



International Federation of Podiatrists
Fédération Internationale des Podologues

footsteps

2016 FIP World
Congress of
Podiatry is coming



*2016 AGM all you
need to know*



*Increase your
cycling performance
with podiatry*



*World Foot Health
Awareness Month:
Cancer*

President's message



Carine Haemels

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Magazine compiled by
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Dear members

What a great time lays ahead of us. May 2016 will be a fantastic month for Podiatry worldwide. With the World Congress in Montreal from 26-28 May, welcoming participants from all over the world and over a 100 exhibitors, we will put Podiatry in the spotlight.

If you haven't got your ticket yet to attend this fantastic event, hurry to the World Congress website page and register today.

I'm glad the full program is available and very proud of the Scientific Chair, Dr. Vince Hetherington to have put this together. I truly hope podiatrists from all over the world are convinced this is the place to be to engage in scientific exchanges and debates and make the podiatry profession progress. I'm very excited to welcome you all there.

Moreover, in May we'll celebrate the World Foot Health Awareness Month. The WFHAM Committee worked hard to offer you a very beautiful and useful campaign. This year theme focuses on conditions that people with cancer and in treatment with cancer may deal with. By reaching out to this specific population, we hope to raise the awareness how this condition can affect the foot and what needs to be considered. I'm gratified to all those who helped in making this campaign a success.

In the days before the World Congress all FIP-IFP members are invited to the Annual General Meeting. You will find some updates further in this magazine. The AGM and delegate session will take place in the Hyatt Regency Hotel in Montreal. I'm looking forward in presenting you the achievements of the Board and looking at the future with the presentation of the 2016-2020 strategic plan for the FIP-IFP.

The past months have been very active also for the Board. We have promoted the FIP World Congress of Podiatry in as many places as we could. Represent the FIP-IFP at annual meetings and engage in talks with other associations and international societies with the aim of supporting the FIP-IFP mission to advance podiatry worldwide. I believe that communication is the keyword in achieving that mission.

I wish to address you some final words. In my last President's update, I pronounced a message of hope for all those facing threat and attack in the world. In the past month my country has been under attack and more than ever I want to emphasise that the FIP-IFP family is united and together we are one. Working together is the only path in achieving our goals, let's keep this in mind the next months.

Carine Haemels

President of the International Federation of Podiatrists
Fédération Internationale des Podologues

Belgium - BVP/ABP

The BVP/ABP is growing due to the effective work of its members and especially of our board members, and regional leaders.

The law for (para)medical professions in Belgium is changing, both in a legal and an official sense, as it tries to adapt to the evolution and the needs of the patients and the other users of its services.

In a small country like Belgium with its 3 official languages, it can take a lot of time and effort to agree about the meaning and content of both these official documents, as well as their translations. This is the reason why all the meetings are done with simultaneous translations, as is practiced in the EU also.

In our country we are united in a federal government, which in turn consists of a democratic representation of each of the different political regions. Even though these regional communities are each well represented and can enforce federal laws on a national level, they are also completely self-governing on all things regional. One example being that, even though our Ministry of Health is federal and the decisions which are made there will effect matters on a national level, the mandate of the Ministry of Education is only regional and its decisions effect only the individual communities. This often complicates the application of these decisions in practice.

Our national association, BVP/ABP, has been representing the paramedical profession of podiatry in 2 governmental commissions for more than 35 years and we have been one of its members ever since they have started to regulate the (para)medical professions through both of these commissions, being...

- 1) The National Council of paramedical Professions (NRPB - its mandates are renewed every 4 years and they are nominated by the King)
- 2) The Technical Commission for the Paramedical professions (CTPB - its nomination is for life by the King)

These are the only commissions on a national level where decisions are made and advice is given for all the paramedical professions.

In addition, the BVP/ABP has also made an appeal to be represented in the Higher Council of liberal professions.

We are also part of the federation of health care providers and make a common platform with all the

providers of the (para)medical services, as it is the most important lobby for the Belgian liberal health providers on the European market.

Due to the new national regulations, which will be applied at the end of 2016, the professional associations will be obliged to work together with the colleges and universities in order to compare the level of education, with the needs and the evolution of that particular profession in its field of practice.

The patient will also enjoy more rights and input with everything concerning his treatment.

Jose Roofthoof, Past president FIP
Past president BVP/ABP,
Member of the board of BVP/ABP

UK - Society of Chiropodists and Podiatrists

The SCP is currently facing two major challenges.

In November the Government announced the removal of student bursaries as from 2017. The bursaries are payments to podiatry and other health students to support them in their training. The SCP is fearful that young people will not want to study podiatry because of the prospect of graduating with a large debt. We have joined with other organisations including the National Union of Students in a campaign to oppose the removal of bursaries.

Coupled with this, the number of training places for podiatry students in England is being cut, despite the need for more podiatrists to care for the growing elderly and diabetic population.

Both these factors could put the viability of some university courses at risk, though we have been assured by Government that steps will be taken to protect the smaller health professions.

The 2016 College of Podiatry conference will take place in the vibrant Scottish city of Glasgow on 17-19 November. We hope to welcome podiatrists from around the world to experience a packed and high quality clinical programme and trade exhibition.

Germany - Verband Deutscher Podologen VDP e.V.



Participants of podological biomechanics update with trainer Sophie Daniels in Belgium February 2016

A German delegation together with polish colleagues travelled to Belgium to visit a podiatry training centre close to Brussels. The participants had a three-day stay, to get to know the diagnostic methods of examination for the application of functional plantar orthoses and how to put into practice. This method is digitally based and therefore very innovative and very special (and very clean by the way, because there is no negative cast necessary).

Many thanks to Gratiene Sioncke and Paul Borgions for their kind hospitality and professional taking up to our group.

The great number of refugees from Arabian war torn countries influences our daily work in podiatry practices in Germany. To create a good cooperation with the patients it is necessary to have a good knowledge of the different cultural habits and patient communication concerning health matters. A good understanding of the language is needed for therapy communication skills. Both are further skills in addition to the professional qualifications learned during trainings.

