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Social prescribing in diabetic foot prevention helps introduce evidencebased medicine knowledge into everyday life

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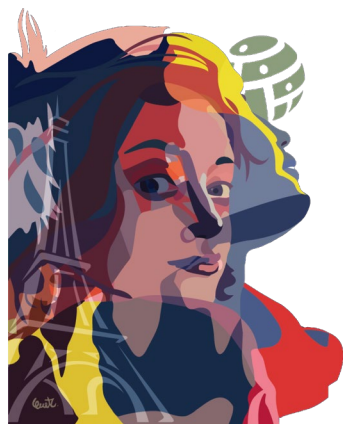
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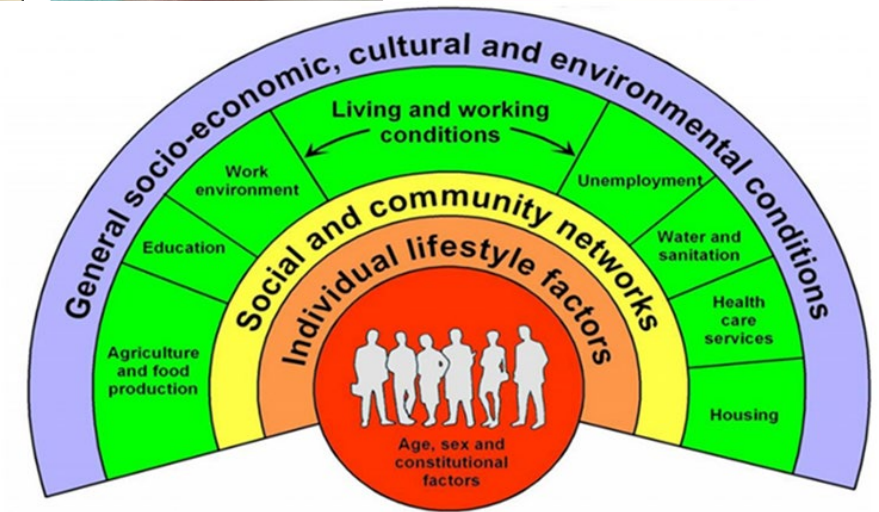
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Diabetic foot syndrome is defined as foot disease in a patient with current or previously diagnosed diabetes mellitus (DM). DM screening and patient dispensary is well established in Slovakia, but the management of DFS prevention remains a major challenge for all specialists involved.



Aim: a diabetic patient's foot not to become a diabetic foot



Source: Dahlgren and Whitehead, 1991

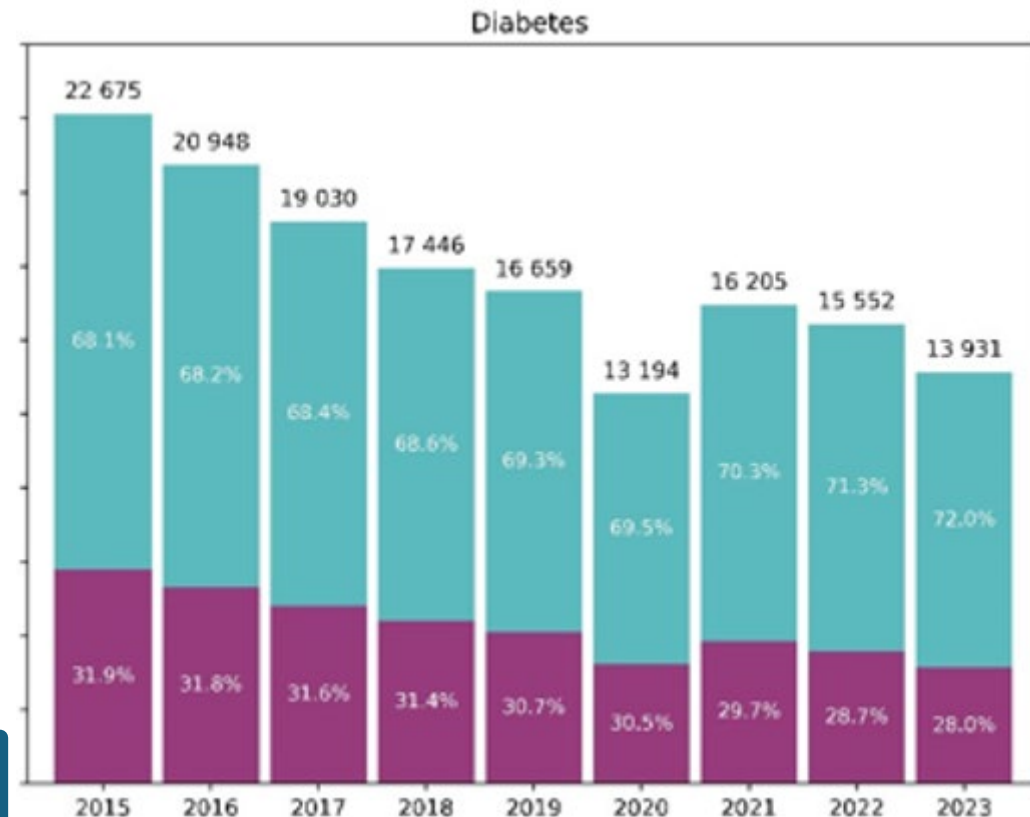
Whitehead M, Dahlgren G. What can be done about inequalities in health?
Lancet. 1991 Oct 26;338(8774):1059-63



