

Clubfoot Project

in China



Vision: Prevent problems caused by Congenital Clubfoot

Identified problems are: abortion, abandonment, social exclusion, lifelong disability, physical pain, low self-esteem, low education, poverty, difficulty to find work or a spouse.

Goal: Early identification, referral and effective treatment of Congenital CF

Building up capacity should be done through education, measures to raise awareness and transmission of knowledge and treatment skills in cooperation with local healthcare providers, government, related institutions and NGO's.

Objectives:

- Promote identification, referral and effective treatment of Congenital Clubfoot by lectures and raising awareness measures
- Train personnel of healthcare providers in the Ponseti Method to treat Congenital Clubfoot
- Promote education and guidance for effected families, guardians, caregivers
- Provide Clubfoot braces
- Provide plaster and padding for treatment
- Collect data and photos of cases
- Provide financial support for poorer families and/or orphans directly with project money and indirectly through other organisations and/ or individuals providing support

Organization:

Partners in Hope, Inc. Kunming office - 希望之倡机构（美国）昆明办事处



Golden Park Complex H-702, Shizha Interchange, Panlong District, Kunming, Yunnan, China

Clubfoot Project Director: I. Lohan

Phone: (86) 0871-6823 2418, Mobile: (86) 135 7708 3179, Email: iris.lohan+clubfoot@gmail.com

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1. Congenital Clubfoot, Ponseti treatment and situation in China

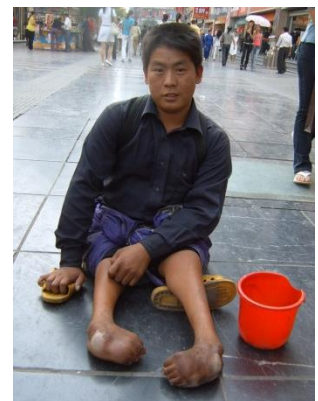


Congenital Clubfoot is one of the most common congenital (= present at birth) deformities with a worldwide incident rate of about 1-6.8/1000 live births (assumed worldwide rate average 1.2‰). It is a developmental deformity with not exactly clarified etiology. It is seen more in boys than girls. One or two feet can be affected by Clubfoot, which causes the foot pointing down and inwards. Without treatment (not positional) Congenital Clubfoot leads to lifelong disability, can cause for the affected poverty and disadvantages in the society as well as a burden for the society. If no other syndrome or health issue is involved, children normally will be able to walk, but – depending on the severity – on the outer or back part of the foot. The wrong position of the foot has negative influence on joints (knee, hips, back), which can lead to pain. If the foot cannot fit into a normal shoe, the hard callus on the foot might break open with a risk of infection.

The Ponseti treatment method developed by Dr. Ignacio Ponseti has a correction success rate of nearly 100% when used properly and started early. It gained popularity with orthopedic surgeons throughout the world in developed and developing countries and is considered the "gold standard" treatment for Congenital Clubfoot. The Ponseti treatment method involves manipulation, serial casting and in most cases a minor surgical intervention to correct Clubfoot. In small babies the correction procedure may even take less than 2 months. Lastly the feet are braced in order to maintain correction and prevent relapse. Through early effective treatment – if no other health problems involved – a child with Congenital Clubfoot will later be able to walk and run like other people. Here an example of a child with Congenital Clubfoot treated in China:



In China estimated 16,000-20,000 children are born with Clubfoot every year, but the real number might be very different. When Clubfoot is detected before birth by ultrasound it might lead to abortion and when found out after birth to abandonment of the child by parents not knowing about an early effective and relatively inexpensive treatment. Children with Clubfoot born and kept by their parents in rural areas may not get early appropriate treatment at all. In other cases, a slighter Clubfoot deformity may be dismissed by parents and doctors as insignificant. Children with neglected Clubfoot in China might later receive expensive extensive surgery procedures with unsatisfying long term results while others appear as beggars on streets.



This project aims for saving children with Clubfoot from abortion, abandonment, lifelong disability, poverty, linked emotional and social difficulties, but also for eliminating related burdens for families and society.