Last September practices from southern Germany welcomed Italian trainees from the university Claudiana in Bozen/ Italy for foreign practical training in another country. Europe has the chance to have closer ties to come together because of relative short distances between the countries that makes travel easier. Previously a German delegation visited the Claudiana in Bozen and so everybody still knew each other. For both sides it was a very good exchange experience.

Sweden - Sveriges Fotterapeuter

Continual great success for World Foot Health Awareness Month in Sweden

Every year this event grows bigger and bigger thanks to our WFHAM committee member Paula Goldea who started it here twelve years ago. National TV has over the years sent live from chiropody treatments, interviewed fashion shoe connoisseurs and physiotherapists about feet and how to choose proper shoes. Radio stations, both nationwide and local, have interviewed members of SF on several occasions.

Members have visited churches and charity cafés to inform visitors about good foot health and distributed goodie bags. Countless members opened their private practices to the curious public, gave short lectures, discounts and free samples. Many of us have also helped our local pharmacies to inform about good foot care, what to do and how to choose the right crème and of course most importantly: if you have questions - see your local chiropodist or podiatrist!

The Swedish proverb "stå på god fot" (stand on good foot) actually means being friendly with someone!

Tack och hejl, Stella Tommos - Sveriges Fotterapeuter

France - Fédération nationale des Podologues

The Fédération nationale des Podologues seized the Council of State to assert the rights of French podiatrists regarding conventional benefits they do not benefit at all.

On the other hand, the High Authority of Health, which is a state body under the Ministry of Health, has launched a study on the medical assessment of foot orthotics. This evaluation will be based on a review of international literature.

At the general meeting of 16 April 2016, the entire Office of the Fédération nationale des Podologues will be renewed.

Best regards, Serge COIMBRA, President FNP



FIP MEMBER COUNTRY UPDATES



Spain - Asociación Española de Cirugía Podológica

The Spanish Association of Podiatric Surgery (AECP) was founded in 1994 in order to generate and promote the knowledge within this field. It has organized several seminars on Podiatric Surgery, being the last one held in Seville, and now it is proud to present the Spanish Academy of Podiatric Surgery.

This new institution aims to help all podiatrists interested on learning more about surgical practices, not only MIS but also open surgery. The first courses to be joined by all podiatrists are focused on MIS and basic knowledge, with workshops on nail surgery, patient treatment, exostoses and osteochondromas.

Then, the "students" can join the intermediate courses, based on workshops with corpses, so that they can learn more about foot dissection, metatarsal and digital disorders and how to proceed.

Finally, on the upper courses from the Spanish Academy of Podiatric Surgery, all "students" will know the different malformations as result of surgical treatment. They will be able to diagnose and use the technical procedures applicable to diverse mid-and-hindfoot pathologies.

This means a whole new opportunity for all podiatrists interested in the field, as it is based on an Academia structure which ends with a Certificate of Expert on Podiatric Surgery specifically designed for them.

For more information, go to www.academiaecp.es

Besides, AECP changed its website last March. This new website was designed in order to be a useful tool for all our members and to all people interested in our scientific and educational activity. We invite to visit it, www.aecp.es

USA - APMA Spring Campaign Has Sprung

April is Foot Health Awareness Month in the United States. This year's campaign, "Today's Podiatrist Keeps America Walking," targets American adults who are active and American adults who would like to be more active but are hesitant due to pre-existing foot and ankle conditions. Please join us in supporting our spring campaign by using our digital toolkit, available at www.apma.org/walking. This year's toolkit includes an Online resource page; Campaign logos; Free poster; Social media banners; Two free tip sheets; Customizable feature articles; Shareable videos; Shareable memes; Customizable "Dear Colleague" letter; Sample social media posts and Customizable special edition of Footprints

Revolutionary Meeting, Revolutionary Location

If you haven't already registered for the APMA 2016 Annual Scientific Meeting, July 14-17 in Philadelphia, consider what you're missing. This meeting will be a revolution in learning, with new educational innovations, a comprehensive program, and a faculty that includes the luminaries in podiatric medicine and surgery. Plus, earn 26.5 continuing education contact hours.

In your down time, enjoy the city that sparked the American Revolution. Philadelphia is a convenient urban hub with all the modern conveniences and a fascinating history. Register today at www.apma.org/thenational. APMA looks forward to welcoming you to Philadelphia in July.

APMA Educates US Lawmakers about Podiatry

APMA recently hosted its annual legislative conference, during which hundreds of members from around the country participate in meetings in Washington, DC, to educate national lawmakers about podiatry and its benefits to the national health-care system. The week after the Legislative Conference, APMA members David Armstrong, DPM, MD, PhD, and John Steinberg, DPM, FACFAS, spoke at an APMA-sponsored briefing to legislators and their staff about "Pioneer Innovations in Diabetic Limb Salvage."

The event was designed to communicate the importance of breaking down barriers to patient access to care provided by podiatrists.

Australia - Australasian College of Podiatric Surgeons Update

The Australasian College of Podiatric Surgeons (ACPS) is committed to the advancement of knowledge in podiatric surgery and to upholding the highest standards in foot and ankle (surgical and related) care by podiatric surgeons in the community.

One of the principle objectives of the ACPS is preparation of specialists in the field of podiatric surgery by providing the leading role in the training, support and examination of podiatric surgeons. As an accredited training provider to the speciality of podiatric surgery The ACPS looks forward to taking on new trainees later this year. Concurrently, extensive ongoing effort has been focused on normalisation of podiatric surgery within the Australian health care setting, with formal application for Medicare funding for podiatric surgical services currently ongoing. One of the strengths of the ACPS's application has been the commitment of its members to undergoing surgical audit our specialty being one of the few surgical crafts that are involved with this.

FIP MEMBER COUNTRY UPDATES

The ACPS has continued its support and enhancement of clinical practice for general podiatrists and has designated a number of dates later in 2016 for its Foot & Ankle Insight Seminars. In 2016 the title for this seminar is "What every podiatrist should know about the forefoot." which will be presented by a number of Fellows of the college using their wealth of knowledge. It is expected these will be well attended by podiatrists from across the country. Further details can be obtained from our website (<http://acps.edu.au>).

