

2023 SYMPOSIUM ON DIABETIC WOUND HEALING - Recap the Essentials

23 September 2023

HKEC Training Centre
Pamela Youde Nethersole Eastern Hospital

The Hong Kong Society for Diabetic Limb Care



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Presidential Address

Welcome to the 2023 Symposium on Diabetic Wound Healing – Recap the Essentials. This year we are pleased to re-activate our professional education activities, after enduring three years of COVID 19. This had and will make changes and impact to our lifestyle and society. I wish every colleague good health and be able to resume normal life and activities!

This symposium on 23rd September 2023 is hosted by our Hong Kong Society for Diabetic Limb Care, I would like to thank KH Leung and JH Tan for organizing this event, and I would also like to thank all the OC members; Toma, Yuki, Yuen Yee, Anthony, Terence, Kam Wai, Victor, Kawin, Athena, Tiffany, Toby and everybody. I would also like to thank all the invited speakers for delivering their expertise in our program, and the sponsors supporting the events. This time we have invited an oversea speaker, Ms.. Goh Wee Ting, a very experienced wound specialist nurse and instructor from Singapore General Hospital, a hospital which we have many association in the past.

This year our program is one-day and it is up to the point, so we Recap the Essential. We put up a program to cover the specialties nursing, podiatric and prosthetic and Orthotic management experiences of our colleagues. We have workshops on Total Contact casting and Maggot therapy. We also have clinical case sharing.

Our program is accredited by professional institutes. I am sure you will benefit from the experience on your participation in one form or another. I am looking forward to meet you then!

President

Dr. Samson CF Chan

The Hong Kong Society for Diabetic Limb Care

Welcome Message

Dear colleagues,

It is with great pleasure we welcome you to the 2023 Symposium on Diabetic Wound Healing - Recap the Essentials. As mentioned by our president, this is the first meeting since the end of COVID precautions, and a return to normal educational activities, so we would like to take this opportunity to go back to basics, and ask ourselves what are the tried and true methods that we can use to treat diabetic wounds, and really understand what methods have stood the test of time.

The key principle is that management of diabetic wounds is complex, and requires a team based multidisciplinary approach. To that end, speakers from different specialties will share their wisdom with us today. A wide range of topics will be covered, from glucose monitoring, podiatric management, the role of oxygen, surgical management of different stages of the diabetic foot, and also the role of the team-based approach. We will also have 2 workshops, on total contact casting, and maggot debridement therapy to allow participants to have hands on practice in essential skills.

I am sure that no matter your specialty or experience, you will find something that is relevant to your practice, and I hope you all have a fruitful and educational experience.

Sincerely,

Dr. Ka-Hei LEUNG
Co-Chairperson

Dr. Jun-Horng TAN
Co-Chairperson

Organizing Committee

Co-Chairpersons:	Dr KH Leung Dr JH Tan
Advisors:	Dr Samson CF Chan Dr Josephine WY Ip
Committee Members:	Dr Kevin KH Wong Dr Simon CP Yuen Mr. Kam Wai Chen Mr. Henry Kwong Mr. Terrence Kwong Mr. Kawin Lee Mr. Ka Chai Leung Mr. Toby Lui Mr. Anthony WH Shum Mr. Victor Tsui Ms. Athena Choi Ms. Yuen Yee Choi
Secretary:	Ms. Yuki Kwok Ms. Tiffany Wong
Treasurer:	Mr. Toma Pun

Speakers

Mr. Kam Wai Chen

Advanced Practice Prosthetist and Orthotist
Queen Mary Hospital

Mr. Victor Tsui

Advanced Practice Podiatrist
Queen Mary Hospital

Dr Kevin KH Wong

Consultant
Department of Orthopaedics and Traumatology
Kwong Wah Hospital

Dr Simon CP Yuen

Orthopaedic Surgeon
Private Practice

Speakers

Dr JH Tan

Resident Specialist

Department of Orthopaedics and Traumatology

Queen Mary Hospital

Dr Ka Hei Leung

Associate Consultant

Department of Orthopaedics and Traumatology

Pamela Youde Nethersole Eastern Hospital

Ms. Shimen Au

Nurse Consultant (DM)

Hong Kong East Cluster

Mr. Ka Wai Leung

Advanced Practice Nurse (O&T)

Queen Mary Hospital

Speakers

Ms. Mei Wan Ho

Advanced Practice Nurse (O&T)

Pamela Youde Nethersole Eastern Hospital

Mr. Alex KL Chan

Advanced Practice Nurse (O&T)

Pamela Youde Nethersole Eastern Hospital

Ms. Goh Wee Ting

Nurse Clinician

Singapore General Hospital

Workshop Instructors

Mr. Kam Wai Chen

Advanced Practice Prosthetist and Orthotist
Queen Mary Hospital

Mr. Terrence Kwong

Senior Prosthetist and Orthotist
Queen Mary Hospital

Mr. Toby Lui

Advanced Practice Prosthetist and Orthotist
Queen Mary Hospital

Mr. Anthony WH Shum

Advanced Practice Prosthetist and Orthotist
Yan Chai Hospital

Workshop Instructors

Ms. Goh Wee Ting

Nurse Clinician

Singapore General Hospital

Ms. Yuen Yee Choi

Ward Manager (O&T)