Social prescribing is a person-centered approach used by healthcare workers, which connects people to non-clinical community activities and services to improve their health.

The Institute of Health Analyses, Ministry of Health, in cooperation with the Slovak Medical University analyse DFS in patients with DM in Slovakia.

	2015	2023
Inhabitans	5,413 mil.	5, 429 mil.
dispensarised	358,835	464,535
newly diagnosed	22,675	13,931
Amputation (DFS)	7,548	7.386



In recent years, the **competence** of GPs in Slovakia in the diagnosis and treatment of DM has been expanding.

Education is an integral part of meaningful care for patients with DM



DM diagnosed by diabetologist



DM diagnosed by GP

How to tailor recommendations to the conditions of a given region?

We bring practice-based reflection of SP in prevention of DFS from the communities of Bratislava III and IV districts:

1. Diet adherence:

The Bratislava IV District Municipal Office provides meals for seniors in several ways depending on their health status and mobility: subsidized lunches in school canteens, contracted facilities or by delivery service



2. Physical activity: Municipal office supports physical activities for seniors in the beautiful natural environment of the district, especially Nordic walking group in Bratislava IV



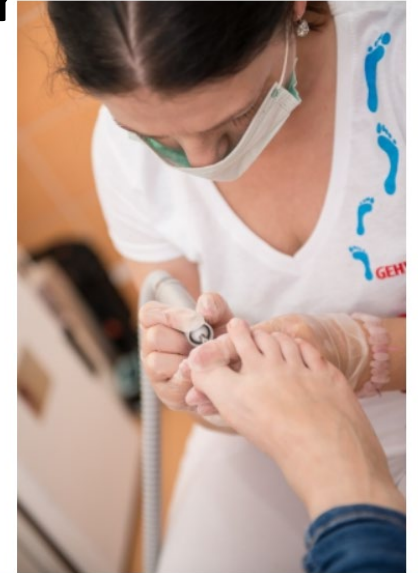
34, 746 inhabitants



3. Lower limb care:

Foot care - pedicure is often literally the Achilles heel of a diabetic. The goal is to prevent a diabetic's foot from becoming a diabetic foot. Communication among patients (in waiting room, in patients' organizations) is important; they can inform each other about current pedicure options in their place of residence.

Diabetic retinopathy and impaired mobility make foot care difficult. Support from community (relatives, friends and acquaintances) in: **1. checking the feet** and **2. looking for professional pedicure** options - approximately every 6 weeks, as close to home as possible.



4. Adherence to treatment:

A local council member J. Steklac, MD, PhD, MPH organizes lectures and workshops on disease prevention for senior in Bratislava District IV

Ing. E. Kovacova director of Slovak League Against Cancer in Bratislava III District., where the patients exchange also their own experiences.



from hot medical news
to practical tips

Conclusion

The level of knowledge and innovation in DM management is constantly improving, but unfortunately, it may not be accessible to patients with adverse social characteristics.

Social prescribing has the potential to be an effective mediator between evidence-based medicine and diabetics in prevention of diabetic foot.

Social prescribing – a way (advise) how to be **heath and happy in community in an ever-changing reality.**



Social prescribing – how to introduce evidencebased medicine knowledge into everyday life

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