The ACPS will continue to take a leading role in advocacy, research and education in podiatric surgery in the Australian health care setting into 2016.

Poland - Polskie Towarzystwo Podologiczne (PTP)

On the meeting of our association in February we were lucky to welcome more colleagues to the training as usual. The Polish government has to still regulate the education for our recognized profession "podology".

For our governmental petition colleagues collected votes from physicians to get our profession recognized with an education that would fit European standards. In the past we were very successful with a petition signed by hundreds of patients that our podology profession is necessary for the public health in Poland.

We are happy to be invited by the angiological surgeons again to have a meeting and lecture at their next congress on 24th and 25th of June in Zakopane/Poland.

Our association is very busy in writing down regulations for podological practices and skills. Very helpful are papers offered by the German association Verband Deutscher Podologen VDP e.V. and the FIP-IFP.

Our next meeting will be again in our "home" in Lodz in April.

Magdalena Hafezi-Chojecka and Ilona Vollmer



Executive Director's Update

My first 9 months as the Executive Director of the FIP-IFP



Caroline Teugels

"Amazing things happen all the time. Let's foster them"
.....

Dear members,

At the end of May, I will have completed 9 months as the new Executive Director of the FIP-IFP. In the past months I had the opportunity to meet more of our members, either personally or by phone or conference call. Every time I'm stunned by your dedication and engagement for the profession and the International Federation of Podiatrists.

I hope you will enjoy reading this magazine. I had a great pleasure putting it together. It gives a nice overview of some of the work we accomplished the last months together with the board. I had a great time interviewing SCP Executive Director Joanna Brown (further in this magazine) and preparing the website for the Annual General Meeting. I'm also very proud of the campaign we put together with the World Foot Health Awareness Month. We realised the subject wasn't easy but I'm persuaded we succeeded to talk about the subject in a scientific interesting matter for all podiatrists.

I will be pleased to meet you all during our next Annual General Meeting in Montreal. It will be a great opportunity to shape the future of our association. I see our leaders at every level come together as never before. We must stay united and operate in a professional manner. The future of podiatry is bright and with the upcoming World Congress we will show the world the high level of podiatric medicine we practice.

With hard work, commitment and trust we can make that difference that helps us get the organization closer to achieving success.

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The perfect post-workout recovery toe-post sandal. Re-engineered from the ground up.

TOTALSUPPORT® Footbed with the added benefit of a soft Structured Memory Foam Layer. Increased underfoot cushion for muscle recovery and lightweight, breathable synthetic suede straps. *Four new colorways sized for women and men.*

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TOTALSUPPORT® Footbed with the added benefit of a soft Structured Memory Foam Layer. Increased underfoot cushion for muscle recovery and a soft, stretchable cross-strap with bonded TPU support adds subtle rigidity where it's needed. *Two new colorways sized for men.*

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FIP-IFP 2016 AGM

25 MAY 2016 Montreal, Canada

Awards

The FIP-IFP feels it is of utmost importance to support and recognise individuals who, through their vision and commitment to their profession, are making outstanding contributions to the fields of podiatric practice. As such, each year FIP-IFP honours those who have demonstrated commendable work and dedication in areas which parallel the overall FIP-IFP mission. The FIP-IFP awards should be submitted 30 days before the AGM to carine.haemels@skynet.be and director@fip-ifp.org with a letter of support and the nomination form. Four recognitions can be awarded the FIP-IFP Lifetime Achievement Award, the FIP-IFP Distinguished Service Award, the FIP-IFP Humanitarian Award and the Certificate for Recognition. Go to the AGM website and download the documents.

montreal2016.fip-ifp.org

The FIP-IFP AGM in a nutshell

The Fédération Internationale des Podologues - International Federation of Podiatrists will hold its Annual General Meeting on May 25, 2016 in Montreal Canada.

Venue:

Hyatt Regency Hotel, Montreal (Headquarter Hotel of the 2016 World Congress of Podiatry - reservation: www.fipworldcongress.org)

Dates:

24 May 2016	Delegate's session from	1pm - 4pm
25 May 2016	ECP Meeting	8 - 11am
	FIP-IFP Annual General Meeting followed by a reception offered by the host association CPMA	11:30am - 5pm
	President's Dinner starting at (Auberge St-Gabriel)	7:30pm

The FIP-IFP wants to facilitate participation to the Annual General Meeting and has created a specific website for this event.

<http://montreal2016.fip-ifp.org/> contains all the information you need to be well prepared for the 2016 AGM. You will have access to the different documents, be able to register yourself and your colleagues and make the online payment.

**DEADLINE FOR REGISTRATION:
2 MAY 2016**



The download documents page

All the documents you will need for the FIP-IFP AGM are made available for the participants on one page. You can find the agenda of the meetings and the financials. The FIP-IFP Articles of Association and the changes proposed by the Articles of Association Committee. Documents will not be printed out during the meeting and are available online. Go to montreal2016.fip-ifp.org/documents and find everything you need.



**THINK
GREEN**



Strategic planning for professional podiatry associations

CAROLINE TEUGELS, EXECUTIVE DIRECTOR FIP-IFP

How to make a successful strategic plan that includes the organization's mission, goals, and priorities, without being a management guru

In a few words strategy is how resources are deployed to achieve goals. You choose your goals by looking outside and looking ahead. In the 70's strategy was the focus of management attention and this was over the years stimulated by the many consulting firms and marketing gurus.

Strategy is not an isolated management process. It is a single step in a long series that begins with the mission and ends at the executive work of the collaborators in the organization, and where conclusions can be drawn by the positive feedback of the members.

We all know that to determine a good strategy, we first need the Mission, Vision and organisational goals to be written in the Strategic Plan.

The Mission or mission statement defines the very existence and identity of an organization. It indicates who you are, what you do and what you want to achieve. Your mission is timeless.

