



Joshua Ngwang Menang, RN

Cameroon Laboratory & Medicine Foundation (CALMEF) Health Center

Project Title: Maximizing readily available resources in enhancing the quality of lives of people with diabetes through prompt, realistic and appropriate diabetic foot ulcers/ wound intervention approach

Year awarded: 2015

What do you hope to learn through this research? I hope to learn the different simple but realistic intervention techniques, readily available that when coupled with the few or very limited/ available resources that would make a remarkable impact in wound care especially for people with diabetic ulcers and wounds. The project aims at greatly enhancing the quality of life of my patients.

How can this research help patients, clinicians and/or scientists? The issue of very limited supply of wound care products to this community and frequent out-of-stock (supply) of the commonly available wound care products and professionals, make this study, very compelling. Understanding the better or alternate tools and approach to diabetic foot ulcers and wounds through this research is hoped to both greatly enhance the quality of lives of people especially diabetics, as well as lay a ground work for researchers, clinicians or scientists, interested in a similar vision. It can also be noted here that a very large proportion of our community dwellers walk daily (no cars), hence having a detail understanding of managing such wound situations can greatly benefit them.

How did this award help your career? As a research nurse, this award will greatly encourage me in our active clinical wound research thereby equipping me to a more useful professional sense for my community especially as diabetes disease is now accepted globally as at epidemic proportions with high foot ulcers/wound complications becoming highly prevalent.

How did you get interested in wound healing and this area in particular? Initially, I was interested in clinical diabetes care at my local community clinic when I realized during my care that, a good number of my clients were frequently presenting with ulcers. Gangrene was also common and many were losing limbs, fingers, toes or even the whole leg. The history almost had similar presentation like, 'it all started like a pimple or small blister' and when unattended to, rapidly deteriorate and ending in amputation(s). It drew my attention to devoting more time and effort in improving the quality of life, and then taking up the wound care challenges.

Approximately how many publications have you published since becoming a Fellow? I have submitted several accepted abstracts for presentations at international conferences, but have not published these findings in a peer review journal just yet.

What are your future plans for your work in wound healing? I look forward to becoming a certified wound care /research nurse specialist by studying in a renowned university and then fully exploring many better ways of providing appropriate and modern wound care.

Who do you consider your mentors and your close associates in this project? How did you start working with them? My mentors include:-

- Dr. Njimogu Samuel, a lecturer at the St. Louis University of Medicine and Health Sciences, Bamenda Cameroon who has previously worked and supervised my clinical care assignments.
- Prof. Stefano Del Prato, the director, Department of Endocrinology & Metabolism and Diabetes, Ospedale Cisanello, Via Paradisa, Pisa Italy. Upon completion of my observership, he generously accepted to closely support my career and endeavor such as clinical researcher. He has always been in touch.
- Prof. Perlmutter Lawrence, Dr. Scholl Williams College of Podiatry Medicine, IL, USA. Upon completion of my observership, he generously accepted to closely support my career and endeavor such as clinical researcher and has been in touch till date.

Tell us about your life away from the lab and/or clinic? If I am free, I visit my aged parents in the interior northwestern part of Cameroon. I also visit some of my clients to observe their real lifestyles at home, chat and sometimes answer questions, if any.



Joshua with patient and family.



Joshua with a colleague in the ward.



Diabetic care education session held last Friday of every month.