



From Global Strategy to National Action:
Workshop for Health Service Managers in Charge of
Leprosy Control Programmes

Session 5 Part 3
Impairments and nerve damage

Topic: Prevention of disability



PoD

Prevention of disabilities (PoD) includes all activities aimed at ensuring that patients no disability apart from that which was irreversible at the time of detection (diagnosis).

Major components of PoD include:

Early case detection and effective treatment

Preservation of nerve function

Preservation of vision

Training of patients in self care

Provision of protective foot-wear.



Management of people with long standing disability

At home

In nearby (peripheral) health facility

At referral level



Management at home

Eyes: (to preserve sight)

- **Inspect eyes: for redness and foreign bodies**
- **blinking exercises**
- **protection with: hat, sunglasses, sheet at night.**

Hands:- inspect for signs of injury

- soaking , rubbing, oiling**
- **cover open wounds**
- **exercises to prevent contractures**



Management at home contd.

Feet:-inspect for signs of injury

- soaking, rubbing, oiling
- Use of appropriate footwear
- restrict walking (less frequent, short steps)
- if with ulcers: rest
- cover open wounds with clean cloth
- stretching exercises for foot drop to prevent contracture of Achilles tendon.



How to encourage self care at home.

- Advice from:**
- Health workers**
 - Family members**
 - Through self care groups**
 - Other people affected by leprosy**



Management in nearby (peripheral) health facility

General:

Health workers:

- **have to be instructed in management of cases occurring in their unit.**
- **Should be able to support patients to do home care as described above.**



Management in peripheral unit 2

Care for Eyes:

- provide *Artificial tear drops*
- treat conjunctivitis with antibiotics
- refer more serious cases to eye clinic



Management in peripheral unit 3

Hands:- Review in the light of measures described for home care and advise.

- refer to next level if not satisfactory.

Feet: - Review and guide regarding activities for home care.

- arrange for protective foot-wear
- refer to next level if not satisfactory



Management at referral level

Eyes: -refer to eye clinic

- corrective surgery for lagophthalmos may be considered.
- treatment of other problems not necessarily due to leprosy e.g. cataract

Hands: -adaptation of tools to avoid injury

- soaking, “trimming “ of callus
- prevention of contracture e.g. splinting
- treatment of infection (incl. surgery)
- reconstructive surgery e.g. for mobile claw hand



Management at referral level 2

- Feet:**
- soaking and trimming
 - surgical management of chronic ulcers
 - assistive device for foot-drop
 - management of infection (including surgery)
 - reconstructive surgery e.g. foot-drop correction



Provision of foot-wear 1

Rationale:

To prevent injuries and foot ulcers in people with insensitive feet.

Choices:

Shoes from open market (as is or modified)

Manufactured in orthopedic workshops



Provision of foot-wear 2

Important features:

- Soft insole**
- hard sole**
- heel straps for sandals**
- Well fitting**
- appropriate fastening**
- socially acceptable**