When elaborating your mission bare

these tricks in mind:

A good mission should be concise and provide a link to the objectives of the organization.

Provide a concrete and compelling mission. You will not be judged by the length of the mission but what it stands for, a good example is Microsoft's mission: "to enable people and businesses throughout the world to realize their full potential". Short and to the point.

- The existence of the organization is in the outside world. No podiatry association works for itself. Clearly indicate in the mission what you want to do for the outside world and how.
- Avoid jargon and abbreviations. Do not assume that everyone understands all the acronyms and jargon within the podiatric association.

Then start thinking about your **vision** (this is the fun part to do). A vision is inspiring. It gives a visionary and ambitious view of what the association wants to be. In defining

your vision, look at the world today and the opportunities in the future and describe the desired dream situation. In writing your vision don't make too little substantive choices in fear of forgetting something and focus on innovation rather than optimization. Develop a detailed vision statement that is wide enough to anticipate possible opportunities and evolutions but has the roots in the reality of the organization.

Strategic objectives are the next step in your process, they are tangible results you are aiming to achieve the mission and vision of the association. In order to achieve the goals, you have to make them SMART: Specific, Measurable, Achievable, Realistic and Timely. Like some others I would add even Inspirational (SMARTI). You can make as many Strategic objectives as you wish depending on the feasibility and the timing you foresee in your strategic plan.

That **strategic plan** describes how to achieve insights and objectives set out in the vision and it provides a coherent set of steps to maintain the long-term continuity. A strategic plan has many advantages, such as better coordination and result control, and you know where you go to and how you will do this. Usually strategic plans are recorded in an annual operational plan.

All associations should do strategic planning. But many of the associations can't afford the insights and help of a very costly marketing guru. So how to start? Doing strategic planning inside the organisation is perfectly fine, you just need some basic understanding on how to do it and awareness of the pitfalls to avoid them.

If your strategic planning is to decide on the long term direction the association will take, you will do this in a more organized, planned and sophisticated way then when the meeting wants to review the yearly

operational strategic plan.

First of all, when starting the exercise, you will need to do some mapping. You will need to gather information on the association itself, its history, its members and other stakeholders. Undertaking some benchmarking with other relevant association in or out of your sector can give some interesting insights on how other organisations structure their work and activities. And finally you can gather external feedback to have an idea on what you are doing well and how you are perceived by the outside world. You could think of sending out some surveys (you can find easy and free survey system online). All this information is gathered together in a way that it can help during the strategic discussion.

The information and mapping exercise should be prepared and shared before the strategic planning meeting. Take your time for this part of the job. It will help you understand the current situation and bring interesting viewpoints in the strategic planning meeting.

Also you can prepare in advance a swot analysis as a tool to start your strategic planning meeting. Determine your associations internal strengths and weaknesses and external opportunities and threats. It will give you a holistic view on who you are now. The SWOT only assess the situation it will not help to implement your strategic planning, but it is perfect to start your strategic planning meeting with.

If it is the first time you will do a strategic planning meeting with your association, allow yourself time. If you have the opportunity just go off-site for 1 or 2 full days.

Carefully decide who you want to involve in this process. Depending on the type of association and its size you will have all members involved or just the Board who will be present at the



meeting. Consider integrating some past presidents or new members, they will all help in developing a balanced output.

Anyway as a membership based association you will, at one time directly or indirectly consult all your members, as their voice is the voice of the association. It will also help you to successfully achieve your goals as everybody feels involved in this process, continued communication is the key to success.

Once you defined your mission, vision and you have distinct SMARTI objectives in your operational plan, you will need to implement them. A quick look on the internet will give you some useful tools to track the progress of your strategic outcome. The key is to review them regularly. Place the review of the operational business plan as a fixed item on your board meetings and keep your members informed about the progress. But be flexible, because the world is vuca your strategic plan should be adjustable to make sure you can reach the objectives you have defined.

Good luck!



World Health Foot Awareness Month

The World Foot Health Awareness Month Committee is responsible for increasing the awareness of the importance of foot health among the general public and other health professionals through the organization of the WFHAM. The committee provides member organization with suitable resource material to aid the successful implementation of plans for the annual foot health awareness initiative during the month of May of each year.

C A N C E R ...the very word causes many to recoil. No practitioner looks forward to dealing with this element of patient care. A podiatric physician is challenged daily to keep a healthy suspicion of whether malignancy is part of a patient's diagnosis. The obligation is to engage effectively in managing the diagnosis and care of malignant podiatric symptoms. That weighty obligation comes with an equal measure of satisfaction in delivering your patient from a treatable malignancy or in assisting the greater medical team in ensuring their survival.

This year in an effort to refresh rather than exhaust podiatric examples, the IFP-FIP World Foot Health Awareness Month 2016 will bring back to mind some of the ways malignancies show themselves within the common scope of podiatric medicine. These are intended also to remind the practitioner of some common ways these are hidden in patient concerns that are more routine and therefore, sadly, often missed.

The podiatric physician's responsive, investigative approach when symptoms seem to stump or go against common norms is integral for the patient's well-being. A detailed medical and social history as well as pedal system (VASC, DERM, NAIL, ORTH, MUSC, NEURO) approach in evaluation will make the challenge easier. We are reminded that E A C H of these components offer malignant possibilities. Take nothing for granted. Be inclusive to the medical community and integrate their specialities for the patient's most optimal result. Further, once a diagnosis is made and a treatment regime is initiated, the repercussions of anti-cancer treatments can also require a podiatrist's special approach as in the Hand- Foot Syndrome frequently noted and described here.

Remember that often a podiatric physician is the first line investigator and channel into the recovery every cancer victim hopes for.

Your patient is counting on you!

Sylvia Virbulis, DPM, member of the World Foot Health Awareness Month Committee



The documentation of the WFHAM is available for each member country. Please contact Caroline Teugels (director@fip-ifp.org) for more information.



