none"> • Pin Prick • Semmes Weinstein 5.07 Monofilament Test • Tuning Fork • Biothesiometer • Tendon Tapper 	Tiffany Tsao Chris Lee Rajeswari
10:45 – 11:00	Coffee Break	
11:00 – 13:00	Assessment of Diabetic Vasculopathy <ul style="list-style-type: none"> • Ankle Brachial Index • Toe Brachial Index • Doppler Wave Forms • Transcutaneous Oxygen Measurements 	Tiffany Tsao Chris Lee Rajeswari
13:00 – 14:00	Lunch	
14:00 – 15:00	Wound care <ul style="list-style-type: none"> • Dressing Types • Dressing of Wounds 	Janet Tan Sze Yee
15:00 – 16:30	New Generation Dressings	Product Specialists <ul style="list-style-type: none"> ○ Molyhncke Health Care ○ Novem ○ KCI ○ Convatec ○ Smith & Nephew

Day 4: 22nd October 2009 (Thursday)

Venue: CRC symposium room (NUS)

9:00 – 11:00	Practical Demonstration followed by Practice Sessions on: How to Conduct Foot Screening Using Protocol <ul style="list-style-type: none"> • Video Presentation by Tiffany Tsao • History • Examination • Assessment of Neuropathy • Assessment of Vasculopathy • Classification • Footcare Advice • Footwear Advice 	Tiffany Tsao Malia Ho Chris Lee Rajeswari
11.30 – 12.30	Theory Exam Paper I & II	Coordinators: Aziz Nather Tiffany Tsao Chris Lee
12:30 – 13:30	Lunch	
13.30 – 17:00	PRACTICAL EXAMINATION	Examiners: Aziz Nather / Rajeswari Tiffany Tsao Malia Ho Samuel Randall
17:00 – 17:30	Feedback Evaluation	Aziz Nather Tiffany Tsao Chris Lee
17:30 – 18:20	Convocation Ceremony & Presentation of Certificates	Aziz Nather Tiffany Tsao Chris Lee

Examining Teams for Practical Examination

Team 1: Aziz Nather / Rajeswari

Team 2: Tiffany Tsao / Jaslyn

Team 3: Malia Ho / Janet

Team 4: Samuel Randall / Foong Li Li

Certification of Course

The certificates of the Course will be signed by:

Associate Professor Aziz Nather
Chairman, NUHS Multi-Disciplinary Team for Diabetic Foot Problems

Dr Chionh Siok Bee
Co-chairman, NUHS Multi-Disciplinary Team for Diabetic Foot Problems