Queen Mary Hospital

Mr. Henry Kwong

Nurse Consultant (O&T)

Queen Mary Hospital

Mr. Ka Chai Leung

Advanced Practice Nurse (O&T)

Queen Mary Hospital

Ms. Tiffany YC Wong

Resident Podiatrist

Yan Chai Hospital

Moderators

Dr JH Tan

Resident Specialist

Department of Orthopaedics and Traumatology

Queen Mary Hospital

Dr Kevin KH Wong

Consultant

Department of Orthopaedics and Traumatology

Kwong Wah Hospital

Mr. Ka Chai Leung

Advanced Practice Nurse (O&T)

Queen Mary Hospital

Accreditations

Hong Kong College of Orthopaedic Surgeons:
Cat A CME 5 Points
5 Training points

Hong Kong Association of Orthopaedic Nurses:
CNE 6.5 points

Hong Kong Podiatrists Association:
CEA 3 points

Hong Kong Society of Certified Prosthetist-Orthotists:
5 Cat A.1 CPD points

Programme

Saturday 23 September 2023

8:20 - 8:30	Registration	
8:30 - 10:00	Workshop I Total Contact Cast	Mr. Kam Wai Chen Mr. Terrence Kwong Mr. Toby Lui Mr. Anthony Shum
10:00 - 10:30	Tea Break	

Session I **Introduction**

Moderator: Dr JH Tan

10:30 - 10:50	Diabetic Foot Management – P&O Perspective	Mr. Kam Wai Chen
10:50 - 11:10	Insight of Diabetic Foot Management from Podiatry Perspective	Mr. Victor YT Tsui
11:10 - 11:30	Diabetic Foot Ulcer: the surgeon's headache	Dr Kevin KH Wong
11:30 - 11:40	Question and Answers	

Programme

Session II

Surgical Management of Diabetic Foot Conditions

Moderator: Dr Kevin KH Wong

11:40 - 12:00	Common Reconstructive Strategies for Diabetic Foot Deformities	Dr Simon Yuen
12:00 - 12:20	Oxygen and Diabetic Wound Healing	Dr JH Tan
12:20 - 12:40	Preserving Limb Length - Limited Amputations	Dr KH Leung
12:40 - 12:50	Question & Answers	
12:50 - 13:50	Lunch	

Session III

Nursing Perspective on Diabetic Wound Management

Moderator: Mr. Ka Chai Leung

13:50 - 14:10	Update on Knowledge and Management of Diabetes Mellitus	Ms. Shimen Au
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Programme

14:10 - 14:30	The Essential Pillar in Diabetic Foot Ulcer Management - MSKI Team	Mr. Ka Wai Leung
14:30 - 14:50	Case Sharing	Ms. Mei Wan Ho Mr. Alex KL Chan
14:50 - 15:00	Question & Answers	
15:00 - 15:30	Tea Break	
15:30 - 15:50	Maggot Debridement Therapy in Chronic Wound Care	Ms. Goh Wee Ting
15:50 - 17:00	Workshop II Maggot Debridement Therapy (MEDIFLY Application and Removal Demonstration)	Ms. Goh Wee Ting Ms. Yuen Yee Choi Mr. Henry Kwong Mr. Ka Chai Leung Ms. Tiffany YC Wong
17:00 - 17:05	Closing Remarks	Dr KH Leung

Abstracts

Diabetic Foot Management - P&O Perspective

Mr. Kam Wai Chen

Orthoses play a very important role in treating diabetic feet that have already developed foot ulcers and Charcot arthropathy. Orthoses not only provide stability, limit the joint movement, and control foot deformity, but also relieve the load and evenly distribute the pressure on the plantar foot.

This presentation will focus on

- different technique of total contact and offloading methods, such as total contact cast, foot orthoses, offloading sandal, etc.
- assessment of plantar foot pressure and evaluation of orthoses by pressure mapping system.

Abstracts

Insight of Diabetic Foot Management from Podiatry Perspective

Mr. Victor YT Tsui

Diabetic foot disease is among the most serious complications of diabetes mellitus. It is a considerable suffering burden to the patient's family, healthcare professionals and society. As a specialist in diabetic foot care, podiatrists play a pivotal role to prevent diabetic foot complications, manage the risk factors at the foot regions, foot ulceration as well as promote an empowered diabetic foot care to patients. Fast track of podiatry access for all patients and prompt referral from doctors should be facilitated. Good initial assessment from podiatrists is essential to stratify level of foot care regarding the risk of foot ulceration and provide comprehensive foot care with evidence based practice. By a meticulous podiatry treatment plan and multidisciplinary approach in management, our goal is to reduce the burden of diabetic foot disease and promote healthy feet.

Abstracts

Diabetic Foot Ulcer: The Surgeon's Headache

Dr Kevin KH Wong

Diabetic foot ulcers are amongst one of the least welcomed condition an orthopaedic surgeon has to face.

