Exploring Mechanisms of Diabetic Foot Ulcerations

Prevention and treatment of foot ulcers in patients with diabetes
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President’s Message

Provided below is an update on the FIP’s recent activities. In addition to our board meeting in Madrid, Spain on April 4-7, 2013, a number of side meetings were also arranged.

World congress site visit in Rome

- Dr. Kathleen Stone and Dr. Robert Chelin did a site visit of the Sheraton Roma Hotel and Conference Centre in advance of the 2013 World Congress on October 17-19. They worked with the hotel and conference organizers to finalize all congress details. The Sheraton Roma has been fully renovated, including the hotel rooms, which are quite comfortable. I encourage everyone to book hotel accommodations soon as hotel space is limited. Professor Mauro Montesi also joined the site visit and checking out potential venues for the FIP delegate dinner and the world congress dinner.

Meetings in Portugal and Spain

- Fernando de Penalva and I had several meetings in Portugal, including a visit to FIP members in Porto and a tour of the two podiatry schools and clinics in Porto. We then travelled to Spain and met with Jose Garcia Mostazo, President of the Consejo General de Colegios Oficiales de Podologos, who represents the entire group of podiatrists in Spain, replacing Martina Novella Marti. We also visited the podiatry school at the Universidad Complutense de Madrid, met the Spanish surgical association president, and then met with Dr. Angel de la Rubia, podiatry sports medicine association president, and Gabriel Dominguez, representative from the bio-mechanical association.

Board Meeting Highlights

- 2013 World Congress update – the exhibit hall is 95% sold out, close to 200 abstracts were submitted and over 400 early bird registrations confirmed. The academic program includes three lecture tracks, numerous workshops and three keynote speakers. The preliminary program is posted on the official world congress website – www.fipworldcongress.org

On behalf of the FIP-IFP Board, I want to thank Dr. Vince Hetherington and his committee for all their work in putting together a truly world class academic program.

Call to action:

- We need more registrants for the World Congress. Please spread the word to all your members!

- Also, if you know any company that would like to exhibit or be a sponsor at the World Congress, please contact Robert (ft-biz@rogers.com) or Jayne (jeneroux@xplornet.com) and they can follow up with the company.

Together we can make the 2013 World Congress the best one to date!
Memorable Patient
by Mona Boysen

In my work as a podiatrist in Norway in private practice, I have often consulted patients with rheumatic diseases in my clinic. Due to the cold weather in Norway these conditions can become extremely painful and debilitating for the patients. The snow and ice in the wintertime make it even more difficult for these patients to walk outside, compared to the summertime, and I have often noticed that, for many months they are most of the time indoors and, then, inactive.

A few years ago, I had a patient, female 65 years, with rheumatoid arthritis and type 1 diabetes who consulted me for her severe pain in the forefoot during walking. The pain affected her walking, which made her much less mobile, and her quality of life was greatly reduced because of this. She really wanted to walk daily, because she was concerned about this in relation to the diabetes. She had previously consulted a prosthetist who made her shoes and insoles, but she was not satisfied with these because her feet were still very painful.

On examination, I noted she had typical rheumatoid bony deformities such as hallux valgus, clawed and hammered toes, subluxation of the metatarsal heads and joint effusion over the bony prominences. She did not have any open ulcers, but had painful hyperkeratosis over the plantar metatarsal area, as many with this disease have. She had many surgical interventions on the foot during her life, and the scars gave her pain, and she also wanted to avoid surgical interventions if possible in the future. My treatment plan was to debride the callosities and modify her previous insoles to offload the forefoot during weightbearing. I chose initially a simple treatment, forefoot relief in felt. I wanted to achieve total relief of the prominent metatarsals, because of the large bony changes combined with loss of adipose tissue. Because of her RA, she also had problems with her hand. Using felt-padding and Haplaband, the padding sticks on the skin for two - three weeks. Then I asked the patient to come back for a review three weeks later. When she came back, she immediately exclaimed “I can walk again, the pain is almost gone! I have regained my life!”

Being so fortunate to be part of a profession where you can give back quality of life to people is so valuable and satisfying. My simple offloading pad in felt still works well, and the patient refuses to try other treatments. My message to share with colleagues is that even the simplest treatment of a podiatrist can relieve the pain and suffering of our patients.

I would like to thank my colleagues Margreet van Putten, Robert van Lith and Elin Langeng for their always good will to share their experience, expertise and knowledge about felt, haplaband, and the unique techniques. You have given me the opportunity to help many patients to a better life.