Joanna Brown's Festina Lente - interview with an amazing executive director

Joanna Brown joined the Society of Chiropodists and Podiatrists (SCP) in 1997. The Society is the professional body and trade union for registered chiropodists and podiatrists in the United Kingdom. She became Chief Executive of the SCP in 2003 and since that time has also been involved with the FIP-IFP. She will be leaving the SCP at the end of May.

Caroline Teugels took the opportunity to interview her during her presence at the House of Delegates of the APMA in Washington D.C.

Being the Chief Executive of the Society of Chiropodists and Podiatrists, what does that mean?

The Society of Chiropodists and Podiatrists (SCP) is not only a professional body but also a trade union, so we have more staff than some other podiatry associations. As well as negotiating on pay and conditions we are able to use our expertise to advise other unions, making sure for example their members are wearing the appropriate footwear in shops and factories. Moreover, the SCP covers four countries. In 1997 powers including health were devolved to Scotland, Wales and Northern Ireland. This means that even though the number of members in those countries is relatively small, those podiatrists need to be represented too. So we also have staff members there as remote workers.

Looking back to all those years, what is the biggest achievement of the SCP you participated in?

Without hesitation the really big success story is independent prescribing. The Society fought hard to convince the medical establishment and the government that podiatrists who received the appropriate training could prescribe safely and effectively. Furthermore, it has a positive cost implication for the country's budget.

I have seen the profession evolve. Podiatry in the UK started in Victorian times (though even I was not around then!), and it has constantly grown in training and skills. Podiatrists are allowed to perform surgery if they

undertake a specialist training in foot and ankle surgery, and this training has been recognised by the registering body. Biomechanics is also an interesting example of the continuous progress in the profession and the competencies of the podiatrist.

What would be the typical day of Joanna Brown?

Emails and more emails...

No really, there is no such a thing as a typical day. I spend a lot of time out of the office. If we want the profession to advance, external relations are really important. We have regular articles in magazines to promote foot health to the public and we are also involved in advocacy. We have built a network of supporters in Parliament and charities, we actively seek to influence the government and build up networks. The Society has 30 staff members to be managed too.

Which motto would define your work?

My motto would be Festina Lente, make haste slowly. Have ambitious ideas but make sure your work is done properly. First think about what will be needed and step by step construct the building blocks. I have spent a lot of time working on the policy and procedures of the SCP. It sounds a little dull but it is very important. Good governance provides a sound platform from where creative ideas can emerge.

This is also my advice for the FIP-IFP. Since 2003 I have seen the organisation grow. More countries in Europe have joined and the FIP-IFP has also expanded to other areas over the world. This is a very positive

thing, but the Federation needs to balance between expanding and understanding the needs of the current member associations. As we all know the worldwide foot care community is vast. In my opinion the primary aim of the Federation should be to help grow podiatry in countries where the profession doesn't exist or is underdeveloped, rather than support models of foot care carried out by other health professionals.

What will be your next steps?

I am planning to work as a consultant on short term projects, do more trade union work and I will be looking to adding value in non-executive Board positions. I'm already active in the community as a magistrate in the magistrates' court (a lower court, where all the criminal proceedings start in the UK).

Some final words?

I'm convinced the future for podiatry is bright. There are a lot of people that are willing to sacrifice time and their personal income in order to advance the profession, which I think is part of the professional instinct. However having sufficient resources and staff to meet future needs are the two challenges for the FIP-IFP in the coming years.

Good luck, and festina lente!

Thank you very much for all the hard work and your involvement in the International Federation of Podiatrists. Your overall engagement and your involvement in the Articles of Association Committee has very much been appreciated!

PODIATRY AT THE TOP.

Thanks to amazing people



I want to reach the summit of this volcano in the name of all the podiatrists worldwide!

We have informed you by e-blast on the fantastic performances of Mad. Gratienne Sioncke. Read here the whole story: Gratienne took part in an expedition to Ecuador with TRIAS, an organization which helps independent professionals and start-ups in poor countries, such as Ecuador and which supports 124.000 people in their struggle for life. The expedition consisted of a group of 10 Belgian entrepreneurs, all of whom collected 45.000 euro. They went to Ecuador to climb the volcano "Ilinizas Norte" and the "Cayambe" and when they had reached the summit, she planted the flags of both the BVP/ABP (Belgian Member Association) and the FIP-IFP on its top with the words: "I wanted to reach the summit of this volcano in the name of all the podiatrists worldwide, as I carried them with me in my heart."

The BVP/ABP was very lucky in having in its profession persons like Mad. Gratienne Sioncke, who won the 2014 Womed Award for her leadership in managing the BorgInsole Orthotic Lab, which exclusively produces orthotics for podiatrists in Belgium. As she was awarded this prestigious price, which was presented to her by our queen: Her Majesty Queen Mathilde of Belgium, it was covered on national television, radio and in all of the newspapers. As her steps were followed for a year by the press, she spoke with nothing but love about the podiatric profession.

*Article by Jose Roofthoof (Belgium), Past president FIP-IFP
Past president BVP/ABP, Member of the board of BVP/ABP*



Dr Caporusso receives Distinguished Service Citation from APMA



Dr Caporusso was installed as FIP-IFP President on October 14, 2012 at the FIP-IFP Annual General Meeting in Glasgow, Scotland. He served until the FIP-IFP AGM in Iceland on May 10, 2014. During his term Dr Caporusso accomplished many of his goals he set out and has brought financial stability for the organization for years to come. Dr Caporusso commented that Taking the next step with the World Congress was truly game changing for the FIP-IFP. For the first time the FIP-IFP benefitted as a whole from the world Congress. He is also extremely enthusiastic about the international lecture series that was developed under his administration. This new program permitted to bring education to different countries around the globe and helped the FIP-IFP grow financially. He will remain on the Board as Immediate-Past-President.

As well, Dr Joseph Caporusso was the president of the American Podiatric Medical Association (APMA) 2012-2013 and Chaired the Peripheral Arterial Disease (P.A.D.) Coalition Past-Chair. He currently practices in Mcallem Texas in the United States where his practice focus on all aspects and care of the diabetic foot. He has served as an elected member of his local school board and is very active in his community. He is a very dedicated father, to his 3 boys and husband, to his wife.