Treatment plans are often difficult to standardize like one would with other typical Orthopaedic conditions. It takes as much time as it does patience. If not managed well, it may mean a loss of limb, worse yet, loss of life to a patient.

We, at Kwong Wah Hospital, are working towards a simpler workflow in the hopes of improving the outcome of these patients.

Abstracts

Oxygen and Diabetic Wound Healing

Dr JH Tan

Oxygen is a crucial element for cellular respiration and cell metabolism. Reactive oxygen species such as hydrogen peroxide are crucial in the oxidative killing of bacteria. During the process of wound healing, oxygen demand is increased, and diabetes impairs oxygen delivery to tissue due to both microvascular and macrovascular disease. A lack of oxygen impairs wound healing, and many therapies to increase oxygen delivery to tissue have been described. These can be either topical, such as oxygen gel, or an oxygen delivery boot, or systemic, such as hyperbaric oxygen.

Preserving Limb Length - Limited Amputations

Dr KH Leung

Dysvascular disease is the most common cause of lower extremity amputation in modern era. Principles of successful amputation include careful preoperative planning, good surgical techniques, and coordination of a multidisciplinary team. Amputation should be approached as the beginning of a new phase of life and not as a treatment failure.

Abstracts

Update on Knowledge and Management of Diabetic Mellitus

Ms. Shimen Au

In recent years, there have been significant advancements in diabetes management. The new medications and treatment strategies, technological innovations and personalized care approach would be highlighted in the talk.

In addition to traditional insulin therapies, there are new classes of medications available that target different aspects of glucose regulation. These include SGLT-2 inhibitors, GLP-1 receptor agonists, and Combo drugs, which have shown reducing cardiovascular risks.

Technology has played a pivotal role in diabetes management. Continuous glucose monitoring (CGM) devices have become more accurate, user-friendly, and accessible. They allow individuals with diabetes to track their glucose levels continuously, receive real-time alerts for hypo- and hyperglycaemia, and make informed decisions regarding their insulin dosing and dietary choices.

Abstracts

Furthermore, the Continuous Subcutaneous Insulin Infusion (CSII or insulin pump) have become more advanced, offering features such as integration with CGM systems and smartphone connectivity. The advent of closed-loop insulin delivery systems, also known as artificial pancreas systems, has revolutionized insulin therapy by providing automated, real-time adjustments in insulin dosing based on continuous glucose monitoring.

Moreover, there is growing emphasis on personalized care and individualized treatment plans based on patients' unique needs, preferences, and goals. This approach involves optimizing nutrition, physical activity, and behavioural modifications alongside pharmacological therapies.

In conclusion, recent updates in diabetes management promising results in controlling blood glucose levels and encompass a range of advancements to enhance glucose control, reduce complications, and empower individuals with diabetes to lead healthier lives.

Abstracts

The Essential Pillar in Diabetic Foot Ulcer Management – MSKI Team

Mr. Ka Wai Leung

Musculoskeletal infection (MSKI) is commonly encountered in Orthopaedics and Traumatology (O&T) setting. The surging trend and dreadful complications of MSKI have been costing a lot in terms of patients' suffering and resource allocation. Patients with diabetic foot ulcer are not exceptional. Long-term complications cause permanent damage to patients. Multiple operations and long course of antibiotics prolong length of stay (LOS) in hospital which bring further sufferings to patients and burden to healthcare system. Meanwhile, repeated radiological examinations and laboratory tests additionally consume the scarce clinical resources.

The first multidisciplinary team providing collaborative and holistic care among all hospitals under Hospital Authority to focus on MSKI patients has been established in Queen Mary Hospital (QMH) to improve clinical outcomes and out-patient service since November 2018. All operated cases were screened and recruited by nurse.

Abstracts

Baseline characteristics and demographic data were collected. Progress of patient condition were discussed among all disciplines. Eligible cases were followed up in nurse-led clinic run by O&T nurse consultant with the assistance of nurse in monitoring progress and handling complex wound. Moreover, O&T nurse consultant was authorized to cancel patients' follow-up in orthopaedic clinic according to guidelines endorsed by O&T consultant. Additionally, O&T nurse consultant can make clinical referral for admission, with an approval from the in-charge orthopaedic surgeon, from nurse-led clinic or after liaison with community nurse, for deconditioning in discharged cases.

In conclusion, nurse plays a significant role on MSKI patient in (1) promoting continuity of care throughout whole patient journey; (2) providing better wound management with advanced nursing competence; (3) enhancing service of orthopaedic nurse-led clinic in delivering complex and holistic care; and (4) sharing heavy burden interdependently with orthopaedic surgeons in Specialist Out-patient Clinic (SOPC).

Abstracts

Maggot Debridement Therapy in Chronic Wound Care

Ms. Goh Wee Ting

- ▣ Overview of Maggot Debridement Therapy (MDT)
- ▣ Scientific Evidence of MDT
- ▣ Case Studies of patient on MDT

Acknowledgements



ConvaTec



Cuprina



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Co. Ltd.**



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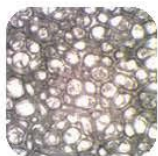
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