Do you have a memorable patient moment that you’d like to share with your colleagues? Please send it to Jayne Jeneroux at jjeneroux@xplornet.com
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ECP Update

Communication is the lynchpin in coordinating and sharing professional information across the European Union (EU) and Member States through the FIP subgroup, the European Council of Podiatrists (ECP), in order to update and inform the membership across each country as to the important issues being discussed across our network.

Members are pivotal in informing and driving the EU agenda and we will be launching a number of new initiatives to improve communication over the coming months to ensure that the European agenda is maintained and supported through the CEPLIS forum in Brussels.

We are currently working towards improving the web information available to members including a proposal for a Questions and Answers page to inform and update members on key events and actions.

This will ensure the increase of Member State engagement of this concept, share the information on EU legislation in a meaningful way and importantly get agreement on the way forward as EU FIP members.

To these ends, my first plea to you all is the updating of key personnel and significant others in each member state so that we may ensure our network is accurate and fit for purpose to meet these needs.

To help inform us of the issues you are most interested in it would be helpful for your views and comments so we may start to formulate our FAQs so we can create a Frequently Asked Questions Link on the FIP website and a repository of ‘Information for all’.

I, on behalf of the Board, am keen to get your views and welcome comments to my email address at: nsimmonite@gmail.com

Actions for your ECP Board to coordinate following the last CEPLIS meeting in Brussels are:

1 A directory of contacts in each European country and a flow chart to see how information flows to and from this point of contact. (This is really important so we can get information to and from each member state and their individual members to share information and receive their views. It is also important for succession planning). Please can you send your network map and key links to Jennifer at: jmare@worldcom.ch

2 To map the syllabus of education requirements for podiatry in each member state for the primary qualification and scope of practice linked to this. The expectations of Continued Education and/or Continued Professional Development expected to maintain and develop the baseline professional qualification and those to advance professional roles and practice in each Member State.

3 The scope of practice in each member country, a potential issue in ‘portability’ of qualifications across Members States and required host competency measures and quality assurance to practice either fully or partially in accordance with host qualifications versus Member State in which the primary qualification was attained and its scope of professional practice.

This is also really important for emerging development in Member States and curriculum development versus aspirational professional practice across all Member States and working towards equality, parity and unity.
We have recently had this highlighted through some excellent work from our Cyprus colleagues looking to develop their current curriculum and hence the need to see what is out there already and the commonalities and differences of each member state so we can all aspire to the same high standards for the same level of professional practice and governance. This information is key when demonstrating to CEPLIS the effectiveness of our communication links and that we are the voice of our profession as a whole across Europe. I hope this is something you all feel we can sign up to together as we must be the safeguards of our profession to insure patient safety and excellence in practice.

Other work of CEPLIS includes the European Economic and Social Committee (EESC) established Study Group which is focusing on "The role and future of the professions in European civil society 2020". This Study Group will produce a paper to inform the European Union on the policies that impact upon our profession within the CEPLIS organisations.

We will inform you of the updates to this work in a future Footsteps.

2013 ECP Meeting in Rome

As the Chairman of European Council of Podiatrists (ECP) I am very keen to get your involvement at the forthcoming ECP Annual General Meeting in Rome, Italy on October 16, 2013. This is an important time for foot healthcare and especially Podiatry with the rise in incidence and prevalence of diabetes globally and our key role within the care of patients with diabetes to prevent morbidity and limb loss.

Member State engagement and ensuring robust communication to and from CEPLIS from the many National and International organisations to further build on the understanding of EU Directive 36/2005/EC are critical. To these ends I hope to see many of you in Rome to share your expertise and insight into the development, ramifications and future work required in support of our aspirations as FIP and CEPLIS members and I hope you will join us there.

This in turn will help us continue to shape the ECP strategy and working through FIP insure we maintain and develop the engagement of Member States and wider community to supply ECP, FIP and the CEPLIS committees with the information needed in a robust and timely manner for discussion and sharing.

Whilst we look at ways of improving the information flow, I invite members to look at the CEPLIS website http://www.ceplis.org/en/index.php to review current themes and trends under consideration.

With best wishes,

Neil

Neil Simmonite
MBA., BSc(Hons),, DPodM., PGCert Ed., MChS., FHEA. Chair ECP.

Your new ECP board members are:

Neil Simmonite
Chair

Peter Boelens
Vice Chair

Laurent Van Nieuwenhuyze
Treasurer

Minna Stolt
Delegate

Jennifer Mare
Secretary
Country Updates

Denmark
To make sure that Danish podiatrists are up to date with the recent procedures on how to sterilize instruments and maintain high standards of sanitation, we have arranged free meetings around the country. Especially the increasing global problem regarding MRSA is of great concern to us and therefore we think it is necessary to help our members to prevent contamination.