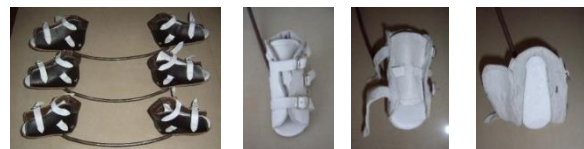
2. Clubfoot activities of Clubfoot Project Director I. Lohan in the past

It was **2003**, my 3rd semester of Chinese language study in China, when an orphan boy with Congenital Clubfoot from the local Social Welfare Institute had been shown to me. I looked up for help on the internet and got in contact with Dr. Marc Sinclair in Germany, who was using the Ponseti method to treat Congenital Clubfoot. As a result he and Dr. Norgrove Penny traveled to China in **May 2004** to teach at 2 clubfoot workshops. These were organized with my involvement by “Helping Hands Charity” in cooperation with a local hospital in Guilin, Guangxi, China.

Doctors and medical people from Guilin and other provinces in China had been invited to learn the Ponseti method to treat Congenital Clubfoot. I participated in a workshop as well. Several children with Clubfoot had been treated at these workshops.



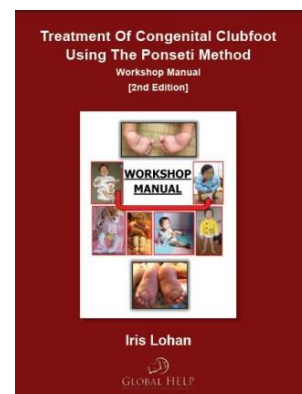
At that time the Social Welfare Institute (SWI) in Guilin had 4 children with Clubfoot and after the workshops I was involved in providing treatment for them in cooperation with staff from the SWI, who participated in training as well. Later more children from the SWI in Guilin but also orphans and children from other places in China had been treated at the SWI in Guilin.



Abduction braces, a very important part of the treatment to prevent relapses, were made locally. In this low cost basic brace, shoes and a bar are connected as one piece.

Involved in support for disabled orphans in China, I continued to keep a focus on Clubfoot. Besides taking care of the treatment of children with Clubfoot in Guilin I conducted seminars about Congenital Clubfoot and its treatment using the Ponseti method at different places in China: **2005** in Hanzhong/Shaanxi ; **2006** in Nanning/Guangxi and Guilin/Guangxi; **2008** in Kunming/Yunnan (only info course) and Wuhan/Hubei; **2009** in Nanhai/Guangdong and Shijiazhuang/ Hebei ; **2011** in Wuhan/Hubei and (2 workshops) Kunming/Yunnan. I worked on material for Clubfoot Workshops and in **2009** put a Workshop Manual together published by Global HELP in English and Chinese. Revised 2nd editions in English and Chinese were published in **2011**. An Italian version followed **2011**, a Russian in **2012** and a Polish in **2013**. Free downloads are available at:

www.global-help.org/products/treatment_of_congenital_clubfoot_using_the_ponseti_method_workshop_manual/



From **Dec 1, 2012 to Apr 23, 2013** I took the opportunity with “CURE international” to investigate for a potential Clubfoot program at different locations in China. In **2013** I was also able to meet up with representatives of “Miraclefeet” and “Walk for life” in China, who had already impacts with Clubfoot programs in different countries. “CURE international”, “Miraclefeet” and “Walk for life” expressed interest in Clubfoot work in China, but at that time the obstacle remained to obtain a suitable legal status for me for legal long-term Clubfoot work in China.

With the German organization “ARCHEMED” I took the opportunity to work on a Clubfoot project in Eritrea, Africa employed from **Aug 1, 2013 to Feb 28, 2014**. I was able to improve the project and gained more practical treatment experience but also helpful insights in project development.

In Feb 2014 I again traveled to China looking for a legal platform for me for long-term Clubfoot work. Fortunately, I came across the US-American Non-Profit Charitable Corporation called “Partners in Hope”. The director of the China Kunming office showed interest in the Clubfoot work and decided to take me in at “Partners in Hope”. It took time and effort for all the formalities, but after several months I finally obtained a Chinese residence permit for the purpose of work.

3. Official Clubfoot work in China

It is a challenging task to work in China officially on humanitarian projects. The situation in China is quite different compared with developing countries. The society is burdened with competitive struggle, pressure, “face-culture”, mistrust, corruption and focus on personal benefit. Time and patience are needed to establish a quality focused sustainable Clubfoot project.

For legal operation in China “Partners in Hope, Inc.” - as a foreign NGO - has a partnering Chinese organization, the “International Non-Government Organization Society” (YINGOS).

