

# **Clubfoot-Education-Support Project**

## **Kunming, Yunnan** **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 Clubfoot**

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 - 希望之侣机构（美国）昆明办事处  
Golden Park Complex H-702, Shizha Interchange, Panlong District, Kunming, Yunnan, China



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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 influence on joints (knee, hips, back), which can lead to pain. If the foot cannot fit into a normal shoe, 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:



Jan 20, 2015



Jan 20, 2015



Jan 27, 2015



Feb 3, 2015



Feb 16, 2015



Mar 10, 2015



Mar 10, 2015

**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 might 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-Education-Support –Project

<div style="text-align: center;"> <b>云南省人民政府外事办公室</b>  <b>同意备案书</b>            编号: 2015-019 号         </div>	
项目名称	云南省国际民间组织合作促进会与希望之信机构(美国)昆明办事处合作开展马牌内翻足教育支持项目
申报单位	省商务厅
申报单位联系人及联系方式	王 坤 0871-63102672
中方合作单位	云南省国际民间组织合作促进会
中方合作单位联系人及联系方式	李俊康 0871-63572169, 13888089224
申请时间	2015年2月13日
海外合作方名称	希望之信机构(美国)昆明办事处
海外合作方在省政府厅备案情况	已备案
项目概况	<p>项目主要内容: 开展预防先天性马蹄内翻足患者治疗, 免费提供治疗材料、工具, 为患者家庭提供经济补贴, 对医疗机构相关人员进行培训, 支持并协助当地医疗机构管理筛查、治疗过程、工具及复查等。</p> <p>时间期限: 2015年2月-2017年1月</p> <p>地点: 昆明</p> <p>经费: 10万元人民币</p> <p>其他事项:</p>
<p>经研究, 我办同意对以上项目予以备案。备案有效期内若国家颁布施行有关法律, 则备案效力从其规定。</p> <div style="text-align: center;">             备案机关: (盖章)            2015年2月27日         </div>	
其他事项	请在我国法律法规框架内开展合作。
备注	一、合作事项发生变更的, 应当向备案机关变更备案; 二、合作项目终止, 应当及时做出评估并向备案机关报告。
本同意备案书一式8份。主送: 省国际民间组织合作促进会 抄送: 省民政府, 省公安厅, 省安全厅, 省商务厅, 昆明市人民政府, 国际交流处, 存。	
备案机关联系电话	0871-63096298

云南省人民政府外事办公室制表

The “Clubfoot-Education-Support-Project” has been officially agreed by the government for the period of 2 years from February 2015 to January 2017.

The focus of this project for Clubfoot treatment is Kunming, the capital of Yunnan province.

- 3 healthcare providers have been identified and chosen to serve as pillars for good quality treatment:
1. Kunming Children's Hospital
  2. Kunming Municipal Children's Home
  3. Rehabilitation Center of Yunnan Disabled Person's Federation

The goal was that by training, supervision, support and practical experience, personell of all three health care providers are build up to perform good quality Clubfoot treatment using the Ponseti method.

Detailed documentation and monitoring of treatment and results can be used for raising awareness about Clubfoot and its available effective treatment by using different media. It seems that parents of children with successfully corrected Clubfeet can provide a huge push 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.



### **3. Cooperation with healthcare providers - Clubfoot clinics – Treatment examples**

#### **3.1. Kunming Children's Hospital**

**2015 January 15-16 : Clubfoot Workshop 1:** Theory, practice, 3 children with Clubfoot got casted



**2016 March 23-24: Clubfoot Workshop 2:** Theory, practice, 2 children with Clubfoot got casted



#### **Clubfoot clinic in cooperation**

Clubfoot clinic in cooperation operated normally once a week. Support has been given for good quality treatment, documentation, parents advice and provision of Clubfoot braces by staff of “Partners in Hope”. In December 2016 the Clubfoot clinic in cooperation with “Partners in Hope” ended, but the hospital continued on its own with Clubfoot treatment service.