Most Danish podiatrists make insoles for their patients. However, some need a gentle push to get started. Therefore, we offer free courses around the country this fall in order to get as many Danish clinics as possible to offer insoles.

This spring, we have completed the negotiations leading to a new agreement for the podiatrists who are working in the public sector. The agreement only includes a very small raise in remuneration which is acceptable considering the current state of the economy.

Every summer the Danish top politicians, organizations and citizens meet at Denmark’s Political Festival on Bornholm. This year, we will also be present to show people who podiatrists are and how we make a difference for the society. If you want to know more about the festival, have a look at www.brk.dk

France
Le Ministère de la Santé met en place des projets de prise en charge des personnes âgées dépendantes dans lesquels seront associés les professionnels de santé (médecins, infirmières, kinésithérapeutes et podologues).

Serge Coimbra Président de la FNP a été reçu avec d’autres responsables de syndicats professionnels représentatifs par le Ministre de la Santé. Serge Coimbra a présenté les problèmes rencontrés par la profession en souhaitant qu’une réponse appropriée favorable soit apportée aux demandes des podologues.

L’Association la plus importante de défense des patients diabétiques organise la Semaine Nationale de Prévention du 3 au 9 juin : la FNP et les podologues sont associés à cet événement.

Serge Coimbra, membre du Bureau exécutif du CEPLIS, ne représente pas sa candidature aux élections qui auront lieu lors de l’Assemblée Générale du CEPLIS à Madrid en juin.

Le Conseil d’Administration FNP.

Italy
In the period under review, the AIP has taken many initiatives for the World Congress of Podiatry. In recent weeks, at the Congress venue (Sheraton Hotel) a meeting was organized with the leaders of FIP to discuss some of the initiatives already taken and those to be taken in the coming months. We also visited some of the locations for the gala dinner.

As already described, the AIP has developed a new computer system, called “Podium”. It started the distribution system, which is scheduled free for all associated Podiatrists. The advantages of it are manifold and for the management of the study, both in general and for the enhancement of profession.

Of great importance is the participation in the conference “Master Wound Care”, at which the President, Prof. Mauro Montesi, spoke at the opening of the importance of the role of Podiatry in the prevention and treatment of ulcers.

Mexico
In the Federación Mexicana de Podólogos y Podiatras AC there have been a series of events that seek to re-define the course of Podiatry in Mexico:

1. - From this year is published on the web, our website: www.federacionmexicanadepodologos.com.mx that aims to become a reference for podiatry in Mexico, including in their sections, basic issues, consultation, updates and news from the world of podiatry. It includes the participation of well-known and well-respected columnists pouring and sharing on our website, some of their knowledge with the community of podiatry in Mexico and the world. We also have over 3,600 affiliated accounts on our Facebook account www.facebook.com/federacion.mexicanadepodologos where every day podiatrists share information around the world.

2. - From this year, we took out the change of the Executive Committee of the Federación Mexicana de Podólogos y Podiatras AC., Presiding leaving it, the Pdgo. Arturo Sosa de la Peña, who over the years gave the best of himself towards the professionalization of Podiatry in Mexico. Thanks Arthur for your passion and commitment.

For the 2013-2015 cycle, the Executive Committee in an open and unanimous vote, appointed Pdgo. Marco Antonio
Barrios Dehesa as the new President of the Federación Mexicana de Podólogos y Podiatras AC, who has extensive experience and highlights being born and raised in a family from a pioneer of podiatry in Mexico. We wish Marco Antonio the best success during his tenure as President of the Federación Mexicana de Podólogos y Podiatras AC.

3.- Links have been renewed for joint work with internationally renowned institutions such as The New York College of Podiatric Medicine and of course the International Federation of Podiatry, FIP-IFP, that enhance and strengthen podiatry in Mexico, for professionalization. At the same time we are already participating in the work of the Third National Congress of the Diabetic Foot, held on 4 and 5 last May in Mexico City, where we successfully brought together renowned specialists, podiatrists, doctors and internationally renowned laboratories. We also established the commitment of the FIP-IFP participation in the next XXV International Congress of Podiatry, to be held in the city of Guanajuato, Mexico. Next November 29, 30 & December 1, 2013, technological development and the forefront of podiatry in the world will be the main ingredient. Thanks to DPM Joe Caporusso for your outstanding participation in our conference.

Federación Mexicana de Podólogos y Podiatras AC
Marco Barrios

Norway

As spring finally settles over Norway, we’ve decided to bring an old issue, where we’ve previously lost against the authorities, back to the battleground: reimbursement for diabetes patients. Instead of applying for general reimbursements for podiatric treatment, as we did the last time, we’ve narrowed the scope to only include orthotic devices in silicone or felt for pressure relief. Since similar devices made by orthotic engineers do qualify for reimbursement already, we hope to have a pretty good case, arguing that it is unreasonable to favour one profession over another.