Moreover, for Partners in Hope’s Kunming office working legally on a project the agreement of the government is needed. The procedure to obtain an agreement of the government for firstly 2 years had been successful - the result is the bulky project name “马蹄内翻足教育支持项目” - translated as “Clubfoot-Education-Support- Project”.

4. “Clubfoot-Education-Support-Project”

云南省人民政府外事办公室 同意备案书	
项目名称	云南省国际民间组织合作中心资助的“美国”国际非营利组织“希望伙伴”在中国昆明开展的“马蹄内翻足教育支持项目”
负责人	李德强 (9871-420272405, 1388486224)
项目地址	昆明市五华区
项目期限	2015年2月1日至2017年1月31日
项目经费	400,000元人民币
项目内容	该项目旨在通过培训、监督和宣传，帮助患有马蹄内翻足的儿童，提高其生活质量，并促进其社会融入。项目将在昆明市儿童医院和昆明市儿童福利院开展。项目经费将用于支付项目执行费用、宣传费用、培训费用、项目材料费、项目人员工资、项目人员差旅费、项目人员食宿费、项目人员交通费、项目人员通讯费、项目人员办公用品费、项目人员其他费用等。
项目意义	该项目旨在通过培训、监督和宣传，帮助患有马蹄内翻足的儿童，提高其生活质量，并促进其社会融入。项目将在昆明市儿童医院和昆明市儿童福利院开展。项目经费将用于支付项目执行费用、宣传费用、培训费用、项目材料费、项目人员工资、项目人员差旅费、项目人员食宿费、项目人员交通费、项目人员通讯费、项目人员办公用品费、项目人员其他费用等。
项目预算	400,000元人民币
项目执行	该项目旨在通过培训、监督和宣传，帮助患有马蹄内翻足的儿童，提高其生活质量，并促进其社会融入。项目将在昆明市儿童医院和昆明市儿童福利院开展。项目经费将用于支付项目执行费用、宣传费用、培训费用、项目材料费、项目人员工资、项目人员差旅费、项目人员食宿费、项目人员交通费、项目人员通讯费、项目人员办公用品费、项目人员其他费用等。
项目评估	该项目旨在通过培训、监督和宣传，帮助患有马蹄内翻足的儿童，提高其生活质量，并促进其社会融入。项目将在昆明市儿童医院和昆明市儿童福利院开展。项目经费将用于支付项目执行费用、宣传费用、培训费用、项目材料费、项目人员工资、项目人员差旅费、项目人员食宿费、项目人员交通费、项目人员通讯费、项目人员办公用品费、项目人员其他费用等。
项目总结	该项目旨在通过培训、监督和宣传，帮助患有马蹄内翻足的儿童，提高其生活质量，并促进其社会融入。项目将在昆明市儿童医院和昆明市儿童福利院开展。项目经费将用于支付项目执行费用、宣传费用、培训费用、项目材料费、项目人员工资、项目人员差旅费、项目人员食宿费、项目人员交通费、项目人员通讯费、项目人员办公用品费、项目人员其他费用等。

The “Clubfoot-Education-Support-Project” is officially agreed by the government for the period of February 2015 to January 2017. I regard it as the initial start up period and the goal is of course a continuation of Clubfoot work after January 2017.

The funds for 2 years are stated with 400,000¥ Chinese RMB (currency conversion Dec 31: 61,625.9 US\$). This amount is not really much for 2 years and project activities are quite limited. But a registration of a higher sum would put even more pressure on me to get the funds in. Of course, I wish much more money will come in. However, I think that at least the stated amount should be put into a project in order to have – beside positive project outcomes – a better foundation for obtaining future project approvals from Chinese authorities.

Currently Iris Lohan (director), Su Hua (assistant) and Liu Suying (therapist) are employed by “Partners in Hope” working on this project. The place for Clubfoot treatment of cooperating health care providers is currently Kunming, the capital of Yunnan province. At present the Kunming Children’s Hospital and the Kunming Municipal Children’s Home serve as pillars for good quality Clubfoot treatment. The goal is, that over time through training, supervision, support and practical experience, personell of both institutions will be more and more able to perform excellent Clubfoot treatment using the Ponseti method.

The stated fees of the mentioned institutions for treatment differ; the treatment fees at the Children’s Home are much lower than the Children’s Hospital’s.

