

NURE ALAM

Meet Nure, our senior specialist podiatrist from Guys and St Thomas' Trust, South-East London. Find out how he's using the Lab to increase uptake of foot health services in ethnic minorities in Southwark.



Southwark, South-East London, is a highly diverse borough, with an estimated 60% of the region being from Black and minority groups. However, there is a lack of engagement and attendance from these groups with the Diabetes Foot Health Service.

Diabetes can affect the whole body's chemistry, including the nervous system. This is a particular risk to foot health, as if undetected, individuals can rapidly develop tissue damage, which if untreated, can result in infection and lead to amputation. The most recent NDFA ([National Diabetes Footcare Audit](#)) with data from 2014-2021, showed that nearly 1 in 5 people presenting with a severe ulcer are dead, or have undergone a major amputation within 1 year.

Worse still, in Southwark, there's no funding for health promotion of this foot service, so currently attendance relies on referrals by other health professionals, or self-sign-up, if the individual happens to find out about the service.

How can we ensure that these populations access foot health services so they can be treated before they move into a high-risk category?

Here's where Nure comes in

“ One side to the story which needs work is looking at health inequalities and the barriers that might stop people coming into our service. But then there is also the channel where health professionals may not be aware of our service and they're not referring appropriately. So, there are two avenues that need work at the same time. ”

Recognising the need for cross-service collaboration, Nure has been heavily engaging with other healthcare professionals to help promote his service and understand more about existing barriers to the service.

Nure has also been working to locate target groups (such as community support groups) within the local area so he can present to them or give a service. This has proved a challenge during covid as many of the local groups had stopped meeting. However, we're hopeful that as more things open up and gatherings start again, this can begin to take place.

We're looking forward to hearing how he gets on and will keep you updated here and on Twitter (@DiabetesUKProf).