An important aspect of our work is taking care of our local representatives, which consists of 13 regional boards. Every April, we arrange a gathering for two delegates from each board, with focus on dialogue, motivational activities and networking. Every second year, we also hold our General Meeting. We are very proud of our representatives who put down a lot of effort for our members.

As the World Congress in Rome is approaching, we are happy to notice that many Norwegians have already registered for attendance, and are taking the opportunity to meet with fellow colleagues from around the world. We are looking forward to the event with great expectations!

Mona Boysen
President of Fotterapeutforbundet

Perú
Peruvian’s Podiatrist Day
Every year on July 26th is a special day for Peru because we celebrate the Day of the Peruvian Podiatrist. This year we want to celebrate with an event full of activities that give prominence to professional podiatrist. That’s why we have the honour to receive podiatrist Joseph Caporusso, President of the International Federation of Podiatrists (FIP), who not only come to give lectures on podiatry issues, but also to visit podiatry schools, meet facilities practices and dialogue with student leaders in podiatry in our country to know the current situation, progress and obstacles encountered in developing the profession and to explain the experience the FIP has for integrating and uniting podiatrists in several countries. Our activity is going to be in San Camilo’s Center on August 3 and 4 in Lima.

Activities in Chile
On 9 February, the exhibition was held in Chile EXPOPIE, organized by Edepach Podiatry’s School. Among the topics presented at the event, we must emphasize the speech of Mr. Aldo Palomino, whose theme was “The International Podiatry and its Impact in Chile”, which highlighted the recent affiliation of the Chilean Association of the Federation International Podiatrists (FIP) and the future benefits that Chilean podiatrists get to be part of the international podiatry.
World Foot Health Awareness Month

In May we have been part of the World Foot Health Awareness Month in Peru sending information to podiatrists. The objective is create awareness to society and the authorities on the importance of the podiatrist for foot care and prevention of various diseases and injuries that occur in lower members.

Our Association delivered free of charge a poster for every colleague and student as part of the campaign about the skills you can perform as a podiatrist.

World Congress of Podiatry

Several months ago we promoted the 2013 World Congress of Podiatry in Italy through the internet, publications and events in Peru and South America and look forward to Peruvian and South American presence in October. We are confident that our delegation will have the opportunity to learn from the congress and in addition to acknowledge Italian hospitality.

See you in Rome
Aldo Palomino

South Africa

The most exciting event for Podiatry South Africa in 2013 is our Congress in September. It will be a full academic program which promises to bring new techniques and innovations to Podiatry in South Africa.

The social program promises to be informative and exciting.

The NHl (National Health Insurance) component, which our government wants to launch in the upcoming years, is in pilot study phase and the result will be published before the end of the year.

We anticipate growth during this process, as more posts will be created in the Public Sector.

Unfortunately, although prescription rights of podiatrists have been approved, the process of implementation is still deadlocked; as the Medicines Control Council and HPCSA (Health Professions Council) are disputing the process of implementation.

We remain hopeful that this process will be resolved speedily.

The Footwear Sub-committee has been hard at work and PASA proudly approves numerous footwear companies’ merchandise under the supervision of Brandon Maggon, Michael Els and Anette Thompson.

Our new logo is proudly displayed in shopping malls across the country.

PASA will be focusing on the social network aspect of marketing in the future. We aim to reach the public more readily and educate them on Podiatry, as it is still a fairly unknown profession in our country.

I look forward to seeing other FIP members in Rome at the FIP Congress in October.

Remember to visit our website: www.podiatrist.co.za

Regards,

Gina Badenhorst
Secretary: Podiatry Association of South Africa

Sweden

Facebook Group

We are now communicating amongst all chiropodists via a closed Facebook group. It has turned out to be a great success! All sorts of questions and opinions are aired. Less experienced members write a question in “cyberspace” and more experienced members are free to help colleagues. No questions are too insignificant or “stupid” to ask. Our Norwegian colleagues are also included in this group which widens our horizon even further.

For a couple of years we have discussed how to make it possible for members to easily get in touch with one another. We started a chat forum on our homepage but it did not take off. A bright young chiropodist fixed it with no further ado, a closed Facebook group – et voilà! Now we are communicating like mad!

Many thanks to Henrik Ekström Levén for the initiative!