At the APMA House of Delegates in March, he received the Distinguished Service Citation, APMA's highest honour, presented in recognition of outstanding sustained accomplishments on the national level in scientific, professional, or civic endeavours.

Congrats Joe, we're proud to have you as a past-president!

Citation: "I'm so proud that the FIP-IFP board had the foresight to take the World Congress into its fold."

Improved Cycling Performance thanks to the intervention of the podiatrist

Background

Always in competitive sport, athletes and their teams are seeking solutions to improve performance resulting numbers of prohibited abuses and practices ... cycling is no exception to this rule.

Postural and functional optimization is as such a large area of research.

Many mechanical aspects are studied (bike settings, air penetration etc ...) but the study of anatomical asymmetries of the cyclist (limb length inequality, functional asymmetry) is a rare practice, it is the axis research we chose.

As soon as one studies these functional improvement issues two issues become apparent:

- on the one hand, good mechanical sense implies that a cyclist carrying an anatomical asymmetry necessarily loses in performance,
- on the other hand the scientific current state attesting that today no evidence confirms this theory

Thus within the Cofidis cycling team we initiate a series of studies to try to scientifically objectify the

impact of a mechanical correction through orthotics on the cyclist gesture and mechanical efficiency.

The sporting rivalry between the different teams covering the work of professional secrecy, although conducted in laboratory conditions, this work necessarily have never been subject to any publication.

Our intellectual property since a recent change of team allows us to reveal in part the subject of this work without distorting the current research.

So we started our investigations with case studies, the first will be discussed here, they have led to the emergence quantifiable objective elements to establish a systematic screening of our riders to propose rational individual solutions.

Material and method Case study:

The analysis covers a cyclist age 26, professional for 4 years and having back pain on exertion at high intensity pedalling (Visual Analogue Scale 8/10) persistent at rest for 2 or 3 days.

1- Clinical time:

Clinical examination on the examination table confirms



Right foot, rigid molding the shape of the foot pedal in its function,

Left foot, varus correcting (mid and forefoot) molded on the same principle fighting against the inner torsion of the limb of Fig.4

Processing continues in the shoe with a spacer to correct limb length inequality, Fig.5.



Figure 4



Figure 5



Figure 6



Figure 7

Author:
M. Marc RETALI,
Podiatrists working with
the French Cycling Team
(Fédération Française de
Cyclisme)

Dr MAILLOT Jacky, Doctor
working with the French
Cycling Team (Fédération
Française de Cyclisme)

M. VILLERIUS Vincent ,
Trainer COFIDIS Team

the anatomic asymmetry with real length difference of the left lower limb 12 mm measured clinically, there is also a difference in perimeter tower ipsilateral leg of 2 cm

The pedalling situation in dynamic examination confirms the functional asymmetry with right pelvis, and subsequent deformation in 3 planes of the right leg (anticipation, valgus and internal rotation) as shown schematically in the capture of the scorecard in Figure .1.



Figure 1

2- therapeutic time:

Correction with orthopaedic insoles, molded to the foot under vacuum in the shoe in pedalling situation. Fig.2 and 3



Figure 2



Figure 3

3- On the Analysis Time:

Measures with BioVal® accelerometers were performed before and after instant correction. Fig.6

Power sensors SRM® fig 7 has realized the pedalling Ppttern Fig.8 before the corrections and after a full year of use for comparing powers at the same times of the season.

Results

Clinical results:

After 2 months of treatment EVA increased from 8/10 to 2/10, yet almost complete

disappearance of pain however present for several years.

Functional results:

- Measurements BIOVAL: reducing left right gaps is spectacular Fig.8 and 9:

For the knees, 21.7% of rotary stroke reduction for single left knee (161-126) against 10.2% for the right knee (135-126)

There were 25 ° difference medio-lateral angular displacement between the two knees before

Improved Cycling Performance thanks to the intervention of the podiatrist

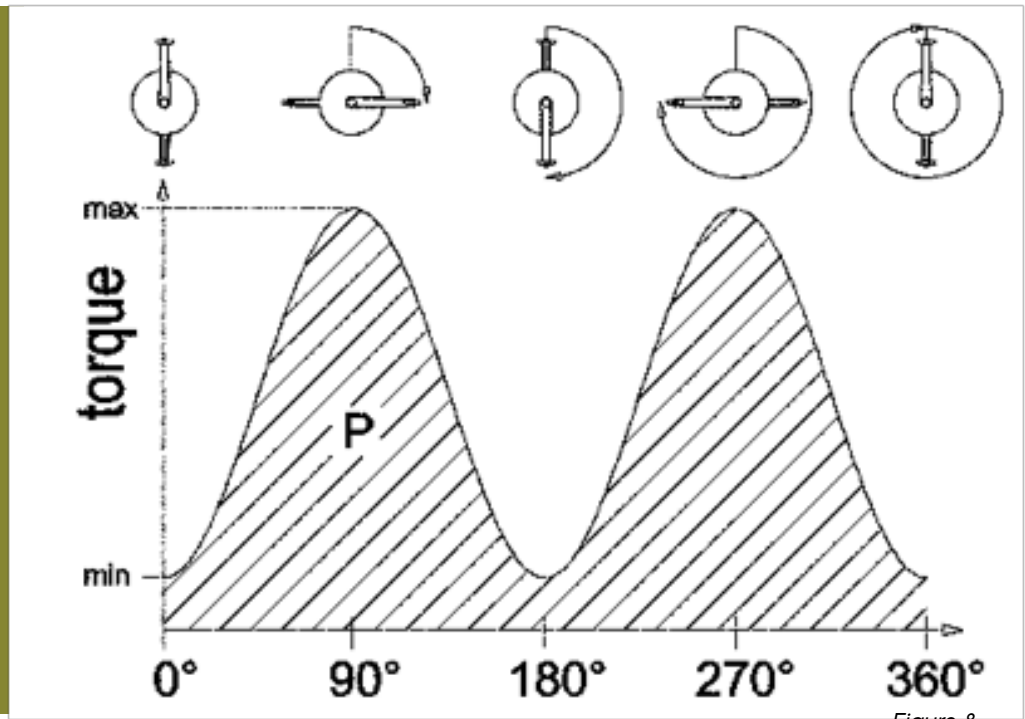


Figure 8

corrections to switch to only 1 degree of difference after corrections.

