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## Local management of diabetic foot ulcers with a polyabsorbent TLC-NOSF dressings – A real-life pilot study in real life from Kuwait: Emerging and innovative approaches for wound healing and tissue regeneration

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Chronic wounds are an international and regional concern affecting many patients, demanding substantial resources from healthcare systems. Managing patients with these wounds is costly in terms of time and resources required, not forgetting the detrimental impact on the quality of life of these individuals. Moreover, diabetic foot problems are very common throughout the world, and their recurrence is high. In 2016, the World Health Organization (WHO, 2022) reported that 14.7% of the population of Kuwait are suffering from diabetes, with very high percentages of overweight, obese and inactive individuals. It is inevitable that many of these individuals suffer and/or will suffer in the future from diabetes-related foot ulcers and complications, and the management of these wounds is complex. The authors reviewed the evidence behind a local treatment indicated for chronic wounds and specific in neuropathic diabetic foot ulcers. In view of the high level of evidence regarding this local treatment, a pilot study was conducted in 2021 to analyse the feasibility of a larger-scale observational study. The article highlights the results of the initial pilot and discusses the feasibility of conducting further research to justify implementation of technology lipido-colloid

nanooligosaccharide factor (TLC-NOSF) dressings in the local management of patients with diabetic foot ulcers in Kuwait.

### Recent Publications

1. Naser Alhumaidi, Mariam Alessa, Abdul Aziz Alshaheen et al., Local management of diabetic foot ulcers with a polyabsorbent TLC-NOSF dressings — a real-life pilot study in real life from Kuwait. *Wounds Middle East*, 2022, Vol 8 Issue 1.
2. Mariam Alessa, Deborah Whitham and Chris Morris-Roberts. The Effectiveness and Safety of Cannabis/Cannabinoids for Painful Diabetic Neuropathy: A Systematic Review. *Global Scientific Research Journal Diabetes*, 1(1), 2018, pp. 9-20.
3. Mariam Alessa. Podiatrist Independant Prescribing in Malta. *Association of Podiatrists in Malta (APM)*, (2015)

### Speaker Biography

Mariam Alessa has completed her MSc in podiatry with diabetes from Brighton University, UK. She is the only practicing diabetes specialist podiatrist at the Ministry of Health, Kuwait. Currently, PhD candidate in University of Western Australia, Australia. She has particular research interest in diabetic foot disease care for the high-risk foot in Middle East and North Africa (MENA) region.

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