Best regards

Stella Tommos
Sveriges Fotterapeuter
APMA Launches Patient Education Campaign on Bunions

During this year’s Foot Health Awareness Month, APMA focused on bunions, what they are, what causes them, and how today’s podiatrist can treat them. Visit the Beat Bunion Blues campaign Web page at www.apma.org/bunion to find new patient-oriented tip sheets, a video, a brochure, a poster, and additional bunion resources. The Beat Bunion Blues poster is available free of charge for APMA members; to order one simply visit the APMA e-Store at www.apma.org/store.

APMA’s Public Education and Information committee was integrally involved in developing this year’s foot health awareness campaign. Read more about the Beat Bunion Blues campaign in the April issue of APMA News.

HELLPP Act Introduced in Congress

APMA recently introduced the Helping Ensure Life- and Limb-Saving Access to Podiatric Physicians (HELLPP) Act, in the 113th US Congress. The bipartisan HELLPP Act aims to ensure patients continue to have access to quality foot and ankle care from podiatrists.

The HELLPP Act would accomplish three important goals:

- Recognize podiatrists as physicians under Medicaid
- Clarify coordination of care and improve health-care provider communications in Medicare’s Therapeutic Shoe Program for patients with diabetes
- Strengthen Medicaid program integrity

More information about the HELLPP Act can be found online at www.apma.org/saving.

Comedian Jerry Seinfeld Credits APMA Member with Relief of Pain

Comedian Jerry Seinfeld visited the New York College of Podiatric Medicine (NYCPM) in April to express his gratitude to APMA member Joseph D’Amico, DPM, for ending his 30-year struggle with heel pain. Dr. D’Amico, a former chair of the orthopedics department at the school and a long time instructor, succeeded where numerous other medical professionals failed by identifying the biomechanical basis of Seinfeld’s problem.

Seinfeld told his story to a small group of NYCPM faculty members. When speaking about his eponymous award-winning sitcom, Seinfeld said, “I have a hard time watching the reruns because I see the shoes on my feet and remember how painful that experience was.”

To show his appreciation for the outstanding care he received from Dr. D’Amico, Seinfeld made a donation to the Gait Laboratory for Biomechanical Research at the school, as well as an additional donation to fully fund the Richard O. Schuster Memorial biomechanics seminar.

United Kingdom

There has been a small delay in the legislation to enable podiatrists to carry out independent prescribing. This is now expected to be enacted over the summer, and training for podiatrists who wish to become independent prescribers should be available from January 2014.

The SCP and the College of Podiatry published new strategic plans for 2012-2017 last autumn. The themes in the plans are:

- Championing the interests of members
- Promoting the podiatry profession for the benefit of the public
- Securing the future of the Society
- Developing an effective structure
- Facilitating the advancement of health, research and education

These themes will guide our work over the next five years.
More results support use of foot orthoses to significantly decrease plantar pressures

Swedes also find low ulceration rate

Research from Sweden and Egypt provides more evidence that foot orthoses can significantly decrease plantar pressures in patients with diabetes, theoretically reducing the risk of foot ulcers and lower extremity amputation.

Investigators from the University of Gothenburg in Sweden found that both custom and prefabricated insoles significantly reduced in-shoe plantar pressures in patients at risk of ulceration, effects that were maintained after one year. And researchers from Ain Shams University in Cairo, Egypt, also documented significant plantar pressure reductions with the use of a custom-molded foot orthosis in diabetic patients who had previously undergone first ray amputation.

The Swedish team randomized 114 diabetic patients to receive one of three types of insoles: a custom device made from 35-shore ethylene vinyl acetate (EVA), a custom insole made from 55-shore EVA, or a prefabricated device with support in the medial arch, a metatarsal pad, and a 25-shore A Poron cover. Patients wore the designated insoles with their own standard walking shoes. The researchers did not track patient compliance with insole wear.

No patient had an active foot ulcer at baseline; one patient developed an ulcer in the first six months, but that one case was the only ulcer to occur in the 12-month study period. Although the study did not include a control group, the ulceration rate of .9% was lower than most rates reported in the literature.

All three types of orthoses were associated with peak plantar pressures of less than 272 kPa after one year. Peak plantar pressures for the custom orthoses were significantly lower than for the prefabricated orthoses in the heel region only, said Ulla Tang, CPO, a doctoral student at the University of Gothenburg’s Institute of Clinical Sciences and an orthotist-prosthetist at Sahlgrenska University Hospital, who presented the findings at the ISPO World Congress in Hyderabad, India.

“All three types of inserts effectively distribute pressure under the sole in order to minimize the risk of ulcers,” Tang said.

The Egyptian group created custom foot orthoses for 20 patients with first ray amputations secondary to diabetic foot ulcers—a particularly challenging population with regard to preventing ulcer recurrence.