For the feet, differences in medio-lateral mobility increased from 39° to 5° before treatment after a decrease of 88%.

- Measurement SRM: The measurement of the powers with SRM is made in various intensity shown in Fig8.

The measurement of the forces exerted in a maximum intensity show a right left difference of 10 Nm or 15% of difference, to go under the effect of the corrections 4 Nm or 5%. The reduction of the asymmetries is clear.

The most spectacular is that with the disappearance of pain associated with improved functional performance, comparative powers before and after implementation of

Mesures Capteurs BioVal :

Tableau 2 : Amplitudes max moyennes par nombre d'essais en °

Capteur	Gauche			Droite			Comparaison G/D	
	Pré	Post	≠	Pré	Post	≠	Pré	Post
Bassin (Rot. antéro-post.)	18	14	4	12	9	3	4	5
Genou (Rot. medio-latérale)	161	126	35	136	125	14	25	1
Pied (Rot. medio-latérale)	116	61	55	77	66	11	39	5

Figure 9

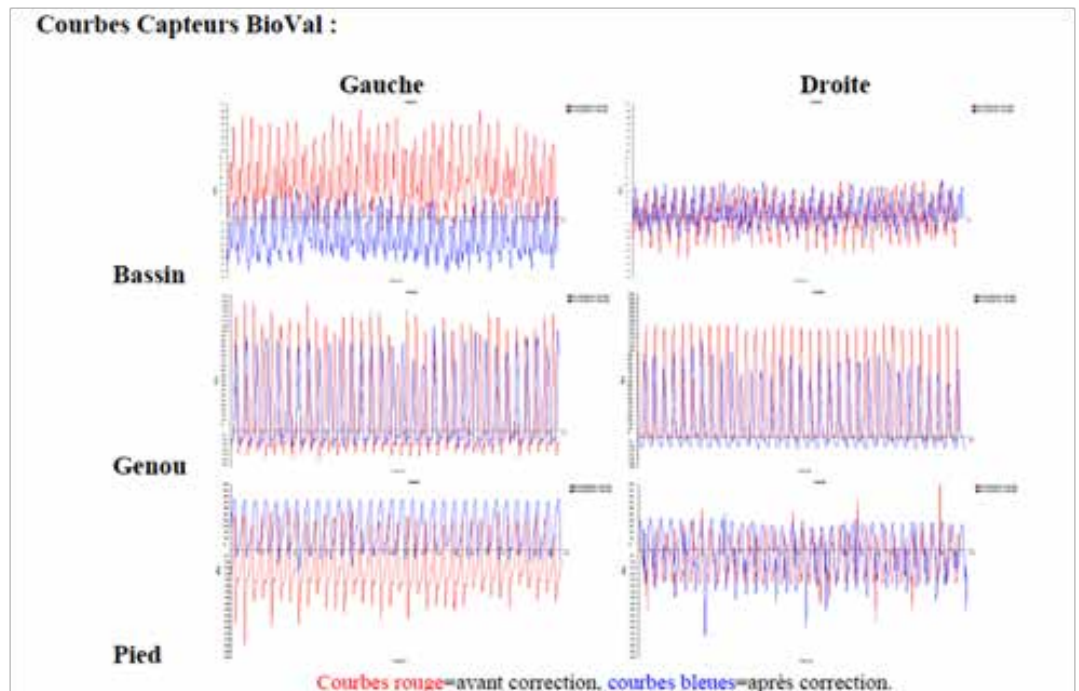


Figure 10

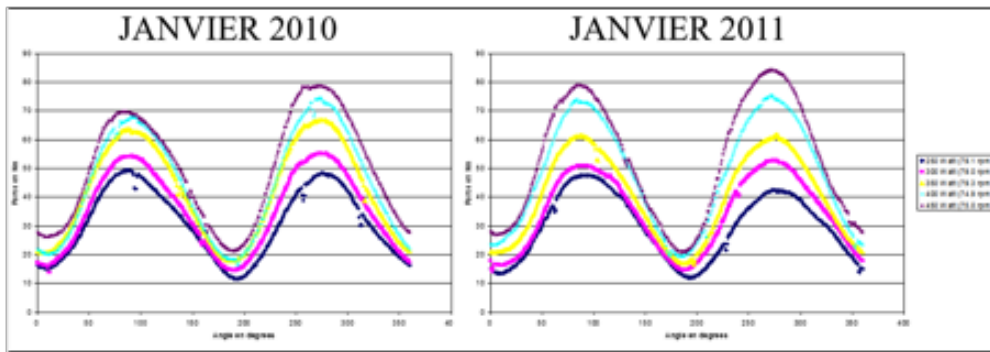


Figure 11

treatment increased by 14 Nm to a year apart, or nearly 10%. This represents a huge gain power.

Discussion

The choice to measure the runner 12 months apart allows to record the same times of the season, leaving (equivalent training) as the only variable orthotic corrections.

These corrections have improved the patient's

complaints but also its mechanical efficiency, but it is impossible to separate the responsibility of the powers related to the insoles or to the improvement of the symptoms.

Conclusion

Improving rider complaints (clinical validation) and improving the implementation of the action in its motor efficiency (functional validation) are

the first publications in the international literature.

Reducing the left right gaps is already a significant element, however the total of 10% power improvement is enormous in terms of the usual gains from training.

New research is currently being done around the necessary oxygen consumption in the same exercise with and without shoe insoles.

“
The most spectacular is that with the disappearance of pain associated with improved functional performance

”



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STATE OF THE ART SCIENTIFIC PROGRAM

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Global debate on biomechanical theories with leading world experts in the field of **BIOMECHANICS**:
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Dr. Kevin KIRBY



Dr. Ed GLASER



Dr. George
TRACHTENBERG



Dr. François ALLART

A **REACTOR PANEL** including Dr. Howard Danenberg, Dr. Norman Murphy, Dr. Louis DeCaro and Mr. David Dunning and participants will explore the topics in a question and answer session.