Detailed documentation and monitoring of treatment and their results can be used for raising awareness about Clubfoot and its available effective treatment by using different media. Parents of children with successfully corrected Clubfeet can make a helpful contribution for raising awareness through social media. In order to reach impoverished people in rural areas about available effective treatment, it calls for networking with governmental institutions, hospitals and other organisations.

5. Developments 2015

5.1. Kunming Children's Hospital

January 15-16, 2015: Clubfoot Workshop: Theory, practice, 3 children with Clubfoot got casted



Clubfoot Clinic after the Workshop

Clubfoot clinic day normally on Tuesdays. Support for good quality treatment, documentation and parents advice through staff of "Partners in Hope":



5.2. Kunming Municipal Children's Home

February 26-27, 2015: Clubfoot Workshop: Theory, practice, 1 child with Clubfoot got casted



Clubfoot Clinic after the Workshop

Clubfoot clinic day normally on Thursdays. Support for good quality treatment, documentation and parents/carers advice through staff of "Partners in Hope":



May 31, 2015: Children's day celebrations



Nov 23, 2015: Two training sessions for staff of the organisation “Sunrise”
Focus on taking care of children with Clubfoot in casts and correct wearing of braces



Dec 21, 2015: Training for staff of the organisation “Half the sky”
Focus on taking care of children with Clubfoot in casts and correct wearing of braces



5.3. Bilingual Awareness Flyers printed in March 2015:

马蹄内翻足教育支持项目 Clubfoot Project



**如果您认识一个孩子出生时有一只脚或者双脚和上面照片一样，
请与我们联系！我们想帮助他们！**
If you know any child born with one foot or both feet like in
above photos, please contact us! We want to help!

愿景: 预防先天性马蹄内翻足导致的问题: 人工流产、遗弃、社会排斥、永久性残疾、身体疼痛、心理自卑、文化程度低、贫困、就业难、找配偶难。
Vision: Prevent problems caused by Congenital Clubfoot: Abortion, abandonment, social exclusion, lifelong disability, physical pain, low self-esteem, low education, poverty, difficulty to find work or a spouse.

目标: 先天性马蹄内翻足早期发现、转介和有效的治疗。
Goal: Early identification, referral and effective treatment of Congenital Clubfoot.

先天性马蹄内翻足是在孩子一出生时就能发现，多发生在单足或双足。在怀孕过程中，一个正常发育中的脚转变成马蹄内翻足，表现为：足内后侧肌腱和韧带增厚、肌肉比正常的发育细小，这一转变结果是：脚后和脚内侧的部分被拉到一起，导致了足向下向内发生了扭转。足部的骨头也因此处在异常的位置上，足部僵硬，孩子在通常情况下不能把脚放到正常的位置上。
Congenital Clubfoot is noticeable right from the baby's birth and involves one foot or both feet. During the development in the mother's womb a normal foot turns into Clubfoot. Tendons and ligaments in the back and inner side of the foot get thick and tight. Muscles develop shorter and smaller than normal. As a result, the back and inner parts of the foot are pulled together causing the foot to point downwards and twist inwards. The bones of the feet are therefore held in an abnormal position. The foot is turned, stiff and cannot be brought to a normal position by the child in a normal manner.

马蹄内翻足的治疗-Clubfoot Treatment:



我们的主要治疗方式是潘塞特方法，它被称为马蹄内翻足治疗的“金标准”。它包括手法、打石膏和在大多数情况下小外科干预来矫正马蹄内翻足。最后孩子的脚将穿上支具以保持矫正和预防复发。孩子有先天性马蹄内翻足通过早期有效治疗（如果孩子没有其他健康问题）以后可以像正常人一样走路和跑步。
Our main treatment approach is the Ponseti method, which is known as the "golden standard" treatment for Clubfoot. It involves manipulation, serial casting and in most cases a minor surgical intervention to correct the Clubfoot. Lastly the feet are braced in order to maintain correction and prevent a relapse. Through early effective treatment - if no other health problems involved - a child with Congenital Clubfoot will later be able to walk and run like other people.