“Every foot after an amputation is usually abnormally shaped,” said Rana El-Hilaly, MD, a lecturer in rheumatology and rehabilitation at Ain Shams University, who presented her group’s findings in Hyderabad. “What I want is something
that will fill in the defect and increase total contact area to better distribute the pressure. So I create the device for the foot as if it was a prosthetic socket, to capture the different shapes and bony prominences."

Each custom orthosis included a 4-mm Pedillin base layer supplemented with Poron in high-pressure areas, topped with a layer of EVA and another layer of Pedillin.

El-Hilaly and colleagues assessed static and dynamic plantar pressures in the 20 patients using a pressure mat under three conditions: barefoot, with the custom orthoses, and with flat insoles. They found that, during walking, both insoles decreased peak plantar pressures in the midfoot, heel, and midmetatarsal regions, but the custom insoles decreased pressures more than the flat insoles. During standing, they found significant reduction of peak plantar pressures only with the custom insoles.

The findings were also e-published in December by The Foot.

Article courtesy of Lower Extremity Review

Sources:

Tang U, Zugner R, Tranberg R.

El-Hilaly R, El-Shazly O, Amer A.
The role of a total contact insole in diminishing foot pressures following first ray amputation in diabetics. Presented at International Society of Prosthetics and Orthotics 2013 World Congress, Hyderabad, India, February 2013.

El-Hilaly R, El-Shazly O, Amer A.
The role of a total contact insole in diminishing foot pressures following partial first ray amputation in diabetic patients. Foot 2012 Dec 19. [Epub ahead of print]
Next Stop, Rome, for the 21st World Congress of Podiatry

Get ready to pack your bags and hop on a plane to Rome, Italy, for the 2013 World Congress of Podiatry is now only months away. Taking place from October 17-19, this premier foot and ankle conference will bring you together with podiatrists from around the world, providing you with the rare opportunity to meet and network with your fellow FIP members.

As the date swiftly approaches, the FIP is putting all of its energy into making this year’s congress a podiatry event to remember. The preliminary program has now been posted on the official World Congress website www.fipworldcongress.org and all three days will be bursting with activity.

With over 100 oral and poster presentations and numerous interactive workshops scheduled, there really is something for everyone at the congress, no matter where you are in your career. Dive right in and make the most of the conference by sitting in on some of the abstract sessions that cover a wide range of topics, from podiatric radiology and imaging to dermatology. Then, take some time to explore the booths in the vast exhibition hall. Over 60 exhibitors will be displaying podiatry related products and services.

Even though the early bird registration is over, you still have plenty of time to register for the conference. Visit the FIP World Congress website and get registered today.

Then, once you’ve registered for the conference and booked your hotel, be sure to purchase tickets to the World Congress dinner that will be taking place on Saturday the 19th. Enjoy a delicious dinner as you look out at the breathtaking backdrop of Rome, Italy. But don’t wait too long. Tickets are limited and are bound to sell out fast. Visit www.fipworldcongress.org to purchase your ticket and reserve your spot.

And for those of you bringing along a spouse, family member or friend, the FIP has recently posted a special spousal program that can be viewed on the World Congress website. Filled with an assortment of exciting things to experience in Rome, like a private tour of the Vatican museums, shopping excursions and Italian cooking classes at Eataly, your spouse/family/friends will be able to enjoy Rome to the fullest while you attend the conference.

With only a few months to go, it’s definitely time to start planning out the final details for your trip to Rome.

Book your flights, scan through the World Congress preliminary program and get caught up in the excitement as you prepare yourself for a once in a lifetime conference and an unforgettable trip to one of the most iconic cities on the planet.
Meet the Three World Congress Plenary Speakers

The preliminary program for the 2013 World Congress of Podiatry is up and posted on the official World Congress website www.fipworldcongress.org and there is definitely something for everyone, including three not-to-be-missed plenary speakers.

First on the list is Dr. Bradley W. Bakotic, DPM, DO. Covering the topic of podiatric pathology in his plenary session, Dr. Bakotic is board-certified in anatomic pathology and clinical pathology and is the only podiatrist in the United States to hold specialty board-certification in dermatopathology.

Next up is Dr. Hal Ornstein, DPM, FASPS, FAPWCA from Howell, New Jersey, USA. Dr. Ornstein has been practicing for 20 years and is board-certified by the American Board of Podiatric Surgery. A nationally renowned lecturer and author on the topic of patient satisfaction, Dr. Ornstein’s will be speaking on the topic of practice management.

And the final plenary speaker is Dr. Mariano de Prado. Dr. de Prado obtained his Doctor in Medicine and Surgery from the University of Bologna in Italy in 1997 and is currently participating in training and exchange programs in order to develop new techniques for minimally invasive foot and ankle surgery.

