



SCHOLARSHIP REPORT

This report should be completed by recipients of awards and scholarships from the Royal College of Physicians and Surgeons of Glasgow on completion of the activity for which they received their award or scholarship. Please complete all sections of the report form.

Please return your completed report via email to: scholarships@rcpsg.ac.uk

Or via mail to: **Scholarships Committee Administrator, Royal College of Physicians and Surgeons of Glasgow,
232-242 St Vincent Street, Glasgow G2 5RJ, UK**

Please use typeface when completing this form.

SECTION 1 PERSONAL AND AWARD DETAILS			
Title	Dr	PID	90612
Surname	Farndon	Forename(s)	Lisa Jane
Scholarship/award awarded	Scholarship Travel Award	Amount awarded	£2000

SECTION 2 PROJECT/VISIT DETAILS	
Name/Title	Village of Hope for people with leprosy
Location	New Delhi, India
Aims and objectives	<p>A small pilot trialling different styles of footwear for suitable patients with leprosy and a foot wounds to evaluate what type of shoes this patient group preferred and if there were any other associated benefits. In conjunction with this, we also trialled the use of Medihoney® (a sterilised medical grade Manuka honey with standardised antibacterial activity) to investigate if this improved healing of foot wounds as a result of leprosy.</p> <p>The initial aim was to test the effectiveness of wound shoes (Darco) with hex insoles, but prior to my visit I sent a couple of samples of the shoes to India, for the patients to evaluate and the overwhelming view was that they did not like them as they did not look like 'normal' shoes, they were heavy and cumbersome and they would only be wearing one if they only had lesions on one foot. This then led to different shoes suitable for wounds and neuropathy to be purchased, that looked more like 'normal' shoes and where each participant would be given a matching pair.</p>

<p>Summary</p> <p><i>Include methodology, results and conclusions if applicable</i></p>	<p>As the trip was relatively short, we used case studies to illustrate which types of footwear patients preferred and if there were any improvement in foot problems as a result. The same methodology was used to assess if Medihoney resulted in any improvement in ulceration state/size. As Medihoney is reported to:</p> <ul style="list-style-type: none"> • provide a moist, sterile, nutrient-rich healing environment • decreases wound pH, accelerating healing processes and decreasing wound size • absorbs liquids that exude from the wound • passively removes necrotic tissue • produces antioxidants that absorb free radicals at the wound site • kills antibiotic resistant bacteria including MRSA <p>Sisttke diabetic footwear was the most popular and suitable for the foot types we treated as they were easily adjustable, breathable and protected the ankle areas. Most of the residents that were treated did not have suitable footwear, they either wore flip flops or shoes that did not fit correctly and did not have any plantar cushioning. Medihoney was shown to aid healing in many of the wounds that were treated, even in the relatively short time frame of two weeks. It is easy to apply and did not show any side effects or problems and was well tolerated by the patients. The current wound dressings that were being used were just povidone iodine solution added to a gauze swab and then applied to the wound.</p>
<p>Learning outcomes</p> <p><i>Detail here how the aims and objectives were met</i></p>	<p>We believe that many of these foot problems could probably be preventable with correct footwear and good foot health (filing the hard, dry skin and daily moisturising). Ongoing work for any podiatrist volunteers that visit the village will be to promote foot health and self-care. We gave out a large number of foot files and emollients and demonstrated how to file and cream the feet. However, the dispensing of suitable diabetic footwear was received happily by the patients and compliance was high whilst we were there with wearing the shoes and maintaining the dressing regimes. Medihoney is simple to use and could be applied by carers or assistants in the bandaging unit on a regular basis to aid healing. The long term effects of these interventions now need to be evaluated. I am also keen to speak to footwear manufacturers to explore the possibility of designing shoes which could further meet the needs of patients with leprosy as they have specific foot problems, some of which are not seen in any other systemic conditions, such as the high incidence of ankle lesions due to the culture of sitting crossed legged on hard floors to carry out many daily household and leisure tasks.</p>
<p>Evaluation</p> <p><i>How has this scholarship/award impacted on your clinical/NHS practice or equivalent?</i></p>	<p>As a result of being able to provide podiatry care for people with leprosy and foot problems I feel I have developed my knowledge and skills in this area considerably. This aspect of podiatric practice has very limited research so, though my time in India was relatively short, I still feel that I have some valuable data which will aid my practice and hopefully help to develop the podiatrists' volunteering role further for this patient group. I intend to return to the village next year to work again as a podiatrist and hopefully build on my initial findings from this pilot work. Prior to visiting next year I will be taking a larger amount of footwear that was deemed suitable and appropriate by the patients so we can provide more patients with more suitable shoes that may assist their healing. I will also be continuing to follow up patients who have received wound care treatment with Medihoney to evaluate the longer term benefits on healing and re-ulceration rates.</p> <p>I will be sharing my experiences via publications in relevant podiatry journals, through conference presentations locally and nationally and through other networking opportunities including dissemination at the Nottinghamshire and Derbyshire Branch of The College of Podiatry. I have also been in contact with The College of Podiatry and they are exploring the possibility of supporting a charity for a two year period. If this is agreed, I will be submitting a proposal for them to support The Village of Hope to illustrate the global reach of podiatric practice.</p>

SECTION 3 | IMAGES



Patient with lateral and plantar lesions in receipt of a pair of shoes.

Patient with wounds over both ankle areas, treated with Medihoney and given footwear, wounds are then beginning to heal.

SECTION 4 | EXPENDITURE

Breakdown of expenditures
Please demonstrate how the scholarship/award funding was used to support your project/visit

Return flights from London Heathrow to New Delhi @ £640
Accommodation for 10 days @£900
Footwear @£460
Total = £2000

SECTION 5 | PUBLICATION

Scholarship/award reports may be published in College News. Please tick here if you agree to your report being published.

I give permission for my report to be published in College News

If your report is selected for publishing, the editor of College News will be in touch to discuss this with you.

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