Dr. Howard
DANENBERG



Dr. Norman MURPHY



Dr. Louis DECARO



Mr. David DUNNING

The **DERMATOLOGY** track will open with Dr. Brad Bakotic and Dr. Tracey Vlahovic. Dr. Bakotic is a prominent podiatrist and pathologist. His lectures are dynamic and interactive. He will feature a hands on biopsy workshop. Dr. Vlahovic has spoken all over the globe on skin and nail pathology. She is a superstar when it comes to podiatric dermatology. Dr. Vlahovic will also conduct a workshop on using the dermatoscope in your practice.



Dr. Brad BAKOTIC



Dr. Tracy VLAHOVIC

Led by an international faculty, the **DIABETIC AND WOUND CARE**, feature Dr. Kristien Van Acker, Dr. Margreet Van Putten, Dr. Joseph Caporusso, and Dr. Matt Garoufalidis.



Dr. Kristien VAN ACKER



Dr. Margreet
VAN PUTTEN



Dr. Joseph CAPORUSSO



Dr. Matt GAROUFALIS

STATE OF THE ART SCIENTIFIC PROGRAM cont'd

The surgery track will include both podiatric and orthopedists surgeons; Dr. Michael Graham, Dr. Patrick Deheer, Dr. Sheldon Nadal, Dr. Reuven Lexier, Dr. Vincent Hetherington and several others.



Dr. Michael
GRAHAM



Dr. Patrick
DEHEER



Dr. Sheldon
NADAL



Dr. Vincent
HETHERINGTON

Scheduled Program Workshops

Include foot health screenings for the diabetic patient, skin biopsy techniques, Dermoscopy, live data capture and force plate mapping a tool in gait analysis including sports medicine, ground reaction forces modulation, assessment of on the needs of special Olympic athletes, lasers in onychomycosis, diagnostic ultrasound, noninvasive vascular evaluation and total contact casting.

Pre-Congress Surgical Workshop

Featuring Dr. Michael Graham, a leading podiatric surgeon who has revolutionized the correction subtalar joint subluxation, Dr. Sheldon Nadal, president of the American Academy of Foot and Ankle Surgeons who will discuss the latest trends in Minimal Incision foot surgery, Dr. Juan Goetz, a leading American Surgeon who will discuss and demonstrate 1st MPJ implants - the old and the new approach.

Keynote Speakers



Dr. John Bell

The Quest in the Cure for Cancer
Scientific Director of the recently awarded National Centre of Excellence for the Development of Biotherapeutics for Cancer



Dr. Leonard Levy

Role of the Profession in Public Health
Associate Dean Research/ Innovation, Professor Family Medicine/ Public Health/ Biomedical Informatics, Nova Southeastern University College of Osteopathic Medicine



Dr. Kristien van Acker

The challenge of filling the gap of diabetic foot care on the international level: Podiatrists are the GATE keepers!

Chair of the International Working Group and the Chair of the Consultative Section of the Diabetic foot of International Diabetes Federation (IDF CS DF)

Program highlights available on website - www.fipworldcongress.org

Social Program:

- Congress Dinner and Casino Night - Friday, May 27, 2016
- Optional tours and an engaging accompanying persons' program will include a wide range of tours, both within the city and surrounding areas to take you on a journey to discover Montreal's rich historical heritage as well as its vibrant, world class attractions.

Congress Sessions and Workshops in the Following Disciplines:

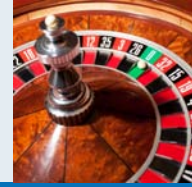
- Biomechanics including a forum on the latest Theories
- Diabetic Foot and Complications
- Wound Care
- Podiatric Medicine
- Dermatology
- Surgery
- Gait Analysis
- Podiatric Medical Education
- Global Perspectives in Podiatric Medicine

Congress includes up to 27 CME Credits

Our Exhibitors

Don't miss out on our high numbers of exhibitors during the World Congress of Podiatry.
All this and more, during the FIP World Congress.

Social Program Congress Dinner and Casino Night Friday May 27, 2016



A NIGHT OF CASINO FUN AND DINNER - WINDSOR BALLROOM

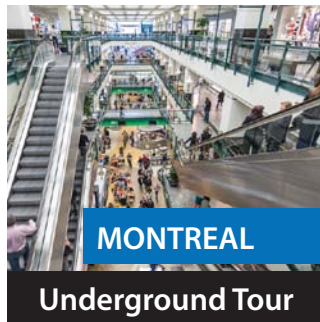


Join us for a night of casino fun and dinner. The evening begins with delicious cocktails and hors d'oeuvres followed by a fantastic meal. After dinner, play at the casino and win fabulous prizes. Casino games include blackjack, poker, roulette, horse derby racing, Plinko to name but a few.

Come join us for drinks, food, fun and games!

There will be a lot of prizes to win!

Accompanying Tours



**MORE INFORMATION AT
WWW.FIPWORLDCONGRESS.ORG**

mark your calendar

9 April 2016

The Society of
Chiropodists and
Podiatrists of Ireland
Annual Conference,
Rochestown Hotel, Cork

22 April 2016

Society Of Chiropodists
& Podiatrists of Northern
Ireland - Enniskillen,
Northern Ireland

May 18 - 20 2016

Malvern Diabetic Foot
Conference
Malvern, UK
<http://www.malverndiabeticfoot.org/>

May 24 2016

FIP Delegate's session
Montreal, Quebec
www.fip-ifp.org

May 25 2016

FIP-IFP Annual General
Meeting
Montreal, Quebec
www.fip-ifp.org

May 26-28 2016

FIP World Congress of
Podiatry
Montreal, Quebec
www.fipworldcongress.org

July 14-17 2016

APMA Annual Scientific
Conference
Philadelphia, Pennsylvania
www.apma.org

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