The schedule for the World Congress of Podiatry is alive with activity, so once you get to Rome, be sure to pencil in the times of each plenary speaker so you can make the most of the congress and benefit from all three sessions.

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2013 FIP-IFP Humanitarian Award

Cast Your Vote NOW

Did you know that the FIP-IFP presents an FIP-IFP Humanitarian Award each year to a special individual whose selfless work in the field of podiatry has made a difference in the lives of others? And did you know that you can nominate one of your colleagues for this award?

If you know of someone who has gone above and beyond to provide podiatry-related care or assistance to others in need, please take a few moments to fill out a nomination form on their behalf. Perhaps a fellow colleague who has contributed to disaster relief, podiatry education in developing countries or has made a unique sacrifice to help others? If so, the FIP-IFP wants to hear about it and encourages you to nominate this person for the 2013 FIP-IFP Humanitarian award today.

Awarded annually to a nominated FIP-IFP member after careful evaluation by the FIP-IFP Board, the 2013 Humanitarian award will be announced at the 2013 Annual General meeting in Rome, Italy on October 16. Along with the recognition of their association and their peers, the recipient will also receive an FIP medal and a certificate signed by the FIP-IFP President Dr. Joseph Caporusso.

Award criteria and nomination forms are available on the FIP website (www.fip-ifp.org) so take a moment to consider someone you think is deserving of this honour. For more information, contact FIP-IFP Executive Director Jayne Jeneroux at jjeneroux@xplornet.com

Many remarkable podiatrists have received this honour in the past. The most recent are:

Margreet Van Putten, M.D.
The Netherlands, for her work in Bosnia.

Vicky Anton-Athens, DPM
United States, for her efforts in Guatemala.

Kristen Larsen
Denmark, for her time spent establishing foot clinics in Palestine.

FIP Global Lecture Series

Announced

In order to help keep our members current and up-to-date with the latest trends in care and treatment of the foot, the FIP has created a corporate-sponsored academic educational initiative. Our hope is to attract many companies to partner with us on this initiative.

The educational program is known as the FIP “Global Lecture Series” (GLS). It will provide the chosen sponsor exposure before a targeted audience of international podiatrists.

We are pleased to announce that the first sponsor of this exciting FIP program is Footmaxx (footmaxx.com). Their core business revolves around the manufacturing of custom orthotics and providing footwear and braces to protect against ankle injuries.

As our first educational program corporate sponsor, Footmaxx will be sponsoring four Diabetes/PAD lecture series in three different FIP member countries as well as an oral presentation at the 2013 World Congress of Podiatry in Rome, Italy.

To further encourage corporate sponsors to join the FIP’s Corporate Partner Program, the selected sponsor will be provided exhibitor/booth space at each of the four lecture series events free of charge, a half-page advertorial in the FIP newsletter coupled with a half page ad and an announcement on the FIP webpage www.fip-ifp.org that will link FIP members directly to the sponsor site.

The chosen sponsor/sponsors will also have the opportunity to attend a private dinner function with the podiatry leaders of each of the countries where the lecture program is held.

If you know of a great company that you feel your fellow FIP members would benefit from, make contact on behalf of the FIP, inform them about the new corporate sponsor lecture series and encourage them to contact us.

FIP Global Lecture Series

Announced
How PACT® works

After the usual preparation, the infected nails and the matrix are coated with a photosensitizer (PACT® Nail Fungus Gel). After 10 min. of residence time, the fungi are sensitive to light. After an irradiation time of 10 min. by the PACT MED lamp, the fungi and other pathogens are killed. If infection is severe, the treatment will be repeated several times. A healthy nail plate can grow back.
Practice Management Tips...
Secrets of Success:  
“Pearl” - Jamm (Part One)

by Lynn Homisak,  
SOS Healthcare Management Solutions, LLC - www.soshms.com

Years ago, SOS created a lightening-round concept of presenting quick, one minute practice “pearls,” jammed into a short period of time. We still utilize this successful presentation vehicle to share some informative and practical tips. Here are some of our most recent ones. We encourage you to share them with your staff.

1. Patient testimonials are only a request away. If you know your patient has had a satisfying experience, why not ask for their online recommendation? You’re much more likely to get one…if you ask for it.

2. Take control of your schedule. Instead of telling patients “You can just call us to reschedule,” get them IN the schedule and have them call only if they need to cancel or change. This reduces the number of patient calls to the office and provides a better method of tracking and documenting no-shows.