马蹄内翻足的矫正带来人生的改变 - Corrected Clubfoot change lives:



机构 - Organization: 希望之信(美国)昆明办事处
Partners in Hope, Kunming, Yunnan

合作单位 - Cooperating partners: 云南省国际民间组织、昆明市儿童医院、昆明市儿童福利院 - Yunnan International Non-Government Organisation Society, Kunming Children's Hospital, Kunming Municipal Children's Home

联系方式 - Contact Details: 如果您想了解详细的治疗信息和合作方式以帮助有先天性马蹄内翻足的贫困的家庭或孤儿，请联系我们。
For more information about treatment and cooperation opportunities to help poor families and orphans affected by Congenital Clubfoot, please contact:
Iris Lohan (罗伊乐)
电话 Phone: (86) 0871 - 6823 2418; 手机 Mobile: (86) 135 7708 3179
邮件 Email: iris.lohan+clubfoot@gmail.com

5.4. Participation in Child-Worker-Conference in Yunnan March 24-28, 2015:

Networking; raise awareness - using Bilingual Awareness Flyers

5.5. Treatment record papers - below last revised papers

马蹄内翻足 评估及治疗情况记录表

姓名: _____ 性别: _____ 年龄: _____ 出生日期: _____ 病历号: _____

评估日期: _____ 治疗日期: _____

评估人: _____ 治疗人: _____

评估地点: _____ 治疗地点: _____

评估结果: _____ 治疗结果: _____

评估结论: _____ 治疗结论: _____

评估日期: _____ 治疗日期: _____

评估人: _____ 治疗人: _____

评估地点: _____ 治疗地点: _____

评估结果: _____ 治疗结果: _____

评估结论: _____ 治疗结论: _____

马蹄内翻足治疗情况记录表

姓名: _____ 性别: _____ 年龄: _____ 出生日期: _____ 病历号: _____

治疗日期: _____ 治疗次数: _____

治疗人: _____ 治疗地点: _____

治疗结果: _____ 治疗结论: _____

治疗日期: _____ 治疗次数: _____

治疗人: _____ 治疗地点: _____

治疗结果: _____ 治疗结论: _____

检查和指导表 (从支具的佩戴开始)

姓名: _____ 性别: _____ 年龄: _____ 出生日期: _____ 病历号: _____

检查日期: _____ 指导日期: _____

检查人: _____ 指导人: _____

检查结果: _____ 指导结果: _____

检查日期: _____ 指导日期: _____

检查人: _____ 指导人: _____

检查结果: _____ 指导结果: _____

5.6. Declaration of consent - below last revised version

同意声明

本人同意 _____ 的信息、治疗详情和照片可以用于记录、评估、国际马蹄内翻足注册表、营销目的和推广活动中以及帮助其他马蹄内翻足的孩子（例如：提升他们父母对这个病的意识和认识等）。

姓名: _____ 日期: _____ 签字: _____

5.7. Parents Flyers: Information, instructions and serving as appointment card

Flyer 1



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Flyer 2



Front page



Page 2

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Page 5

Page 6

5.8. Until December 31, 2015 altogether 66 children because of Clubfoot were enrolled at the Clubfoot clinics at Children's Hospital and Children's Home:







5.9. Examples of children's Clubfoot correction results and braces provided for free



January 15, 2015



March 17, 2015



January 15, 2015



March 1, 2015





January 16, 2015 →



March 31, 2015



January 20, 2015 →



March 10, 2015



February 10, 2015 →



March 31, 2015





March 10, 2015



April 20, 2015



March 10, 2015



April 21, 2015



March 17, 2015



May 12, 2015





March 17, 2015



May 12, 2015



March 23, 2015



July 14, 2015



May 5, 2015



June 23, 2015





May 26, 2015



July 14, 2015



June 23, 2015



August 4, 2015



July 28, 2015



September 8, 2015





August 4, 2015



September 8, 2015



August 11, 2015



September 22, 2015



September 10, 2015



October 29, 2015





November 3, 2015



December 8, 2015



6. Conclusion

China is a huge nation with far more than 1.3 billion people and various challenges as an emerging country. Despite of enormous economic achievements, poverty and insufficient medical care continue to exist.

Every year thousands of children are born with Clubfoot in China. Children are aborted, abandoned and too many face a future of disability and poverty.

In China, a vision to prevent problems caused by Congenital Clubfoot on a larger scale calls for long term commitment. After several years living in China facing difficulties of various kinds, I am working with Partners in Hope on effective ways to improve the current situation.

By correcting idiopathic Clubfoot in early life and preventing/treating relapses well, it saves children from lifelong disability linked with emotional and social difficulties. They can get the opportunity to play later an active role in the society. The effort is worth it: Lives get changed.