## Treatment examples at Kunming Children's Hospital



2015 January 16



2015 March 31



2016 November 22



2015 January 20



2015 March 10



2016 October 18



2015 February 10



2015 March 31



2016 September 6







**2015 March 17**



**2015 May 12**



**2016 November 8**



**2015 May 26**



**2015 July 14**



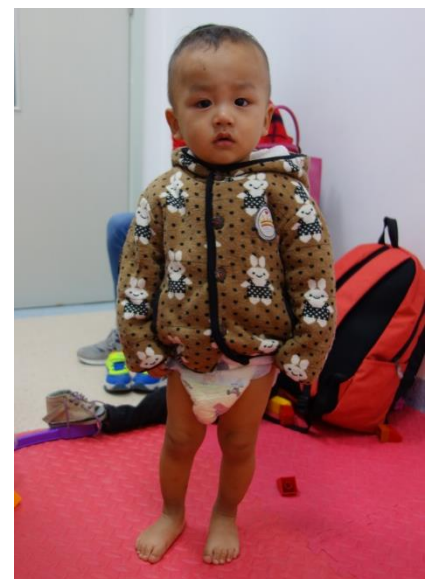
**2016 October 18**



**2015 June 23**



**2015 August 4**



**2016 December 6**





**2015 August 11**



**2015 September 22**



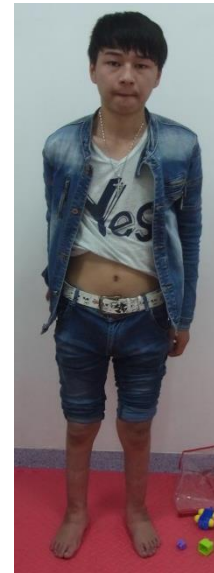
**2016 September 13**



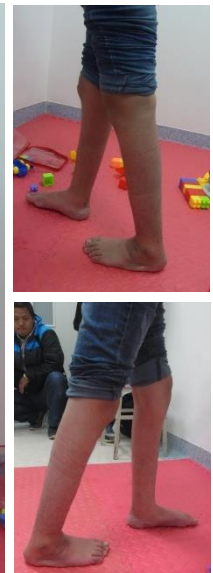
**2015 August 11**



**2016 August 2**



**2016 September 13**



**2015 November 3**



**2015 December 8**



**2016 November 22**



## 3.2. Kunming Municipal Children's Home

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



### Clubfoot clinic in cooperation

Clubfoot clinic normally once or twice a week. Support for good quality treatment, documentation, parents/carers advice and provision of Clubfoot braces by staff of "Partners in Hope":





## **2015 Nov 23: Two training sessions for staff of the organisation “Sunrise”**

Focus on taking care of children with Clubfoot in casts and correct wearing of braces



## **2015 Dec 21: Training for staff of the organisation “Half the sky”**

Focus on taking care of children with Clubfoot in casts and correct wearing of braces





## Treatment examples at Kunming Municipal Children's Home



2015 February 6



2015 June 18



2017 January 9



2015 August 13



2015 Oct. 22



2016 Oct. 31



2015 Sept. 10



2015 Oct. 29



2016 July 28



### 3.3. Rehabilitation Center of Yunnan Disabled Person's Federation

**2016 March 31 - April 1: Clubfoot workshop:** Theory, practice, 2 children with Clubfoot got casted



#### **Clubfoot clinic in cooperation**

Clubfoot clinic normally once a week. Support for good quality treatment, documentation, parents advice and provision of Clubfoot braces by staff of "Partners in Hope":





## Treatment examples at Rehabilitation Center of Yunnan Disabled Person's Federation



2016 March 31



2016 May 12



2016 August 11



2016 March 31



2016 December 22



2017 January 5



2016 May 19



2016 July 4



2016 October 20



## 4. Raise awareness, flyers, papers

### 4.1. 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**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紧张、肌肉比正常的发育短小，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高庭方法，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手术来矫正马蹄内翻足。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:** 希望之侣 (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:** 如果您想了解更多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

### 4.2. Participation in Child-Worker-Conference in Yunnan March 24-28 2015:

Networking; raise awareness – using the bilingual awareness flyers

### 4.3. Treatment record papers – below last revised papers

**马蹄内翻足**  
**评估及治疗情况记录表**

姓名: \_\_\_\_\_ 出生日期: \_\_\_\_\_ 性别: \_\_\_\_\_ 年龄: \_\_\_\_\_

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: \_\_\_\_\_

评估建议: \_\_\_\_\_ 治疗建议: \_\_\_\_\_

评估备注: \_\_\_\_\_ 治疗备注: \_\_\_\_\_

评估人签名: \_\_\_\_\_ 治疗人签名: \_\_\_\_\_

评估日期: \_\_\_\_\_ 治疗日期: \_\_\_\_\_

**马蹄内翻足治疗情况记录表**

姓名: \_\_\_\_\_ 出生日期: \_\_\_\_\_ 性别: \_\_\_\_\_ 年龄: \_\_\_\_\_

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: \_\_\_\_\_

评估建议: \_\_\_\_\_ 治疗建议: \_\_\_\_\_

评估备注: \_\_\_\_\_ 治疗备注: \_\_\_\_\_

评估人签名: \_\_\_\_\_ 治疗人签名: \_\_\_\_\_

评估日期: \_\_\_\_\_ 治疗日期: \_\_\_\_\_

**检查和指导表 (从英文直接翻译)**

姓名: \_\_\_\_\_ 出生日期: \_\_\_\_\_ 性别: \_\_\_\_\_ 年龄: \_\_\_\_\_

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: \_\_\_\_\_

评估建议: \_\_\_\_\_ 治疗建议: \_\_\_\_\_

评估备注: \_\_\_\_\_ 治疗备注: \_\_\_\_\_

评估人签名: \_\_\_\_\_ 治疗人签名: \_\_\_\_\_

评估日期: \_\_\_\_\_ 治疗日期: \_\_\_\_\_

### 4.4. 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: \_\_\_\_\_



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

## Flyer 1



Front page



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## Flyer 2



Front page



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## **5. Children with Clubfoot deformity at Clubfoot clinics**

The following 110 children have been enrolled and taken care at the 3 mentioned Clubfoot clinics until 24<sup>th</sup> of January 2017:















**Beside children with Clubfoot, we also accepted 4 children assessed having only Metatarsus adductus (also foot deformity) to take care of:**





## **6. Conclusion**

Every year thousands of children are born with Clubfoot in China. It is a need and a challenge to help them and their families.

Taking in consideration the size of China with its huge population and various challenges as an emerging country, the vision to prevent problems caused by Congenital Clubfoot calls for long term commitment. With the Clubfoot-Education-Support Project we are working 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 grow up in a family, get education and play later an active role in the society.

**The effort is worth it: Lives get changed.**