3. An inexpensive but memorable “Gift-to-Go” goes a long way. Make your own personal unique surgery gift bag that includes post-op instructions, next appointment, popcorn, free movie rental card, (sugar free) candy, etc.

4. Have a Cup-o-Joe on us! Keep $10 coffee gift cards on hand to give to patients to brighten their day, honor their birthday, say “thank you for waiting” or if you are forced to reschedule their appointment last minute.

5. Perception is reality. Refrain from calling your router slip/fee sheet a “superbill!” and your reception area, your “waiting” room. If you say it, patients will believe it.

6. Housekeeping is EVERYONE’s responsibility. Set an example by cleaning something yourself.

7. Try it; you’ll like it! There are benefits to having staff give patients a 30 second foot massage after their treatment. Not only will patients love the attention; but using the lotion you dispense in your office turns this patient pleaser into a subtle (but effective) way to introduce your product.

8. Don’t think it can’t (or won’t) happen to you! Be prepared. Set up and review with staff written emergency plans for your office. Outline everyone’s role in the event of a medical emergency, weather disaster, accident, computer crash or when faced with a belligerent/abusive patient?

9. The number one reason for claim denials is incorrect data entry. Require that staff double-check their own work in an effort to be more attentive to detail for cleaner claim submission and on-time claim payment.

10. ALL members of the team need to do their fair share around the office. When one person slacks on the job, it only makes it hard on everyone else!

Part Two of “Pearl” - Jamm will be included in the September issue of Footsteps.
Mark Your Calendar

2013

Jul 21-25
APMA Annual Scientific Conference
Las Vegas, Nevada
www.apma.org

Aug 23-25
Current Concepts in the Management of Foot & Ankle Disorders
Overland, Kansas
www.podiatryinstitute.com

Sep 19-22
OPMA Annual Conference
DoubleTree Toronto Airport
Toronto, Ontario
www.opma.ca

Sep 26-29
Reconstructive Surgery of the Foot & Ankle
San Diego, California
www.podiatryinstitute.com

Oct 4-5
FNP National Congress
38 Émes Entretiens DePodologie,
La Villette Paris

2014

May 2-5
Taste of Tuscany
Florence/Tuscany, Italy
www.gtef.org

Jul 24-27
APMA Annual Scientific Conference
Honolulu, Hawaii
www.apma.org

Aug 10-16
International Association for Identification
Minneapolis, Minnesota
www.theiai.org

2015

Jul 23-26
APMA Annual Scientific Conference
Orlando, Florida
www.apma.org

Aug 2-8
International Association for Identification
Sacramento, California
www.theiai.org

2016

May 26-29
FIP World Congress of Podiatry
Montreal, Quebec
www.fipworldcongress.org

Jul 14-17
APMA Annual Scientific Conference
Philadelphia, Pennsylvania
www.apma.org

Aug 7-13
International Association for Identification
Cincinnati, Ohio
www.theiai.org

If you’re interested in advertising in this magazine, please review the chart, which lists the rates, ad specifications and publishing dates.

To place an advertisement or for more information, contact Jayne Jeneroux at jjeneroux@xplornet.com

Richmond, Virginia
www.apma.org

CONTACT: Jayne Jeneroux, Executive Director
Ph: 780-922-7609 | Fax: 780-922-7689 | Email: jjeneroux@xplornet.com

Rate Sheet and Design Specifications

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AD SIZES

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DESIGN SPECIFICATIONS

Resolution: Minimum 300 dpi. Images must be scaled to 100% (the exact size required for the ad.) DO NOT scale art higher than exact size.

Colour: All ads must be submitted in CMYK. Bleed: Back cover ads require 1/8" inch bleed all sides.

Acceptable formats:
- JPG or TIFF
- EPS (vector art)
- WE CANNOT use ads submitted from Microsoft Word
- Fonts: Any ads submitted as EPS (vector art) must have fonts converted to outlines.

Method of Delivery:
- Email: If ads are less than 5mb, email to Jayne Jeneroux at jjeneroux@xplornet.com
- FTP upload: Type in your web browser the following URL and you will be directed to a dialog box prompting you to upload your ad to the FIP Magazine folder:
  https://produckions.sharepoint.com/90056285e48798

ARTWORK DEADLINE:

March issue | June issue | September issue | December issue |
-------------|------------|-----------------|----------------|
Deadline is February 15 | Deadline is May 15 | Deadline is August 15 | Deadline is November 15 |

CONTACT: Jayne Jeneroux, Executive Director
Ph: 780-922-7609 | Fax: 780-922-7689 | Email: jjeneroux@xplornet.com

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Our LASER is the perfect solution!

You still treat your onychomycosis patients with drugs?

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  FOX Diode Laser 1064 nm
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