

# 9<sup>th</sup> Diabetologists Conference

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### Instant offloading with samadhan system

Offloading means to redistribute pressure, generated out of body weight and falls in the region of wound with a view to facilitate healing. Ideally we should attempt to prevent any pressure but it is impossible hence we aim to redistribute pressure in such a way that pressure is reduced remarkably in the region of wound. For offloading many methods are available but most of these methods are expensive, hence not affordable by most patients in developing nations; besides not being freely available too. We at LK Diabetes Centre, researched and developed a method, named SAMADHAN SYSTEM which is very simple, most economical, costing barely \$1, easy to make, use and remove and least time consuming. It has 3 components- A foam cylinder, called "Samadhan Unit," a piece of elastocrepe bandage, called "Retainer" and metallic clips, provided with the elastocrepe bandage, called "Fastner," which keep edge of the elastocrepe bandage in position. These Samadhan Units are kept ready and are cut to size of the sole of the patients when he arrives. Next Samadhan Unit is placed at a point which offloads the wound and then it is retained with Retainer and Fastners. It is very easy to manufacture Samadhan Units. We take a piece of rubberized foam, density 40, size 4 inchesX6 inches, apply liquid adhesive on one side and role up carefully into a cylinder, keeping adhesive side inwards. Then we leave it pressed by some weight for a few hours and the Unit is ready.

### Biography

Triply post graduate in Medicine (MD), Nutrition (PGDND) and Radiology (DMRE), 64 years old Dr. Lakshmi K Shankhdhar, holds the credit of establishing North India's still only exclusive Diabetes Clinic in Lucknow, India and is the fourth Indian to receive Wockhardt-Harvard Medical Excellence Award and Visiting Fellowship of Harvard Medical International, the International Arm of Harvard Medical School (Boston). He has presented several abstracts and Faculty orations in many International conferences on Diabetes, besides chairing some International conferences. Currently he is Principal of a medical College of Diabetology, besides working as Medical Director and Endocrinologist in his own Clinic, the LK Diabetes Centre.

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