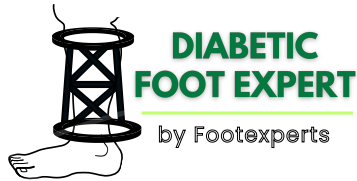


Fellowship in Diabetic Foot and Ankle Care and surgery in Barcelona.



General Information

Duration: 2 months (1 online session per week)

Format: Online with training platform / partial in-person component

Week 1: Introduction and Key Concepts

- Definition of diabetic foot: Epidemiology, clinical and socioeconomic impact.
- Pathophysiology of diabetic neuropathy: Pathogenesis, risk factors, and structural alterations.
- Charcot foot or Charcot neuroarthropathy: Mechanisms, clinical stages, and early diagnosis.
- Importance of a multidisciplinary approach: Roles of specialists in diabetic foot management.

Week 2: Comprehensive Evaluation of the Diabetic Foot

- Comprehensive clinical evaluation:
 - Foot inspection: Skin changes, deformities, and visible lesions.
 - Palpation: Evaluation of peripheral pulses and temperature.
 - Functional tests: Sensation, reflexes, and strength.
- Risk assessment tools:
 - Wagner classification.
 - PEDIS system.
 - Texas scale.
- Diagnostic and therapeutic planning:
 - Treatment prioritization based on condition severity.
 - Coordination of the multidisciplinary team.

Week 3: Infections in the Diabetic Foot

- Initial identification and management:
 - Clinical signs of infection: Erysipelas, cellulitis, abscesses.
 - Identification of critical and high-risk infections.
- Advanced diagnosis:
 - Imaging methods: X-ray, MRI, ultrasound.
 - Role of bone biopsy in diagnosing osteomyelitis.
- Surgical management of infections:
 - Debridement: Types (selective, radical) and techniques.
 - Use of Negative Pressure Wound Therapy (NPWT).
 - Use of cement in diabetic foot infections.
 -

Week 4: Medical and Antibiotic Treatment / Types of Wound Care in the Diabetic Foot

- Antibiotic management:
 - Basic principles: Indications, guidelines, and treatment duration.
 - Coordination between infectious disease specialists and surgeons to optimize treatment.
 - Monitoring and evaluating response to antibiotic therapy.
- Wound care classification and techniques:
 - Wet vs. dry dressings: Indications and benefits.
 - Active dressings and their role in healing: Bioactive dressings, hydrogels, and alginates.
 - Negative Pressure Wound Therapy (NPWT): Indications, techniques, and clinical benefits.
- Innovative technologies and advanced therapies:
 - Bioactive materials: Collagen membranes, silver or honey-based dressings.
 - Regenerative therapies: Growth factors, dermal matrices, and new technologies.
- Role of specialized nursing teams:
 - Daily wound care and application.
 - Monitoring wound healing progression.
 - Educating patients and caregivers on proper care management.

Week 5: Conservative/Surgical Treatment of the Diabetic Foot / Charcot Foot

- Offloading strategies:
 - Use of total contact casts, custom insoles, and devices.
 - Specific indications for each technique.
- Conservative management of Charcot foot:
 - Immobilization during the acute phase.
 - Pharmacological therapies to reduce inflammation.
- Patient education:
 - Prevention of recurrences and complications.
 - Basic home care.
- Surgical options for the diabetic foot:
 - Soft tissue reconstruction.
 - Surgical approach to recalcitrant ulcers and osteomyelitis.

Week 6: Conservative/Surgical Treatment of the Diabetic Foot / Charcot Foot

- Surgical treatment of Charcot foot:
 - Internal and external fixation.
 - Reconstructive procedures to restore function.
- Functional amputations:
 - Techniques to maximize functional preservation.
 - Post-surgical rehabilitation and use of prosthetics.
- Orthoplastic surgery:
 - Skin grafts: Autologous and synthetic options.
 - Flaps for extensive defect coverage.